

STARTERS & SHARES

CHIPS & EGGMOLE 16
JRS Farms (Lake Mills) fresh hard-boiled eggs mixed into our homemade guacamole served with black bean chips
213 calories, 12g fat, 22g carb

THAI CHICKEN LETTUCE WRAPS 18

diced chicken tossed in a Thai ginger sauce with raddish, wonton strips and cashews with Boston bibb lettuce

Make it vegetarian; substitute Beyond Beef!

FLOWER SPROUTS 13
cauliflower and Brussels sprout medley with fried polenta, drizzled with a balsamic glaze (vegan without polenta or cheese)

**Dairy free without parmesan cheese and without polenta

ENTREE SALADS

Gluten free without croutons, bread, wonton strips or bleu cheese. Please notify your server

BUFFALO CHICKEN 18
grilled buffalo chicken served over mixed greens with red peppers, red onions, pepper jack, pecans and tortilla strips with your choice of dressing

**Dairy free without pepper jack cheese

SEARED AHI SALAD* 23
shredded Napa cabbage tossed in chili lime vinaigrette topped with sesame seared rare ahi tuna, cashews, jicama, microgreens and drizzled with wasabi mayo and a balsamic reduction.

CAPRESE, AVOCADO & SHRIMP SALAD 19
avocado with fresh mozzarella, heirloom cherry tomatoes and basil pesto over a bed of mixed greens with marinated shrimp, drizzled with balsamic glaze and topped with microgreens

**Dairy free without goat cheese

TRIPLE BERRY SALAD 14
romaine and spring mix lettuce tossed in a balsamic vinaigrette with mixed berries, red onions, candied walnuts, and goat cheese

Add grilled chicken \$6 Add 2 scallops \$12
Add shrimp skewers (2) \$8

**Dairy free without goat cheese

HOUSE SALADS & SOUP

salads are tossed in your choice of dressing \$5 in addition to any entree
\$4 to substitute soup/house salad for side

CAESAR SALAD 7

HOUSE SALAD 7
mixed greens with pepper jack cheese, tomatoes, cucumbers, onions and croutons

dressings: French, balsamic vinaigrette - made in-house!

\$1 charge for extra dressing or sauce

SOUP DU JOUR 7
changes daily

BAKED FRENCH ONION 7



LUNCH MENU: Dairy Allergy

HOUSE FAVORITES

Add a soup or salad for 5

CHIPOTLE MUSHROOM TENDERLOIN* 24
sliced beef tenderloin with mushrooms and a hint of chipotle, served over a bed of sautéed kale; served with one side
381 calories, 27g fat, 11g carb

FISH TACOS 16
marinated mahi mahi, pico, jicama, chipotle sour cream, Napa cabbage, chili lime vinaigrette dressing on 50% corn, 50% flour tortillas (2) served with one side. Make it vegetarian: substitute Beyond Beef!

**Dairy free without chipotle sour cream

CHICKEN GIARDINIERA 16**
grilled chicken topped with mild giardiniera, roasted cauliflower and broccolini; served with cauliflower smash.
350 calories, 17.5g fat, 12g carb

**Dairy free without cauliflower smash

LB BLACKENED MAHI MAHI 22
served with 2 sides
253 calories, 12g fat, 8g carb

SAMMY'S SAMMIES

Served with one side - Premium Side additional \$2
Add a side salad or soup for \$5
Substitute low carb spinach wrap \$1

BBQ PULLED PORK 14

topped with onion straws on a pretzel bun

SIDES \$5

DAILY VEGETABLE
FRESH FRUIT
WILD RICE
FRENCH FRY DIPPERS

Try a dipping sauce! \$1 each: BBQ.

PREMIUM SIDES \$7

\$2 Upcharge to All Entrees

BRUSSELS SPROUTS
BROCCOLINI

OFF SITE CATERING AVAILABLE OR - CELEBRATE WITH US IN ONE OF OUR PRIVATE EVENT SPACES.

Life Balance menu item
Gluten friendly menu item (B&H does not have a gluten free kitchen)
Senior discount: 10% off any entree if mentioned

100% GROUND STEAK BURGERS

Served on split-top brioche or pretzel roll (v) with lettuce, tomato, and onion. Choose one side Premium Side Additional \$2
Gluten free bun available upon request
**All burgers dairy free without cheese and without aioli or mayo sauces.

CLASSIC BURGER* 15

TURKEY BURGER 15

Add cheese, mushrooms, caramelized onion, egg* \$1 each
Add avocado \$2
Add bacon \$3

BIRD BURGER* 18

fried egg, bacon and American cheese

MUSHROOM & SWISS* 18

sautéed mushrooms and Swiss cheese

CHIPOTLE BACON* 18

chipotle seasoning, habanero bacon jam, pepper jack, bacon and chipotle mayo

WAGYU BURGER* 25

elegant, refined spin on the classic burger. Served with swiss cheese, caramelized onions, wild mushroom blend and a garlic aioli

THE BEYOND BURGER® 17

rice and pea proteins are the basis of this veggie burger; topped with Bibb lettuce, tomato, sliced avocado and onion-vegan with pretzel bun

455 calories, 23g fat, 31g carb

RICE BOWLS

KOREAN BOWL* 22

seared beef tenderloin in a ginger soy dressing, fried egg, kale, carrots and cucumber over Jasmine rice; served with kimchi

THAI CHICKEN BOWL 22

cucumber, carrots, kale, cabbage, cashews, green onions, sesame seeds and grilled Thai peanut chicken over Jasmine rice.

AHI TUNA BOWL* 25

seared ahi tuna, marinated onions, shaved carrots, cucumber, and fresh mango over Jasmine rice. Served with wakame in a honey ginger dressing

BEVERAGES

Lemonade, Iced Tea, Raspberry Tea, Hot Tea and Coffee 3 (free refills)

Pepsi, Diet Pepsi, Orange Crush, Root Beer, Starry, Starry Zero, Mountain Dew, Diet Mountain Dew, Doc 360 (free refills) (location dependent)

Orange Juice, Cranberry Juice, Milk, Chocolate Milk, Hot Chocolate & Apple Cider 3 (no free refills)

Red Bull Energy Drink 4