

SHELL FISH FRIENDLY MENU

STARTERS & SHARES

SASSY CURDS 13
local fresh fried cheese curds

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

FLOWER SPROUTS 13
cauliflower and Brussels sprout medley with fried polenta, drizzled with a balsamic glaze

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

THAI CHICKEN LETTUCE WRAPS 18
Boston bibb lettuce, diced chicken tossed in a Thai ginger sauce with raddish, wonton strips and cashews
make it vegetarian: substitute Beyond Beef!

SOUPS & SALADS

SOUP DU JOUR
changes daily

BAKED FRENCH ONION

\$1 charge for extra dressing or sauce

salads are tossed in your choice of dressing
Only 7 | With any entree 5
Substitute soup/salad for side 4

CAESAR SALAD

with fresh shaved parmesan cheese and croutons

HOUSE SALAD

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

Dressings: french, bleu cheese, ranch, balsamic vinaigrette or Italian - all made in-house!

SIGNATURE PIZZAS

BOMBERS SPECIAL
sausage, pepperoni, cheese, onions, mushrooms, green peppers and black olives
12" small 20 | 14" large 24

THIN CRUST PIZZA
12" small 15 | 14" large 18
1.50 each topping on 12" pizza
2.00 for each 14" pizza

Toppings: anchovies, bacon, black or green olives, ham, green peppers, ground beef, jalapeños, onions, pepperoni, chicken, pineapple, sausage, tomatoes, mushrooms, or garlic

THAI CHICKEN

grilled chicken, Thai peanut sauce, Napa cabbage, red onion, green onion, sesame seeds and cheese
12" small 20 | 14" large 24

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

GRILLED CHICKEN CAESAR 19

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

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

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


LIFE BALANCE

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

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

CHIPOTLE MUSHROOM TENDERLOIN* 28
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

 Life Balance menu item

 Gluten Friendly Menu Selection
B&H does not have a gluten free kitchen

THE BEYOND BURGER® 18
topped with Bibb lettuce, tomatoes, sliced avocado and onion; with one side - vegan with pretzel bun!
405 calories, 23g fat, 31g carb


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

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 OF OUR COOKING (ALSO CONTAINS SOYBEAN OIL).

— 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

LAND & SEA* 56 OPTION: 8oz Filet & 5oz Grilled Salmon

FILET MIGNON* 48 
8oz brushed with olive oil,
seasoned with salt & pepper

BEH STYLE BABY  BACK BBQ RIBS
slow roasted and finished
on the grill with our
homemade BBQ sauce
full rack 32 / half rack 25


GRILLED ANGUS  RIBEYE* 48
14oz grilled to perfection

ALL STEAKS FINISHED
WITH OUR CHEF'S BUTTER

— FROM THE WATER —

PAN-FRIED WALLEYE 28
lightly floured and pan-fried
fresh Canadian walleye
drizzled with a lemon butter
sauce. Served with your
choice of two sides

CATCH OF THE WEEK
please see our specials
menu or inquire with your
server - market price

CEDAR PLANK SALMON* 27 
fresh Atlantic salmon,
lightly seasoned with salt
and pepper, finished with a
lemon butter sauce and
served on a cedar plank with
your choice of two sides

— HOUSE FAVORITES —

T.A.'S HOT COMBY 21
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 with your
choice of one side

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

make it vegetarian: substitute Beyond Beef!

**CHIPOTLE CHICKEN
PASTA 22**
penne pasta tossed in a
chipotle garlic cream sauce
with blackened chicken,
onions, mushrooms, red and
green peppers, parmesan
cheese and green onions

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

**STUFFED CHICKEN
BREAST 24**
lightly breaded chicken
breast stuffed with cream
cheese, bacon, spinach and
mushrooms, pan-fried until
golden brown and drizzled
with a sage sauce. Served
with your choice of two sides

SPANKY'S MEATLOAF 18
with veal glaze topped with
onion straws and your choice of
two sides. Try garlic mashed
potatoes and the daily
vegetable!

VEGGIE CENTRICITY 21
roasted cauliflower, signature
Brussels sprouts and fried
polenta over a bed of
smashed cauliflower drizzled
with a parmesan cream sauce
and balsamic reduction

— 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.





make any bowl vegetarian:
substitute Beyond Beef!

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

— SIDES 5 —

- DAILY VEGETABLE 
- WILD RICE 
- GARLIC MASHED POTATOES 
- FRESH FRUIT 
- FRENCH FRY DIPPERS
Try a dipping sauce! \$1 each: remoulade, BBQ,
ranch or chipotle aioli

— PREMIUM SIDES 7 —

- MAC & CHEESE
 - BRUSSELS SPROUTS
 - BROCCOLINI 
 - TWICE BAKED POTATO 
 - SMASHED CAULIFLOWER  with green onions
 - MUSHROOM RISOTTO 
- PREMIUM SIDES
ADDITIONAL \$2
UPCHARGE TO ALL
DISHERS**

*CONTAINS OR MAY CONTAIN RAW OR UNDER COOKED INGREDIENTS. CONSUMING RAW OR UNDER COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS. PLEASE INFORM YOUR SERVER OF ANY ALLERGIES. WE CAN CONFIRM WHICH MENU ITEMS ARE NUT FREE, BUT CANNOT GUARANTEE THAT ALL INGREDIENTS CAME FROM A NUT-FREE FACILITY.