

STARTERS & SHARES

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

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)

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

HOUSE SALADS & SOUP

CAESAR SALAD 7
Gluten free without croutons

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

Gluten free without croutons
dressings: french, ranch, balsamic vinaigrette or creamy Italian - all made in-house!


\$1 charge for extra dressing or sauce

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

Gluten free without tortilla strips

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

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

GRILLED CHICKEN CAESAR 19
hearts of romaine tossed in our house made Caesar dressing with croutons, parmesan cheese and polenta wedges

Gluten free without croutons



LUNCH MENU: Gluten 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
Contains soy sauce in the seasoning

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

350 calories, 17.5g fat, 12g carb

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





PERSONAL LUNCH PIZZAS

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

10" gluten free crust available, add \$2

SIMPLE 13
choose up to 3 toppings

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)

100% GROUND STEAK BURGERS

Served 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

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

Please be sure to request a gluten free bun when ordering any of the burgers above.

SAMMY'S SAMMIES

Served with one side - Premium Side additional \$2
Add a side salad or soup for \$5

BBQ PULLED PORK 14
topped with onion straws on a pretzel bun
Gluten free without onion straws
Gluten free if served on a gluten free bun.

CHICKEN WALDORF CROISSANT 15
Creamy chicken salad with mayonnaise, apples, grapes, and honey walnuts served on a croissant with Bibb lettuce.

Gluten free if served on a gluten free 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

Gluten free if served on a gluten free bun.

ALL ITEMS WITH ** NEXT TO THEM ARE PREPARED IN A SHARED FRYER. FOR THIS REASON, WHILE THE RECIPE DOES NOT CONTAIN GLUTEN, THEY HAVE BEEN PREPARED IN A OIL THAT HAS HAD ITEMS CONTAINING GLUTEN IN IT.