

## STARTERS & SHARES

**FIRECRACKER SHRIMP 15**  
lightly battered shrimp tossed in a creamy sriracha sauce topped with sesame seeds

**BACON WRAPPED DATES 14**  
stuffed with goat cheese and almonds, drizzled with a balsamic glaze

**B&H SAMPLER 16**  
bacon wrapped dates, firecracker shrimp and Sassy curds

**SASSY CURDS 13**  
Local fresh fried cheese curds

**CHICKEN SKEWERS 15**  
six crispy chic skewers; choose Asian zing, buffalo, Nashville hot or BBQ

### 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)


### WEEKLY APPETIZER SPECIAL

please see our Specials Menu or inquire with your server

## ENTREE SALADS

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

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

**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.

Eggs in wasabi mayo.  
Egg free if wasabi mayo omitted

**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

**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

## 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

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

**dressings:** french, balsamic vinaigrette or Italian - all made in-house!

\$1 charge for extra dressing or sauce

**SOUP DU JOUR 7**  
changes daily


**BAKED FRENCH ONION 7**



## LUNCH MENU: Egg 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! Substitute Firecracker Shrimp 3

\*\*Egg free without chipotle mayo

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

### PERSONAL LUNCH PIZZAS

10\* gluten free crust available, add \$2

**BOMBERS SPECIAL 14**  
sausage, pepperoni, onions, mushrooms, green peppers, cheese and black olives

ASK YOUR SERVER ABOUT 12" OR 14" PIZZAS





**SPANKY'S MEATLOAF 16**  
topped with veal glaze, onion straws and your choice of two sides. Try our garlic mashed potatoes!

**JAMBALAYA 22**  
tender chicken, sautéed shrimp and andouille sausage, tossed with rice, peppers and onions in a spicy creole sauce

**CHICKEN GIARDINIERA 16**   
grilled chicken topped with mild giardiniera, roasted cauliflower and broccolini; served with cauliflower smash.

350 calories, 17.5g fat, 12g carb

### SIDES \$5

**DAILY VEGETABLE**   
**FRESH FRUIT**   
**GARLIC MASHED POTATOES**   
**WILD RICE**   
**FRENCH FRY DIPPERS**

Try a dipping sauce! \$1 each: BBQ, ranch, chipotle mayo or garlic aioli

### PREMIUM SIDES \$7

\$2 Upcharge to All Entrees

**BRUSSELS SPROUTS**  
**BROCCOLINI**  
**SMASHED CAULIFLOWER**   
**MUSHROOM RISOTTO** 

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

**CLASSIC BURGER\* 15**

**TURKEY BURGER 15**  
Add cheese, mushrooms, caramelized onion, egg\* \$1 each  
Add avocado \$2  
Add bacon \$3

**MUSHROOM & SWISS\* 18**  
sautéed mushrooms and Swiss cheese

**CHIPOTLE BACON\* 18**  
chipotle seasoning, habanero bacon jam, pepper jack, bacon and chipotle mayo

\*\*Egg free without chipotle mayo

**WAGYU BURGER\* 17.5**  
elegant, refined spin on the classic burger. Served with swiss cheese, caramelized onions, wild mushroom blend and a garlic aioli

\*\*Egg free without garlic aioli

**THE BEYOND BURGER®**   
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

make any bowl vegetarian: substitute Beyond Beef!

**KOREAN BOWL\* 22**  
seared beef tenderloin in a ginger soy dressing, fried egg, kale, carrots and cucumber over Jasmine rice; served with kimchi

\*\*Egg free without fried egg

**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

## 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

**T.A.'s HOT COMBY\*\* 16**

award winning sandwich - Best of Madison! Ham, salami and pepperoni topped with green pepper, onion, our secret sauce and melted mozzarella on a toasted hoagie

\*\*Egg free without creamy Italian dipping sauce

**NOT A BLT\*\* 18**

Jones Dairy Farm thick cut bacon, lettuce and fried tomato with avocado and garlic aioli on grilled asiago focaccia

\*\*Egg free without garlic aioli

**HONEY'S LUNCH COMBO 14**

1/2 Sandwich with Side Salad or Soup. Choose from any of the following sandwiches: TA's Hot Comby\*\*, Fish Taco\*\*

\*\*Egg free without creamy Italian dipping sauce, or without chipotle mayo

## 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