

STARTERS & SHARES

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

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!
Tree nut free without cashews.

NEW ENGLAND LOBSTER SLIDERS 22

3 toasted challah rolls with lettuce, lemon aioli, and chilled Maine style lobster filling

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


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.

Tree nut free without cashews.

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

Tree nut free without walnuts.

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

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, bleu cheese, ranch, 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: Tree Nut 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

CHIPOTLE CHICKEN PASTA 19
penne pasta tossed in a chipotle garlic cream sauce with blackened chicken, onions, mushrooms, red and green peppers

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





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

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

 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

PREMIUM SIDES \$7

\$2 Upcharge to All Entrees

MAC & CHEESE
BRUSSELS SPROUTS
BROCCOLINI 
SMASHED CAULIFLOWER 
MUSHROOM RISOTTO 

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

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

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

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

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

NASHVILLE HOT CHICKEN SANDWICH 16
crispy chicken breast coated in Nashville hot sauce with pickles and creamy slaw 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

NOT A BLT 18
Jones Dairy Farm thick cut bacon, lettuce and fried tomato with avocado and garlic aioli on grilled asiago focaccia

GRILLED CHICKEN WRAP 16
spring mix, ranch, avocado, fried tortilla strips, grilled chicken, bacon, pico de gallo and pepper jack

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, or Chicken Wrap

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