

GLUTEN FRIENDLY MENU

****Each of these items is free of gluten in the recipes.They are all fried in a shared fryer that is NOT gluten free.**

STARTERS & SHARES

- BACON WRAPPED DATES**

14

stuffed with goat cheese, cream cheese, almonds, drizzled with a balsamic glaze
- FLOWER SPROUTS**

13

cauliflower and Brussels sprout medley with fried polenta, drizzled with a balsamic glaze
- CHICKEN WINGS**

15

6 dry rub chicken wings
- SPICY TUNA BITES*

18

bite sized crispy rice cakes topped with sliced avocado, Ahi tuna in sriracha mayo, and sliced serrano pepper

SOUPS & SALADS

- BAKED FRENCH ONION

Gluten free without bread
- CAESAR SALAD*

with fresh shaved parmesan cheese and croutons
- HOUSE SALAD*

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

Dressings: french, ranch, balsamic vinaigrette, Italian

*Salads can be gluten free if croutons are omitted.

SIGNATURE PIZZAS

- BOMBERS SPECIAL

12" small 22

sausage, pepperoni, cheese, onions, mushrooms, green peppers and black olives
- BUILD YOUR OWN

12" small 17 1.50 each topping.

Toppings: anchovies, bacon, black or green olives, ham, green peppers, ground beef, jalapeños, onions, pepperoni, chicken, pineapple, sausage, tomatoes, mushrooms, or garlic
- We offer a 12" Gluten-free pizza crust. Please note: the pizza oven is shared, so is not gluten-free pizza, but gluten-friendly.

ENTREE SALADS

- BUFFALO CHICKEN

19

grilled buffalo chicken mixed greens, red peppers, red onions, pepper jack, pecans, choice of dressing

**GF WITHOUT tortilla strips, grilled chicken only.
- SEARED AHI SALAD*

22

shredded Napa cabbage in chili lime vinaigrette, with sesame seared rare ahi tuna, cashews, jicama, fried wontons. Drizzled with wasabi mayo and balsamic reduction

**GF WITHOUT fried wontons.
- GRILLED CHICKEN CAESAR

19

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

**GF WITHOUT croutons, polenta and dressing

STEAKS & GRILL

Steaks served with 2 sides. Premium sides additional 2
Add a side salad or soup for 5

LAND & SEA*

56

8OZ FILET + OPTION 1 OR 2

OPTION 1: Grilled Shrimp

OPTION 2: 5oz Grilled Salmon

- 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, finished on the grill with our homemade BBQ sauce full rack 32 / half 25

HOUSE FAVORITES

- APPLE CIDER CHICKEN THIGHS

23

grilled chicken thighs, roasted sweet potato, butternut squash, Brussels sprouts, apples, kale in a light Dijon apple cider sauce


- BLACKENED SALMON

27

served with two sides


- WAGYU BURGER*

25

refined spin on the classic burger with caramelized onions, Swiss cheese, wild mushroom blend garlic aioli. Choice of one side. Gluten free with a gluten free bun
- VEGGIE CENTRICITY

21

roasted cauliflower, Brussels sprouts and fried polenta on a bed of smashed cauliflower with a parmesan cream sauce and balsamic reduction. Recipe is gluten free, shared fryer
- THAI CHICKEN BOWL*

23

cucumber, carrots, kale, cabbage, cashews, green onions, sesame seeds and grilled Thai peanut chicken over sticky rice. Gluten free without Peanut Sauce.
- KOREAN BOWL*

22

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

THE BEYOND BURGER®

18

 405 calories, 23g fat, 31g carb

Topped with Bibb lettuce, tomatoes and onion; with one side - gf only on a gluten free bun

SIDES 5 PREMIUM 7

- DAILY VEGETABLE

WILD RICE

GARLIC MASHED POTATOES

FRESH FRUIT

FRENCH FRY DIPPERS**
- BRUSSELS SPROUTS**

BROCCOLINI

TWICE BAKED POTATO

SMASHED CAULIFLOWER

MUSHROOM RISOTTO

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).