

# DAIRY FRIENDLY MENU

## STARTERS & SHARES

### CHIPS & EGGMOLE 16

JRS Farms fresh hard boiled eggs mixed into our homemade guacamole served with black bean chips  
213 calories, 12g fat, 22g carb

### FLOWER SPROUTS 13

cauliflower and Brussels sprout medley with fried polenta, drizzled with a balsamic glaze  
**\*\*Dairy free without parmesan cheese and polenta.**

### THAI CHICKEN LETTUCE WRAPS 18

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

make it vegetarian: substitute Beyond Beef!

## SOUPS & SALADS

### HOUSE SALAD

mixed greens, cheese, tomatoes, cucumbers, onions and croutons  
**\*\*Dairy Free without pepper jack cheese**

**Dressings:** french or balsamic vinaigrette.  
50¢ charge for extra dressing or sauce

## 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

### 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

## HOUSE FAVORITES

### FISH TACOS 20

marinated grilled mahi mahi, pico, jicama, Napa cabbage, chili lime vinaigrette on 50% corn, 50% flour tortillas (3) served with one side  
**\*\*Dairy-free without chipotle mayo**

make it vegetarian: substitute Beyond Beef!

### WAGYU BURGER\* 25

an elegant, refined spin on the classic burger. Served with caramelized onions, Swiss cheese, wild mushroom blend and a garlic aioli. Served with your choice of one side.

**Dairy free without cheese.**  
**Bun does not contain milk, but is produced on a line that contains milk ingredients**

## ENTREE SALADS

### BUFFALO CHICKEN 19

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  
**\*\*Dairy free WITHOUT pepper jack cheese**

### CAPRESE, AVOCADO & SHRIMP SALAD 21

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 mozzarella cheese.**

### SEARED AHI SALAD\* 22

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

### TRIPLE BERRY SALAD\* 26

spinach and spring mix lettuce tossed in a raspberry vinaigrette topped with seared scallops, mixed berries, red onions, candied walnuts, and goat cheese  
**\*\*Dairy free WITHOUT goat cheese.**

## LIFE BALANCE

### BLACKENED MAHI 24

served with two sides  
**\*\*Dairy free, be aware of dairy in side choices.**  
253 calories, 12g fat, 8g carb

### CHIPOTLE MUSHROOM FILET MIGNON\* 29

sliced filet mignon with mushrooms and a hint of chipotle, served over a bed of sauteed kale, served with one side  
381 calories, 27g fat, 11g carb

### THE BEYOND BURGER®

rice and pea proteins are the basis of this veggie burger! Topped with Bibb lettuce, tomatoes and onion; with one side - vegan with pretzel bun! 405 calories, 23g fat, 31g carb

## STEAKS & GRILL

Steaks topped with SuperCharge microgreens and served with 2 sides.  
All premium sides additional 2 Add a side salad or soup for 5  
Add one crab cake to any entree for 6

### LAND & SEA\* 56

OPTION 1: 8oz Filet & 2 Scallops

OPTION 2: 8oz Filet & 5oz Grilled Salmon

**\*\*NOTE TO SERVER TO NOT SERVE WITH CHEF'S BUTTER**

### GRILLED ANGUS RIBEYE\* 48

14oz grilled to perfection

### FILET MIGNON\* 48

8oz brushed with olive oil, seasoned with salt & pepper

### B&H STYLE BABY BACK BBQ RIBS

slow roasted and finished on the grill with our homemade BBQ sauce  
full rack 32 / half rack 25



## SIDES 5

DAILY VEGETABLE

WILD RICE

FRESH FRUIT

FRENCH FRY DIPPERS

## PREMIUM SIDES 7

BRUSSELS SPROUTS

PLEASE INFORM YOUR SERVER OF ANY ALLERGIES. WE CAN CONFIRM WHICH MENU ITEMS ARE ALLERGEN FRIENDLY BASED ON OUR RECIPES, BUT CANNOT GUARANTEE THAT THERE MAY NOT BE CROSS-CONTAMINATION, AS WE ARE A SCRATCH KITCHEN.  
OUR FRYERS USE A 50/50 BLEND OF VEGETABLE AND SOYBEAN OIL, AND MARGARINE IS USED FOR SOME COOKING (ALSO CONTAINS SOYBEAN OIL).