

# STARTERS & SHARES

**CHIPS & EGGAMOLE 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

**SPICY TUNA BITES\* 17**  
bite sized crispy rice cakes topped with sliced avocado, Ahi tuna in sriracha mayo, and sliced serrano pepper

**DRY RUB OR ASIAN ZING CHICKEN WINGS\* 15**  
6 chicken wings with your choice of sauce

**FLOWER SPROUTS 13**  
cauliflower and Brussels sprout medley with fried polenta, drizzled with a balsamic glaze (vegan without polenta or cheese)  
**\*\*Dairy free without parmesan cheese and without polenta**

**BOURBON BBQ MESSY JOSEPH SLIDERS 13**  
bourbon BBQ ground beef served on slider buns with fried tempura pickles

# 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  
**Dairy free without cheeses, with one of dressing choices listed below only**

**CAESAR SALAD 7**

**HOUSE SALAD 7**  
mixed greens with pepper jack cheese, tomatoes, cucumbers, onions and croutons


**dressings:** French, balsamic vinaigrette - made in-house!  
\$1 charge for extra dressing or sauce

**SOUP DU JOUR 7**  
changes daily

# ENTREE SALADS

Gluten free without croutons, bread, wonton strips or bleu cheese. Please notify your server

**BUFFALO CHICKEN 18**  
grilled 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**

**SEARED AHI SALAD\* 23**   
shredded Napa cabbage tossed in chili lime vinaigrette topped with sesame seared rare ahi tuna, cashews, jicama, fried wontons and drizzled with wasabi mayo and a balsamic reduction.

**FALL STEAK SALAD 23**   
spring mix & spinach, sliced top sirloin steak with balsamic reduction, cherry tomatoes, red onion, roasted butternut squash, Brussels sprouts, roasted apples, candied walnuts, blue cheese crumbles, crispy beet strips, tossed in bacon vinaigrette

**\*\*Dairy free without blue cheese**

**GRILLED CHICKEN CAESAR 19**  
hearts of romaine tossed in our house made Caesar dressing with croutons, parmesan cheese and polenta wedges  
Substitute grilled salmon \$12

**\*\*Dairy free without parmesan, polenta and dressing.**



# LUNCH MENU: Dairy Allergy HOUSE FAVORITES BOWLS

Add a soup or salad for 5

**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 Byond Beef!  
**\*\*Dairy free without chipotle mayo**

**LB BLACKENED SALMON 24**    
served with 2 sides  
**\*\*Dairy free if choosing dairy free sides.**

**APPLE CIDER CHICKEN THIGH 17**    
grilled chicken thigh, roasted sweet potato, butternut squash, apple, Brussels sprouts, kale in a light Dijon apple cider sauce

**KOREAN BOWL\* 19**  
seared beef tenderloin in a ginger soy dressing, fried egg, kale, carrots and cucumber over Jasmine rice; served with kimchi

**THAI CHICKEN BOWL 19**  
cucumber, carrots, kale, cabbage, cashews, green onions, sesame seeds and grilled Thai peanut chicken over Jasmine rice.  
**\*\*Dairy free without Thai peanut sauce**

**CHICKEN BURRITO BOWL 19**  
grilled chicken breast, jasmine rice and black beans with shredded pepper jack and cheddar cheeses, with shredded lettuce, pico de gallo, lime crema, guacamole, green onion, and tortilla strips  
**\*\*Dairy free without cheeses**

**BUDDHA BOWL 17 (VEGAN)**  
Roasted butternut squash, Brussels sprouts, sweet potato, with avocado, cherry tomatoes, 5 grain blend, avocado tahini dressing and crispy beet strips  
Add grilled chicken \$6  
Add grilled salmon\* \$12

SIDES \$5	PREMIUM SIDES \$7
DAILY VEGETABLE 	BRUSSELS SPROUTS
FRESH FRUIT 	BROCCOLINI 
FRENCH FRY DIPPERS	

 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

# 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

**\*\*All burgers dairy free without cheese and without aioli or mayo sauces.**

**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, chipotle mayo

**BLACK & BLUE BISON BURGER 23**  
(bison burger is not gluten free)  
blackened bison patty with bacon, lettuce, tomato, onion on a brioche bun  
**\*\*Dairy free without blue cheese**

**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

# 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  
**\*\*Dairy free without butter on 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

**\*\*Dairy free without butter on bread, without mozzarella, without "secret sauce"**

**PRIME RIB HOAGIE 19**  
tender prime rib with onions, mushrooms, provolone cheese on a toasted hoagie roll served with au jus choice of 1 side

**\*\*Dairy free without butter on bread, without mozzarella,**

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).