

# 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 and almonds, drizzled with a balsamic glaze

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

**BOMBERS SPECIAL**  
sausage, pepperoni, cheese, onions, mushrooms, green peppers and black olives  
12" small 22

## SIGNATURE PIZZAS

**We offer a 10" Gluten-free pizza crust. Please note: the pizza oven is shared, so is not gluten-free pizza, but gluten-friendly.**

**THIN CRUST PIZZA**  
Toppings: anchovies, bacon, black or green olives, ham, green peppers, ground beef, jalapeños, onions, pepperoni, chicken, pineapple, sausage, tomatoes, mushrooms, or garlic 12" small 17 1.50 each topping.

## 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.**


## ENTREE SALADS


**BUFFALO CHICKEN** 19  
grilled buffalo chicken served over mixed greens with red peppers, red onions, pepper jack, pecans, with your choice of dressing

**\*\*GF WITHOUT tortilla strips.**


**TRIPLE BERRY SALAD\*** 26   
spinach and spring mix lettuce tossed in a raspberry vinaigrette topped with mixed berries, red onions, candied walnuts, and goat 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 - with balsamic glaze and microgreens



**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

**GRILLED CHICKEN CAESAR** 19   
hearts of romaine tossed in our house made Caesar dressing with croutons, parmesan cheese and polenta wedges **\*\*GF WITHOUT croutons**

## LIFE BALANCE

**THE BEYOND BURGER®** 18  405 calories, 23g fat, 31g carb  
Topped with Bibb lettuce, tomatoes and onion; with one side - **gluten free with a gluten free bun**

**BLACKENED MAHI MAHI** 24    
served with two sides 253 calories, 12g fat, 8g carb


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

## 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: 2 Scallops  
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

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

## FROM THE WATER

**GRILLED SCALLOPS\*** 42   
drizzled with a roasted shallot beurre blanc sauce, with mushroom risotto and one side

**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

**WAGYU BURGER\*** 25  
elegant, refined spin on the classic burger. Served with caramelized onions, Swiss cheese, wild mushroom blend and a 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.**

## SIDES 5

**DAILY VEGETABLE**  
**WILD RICE**   
**GARLIC MASHED POTATOES**   
**FRESH FRUIT**   
**FRENCH FRY DIPPERS\*\***

Try a dipping sauce! \$1 each: BBQ, ranch or chipotle aioli

## PREMIUM SIDES 7

**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).**