

STARTERS & SHARES

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

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

B&H SAMPLER 16
bacon wrapped dates, firecracker shrimp and Sassy curds

SASSY CURDS 13
Local fresh fried cheese curds

CHICKEN WINGS 15
6 chicken wings; choose Asian zing, buffalo, Nashville hot or BBQ

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

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

CHIPS & EGGAMOLE 16
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

SALADS & SOUP

salads are tossed in your choice of dressing \$5 in addition to any entree

\$4 to substitute soup/house salad for side

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

dressings: french, bleu cheese, ranch, balsamic vinaigrette or Italian
\$1 charge for extra dressing or sauce

SOUP DU JOUR 7

BAKED FRENCH ONION 7

ENTREE SALADS

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, fried wontons, and drizzled with wasabi mayo and a balsamic reduction.

**Substitute grilled chicken \$6
shrimp skewers (2) \$8
to make this fish free**

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

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

****Fish free without Caesar dressing**



LUNCH MENU: Fish Allergy HOUSE FAVORITES

Add a soup or salad for 5

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 to make the tacos fish free! \$3

SPANKY'S MEATLOAF 16
topped with veal glaze, onion straws and your choice of two sides. Try our garlic mashed potatoes!

JAMBALAYA 22
tender chicken, sautéed shrimp and andouille sausage, tossed with rice, peppers and onions in a spicy creole sauce

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

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, remoulade, 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

BLACK & BLUE BISON BURGER* 23

bison burger is NOT gluten free)
blackened bison patty topped with blue cheese, bacon, on a brioche bun with lettuce, tomato, red onion

BOWLS

make any bowl vegetarian: substitute Beyond Beef!

Thai Chicken Bowl 19
cucumber, carrots, kale, cabbage, cashews, green onions, sesame seeds and grilled Thai peanut chicken over jasmine rice

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

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

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

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

HONEYS LUNCH COMBO 13
1/2 Sandwich with Side Salad or Soup.
Choose 1 sandwich: TA's Hot Comby, Firecracker Shrimp Taco, or Chicken Wrap

Korean Bowl* 19
seared beef tenderloin in ginger soy dressing, fried egg, kale, carrots and cucumber over jasmine rice, with kimchi

Buddha Bowl (Vegan) 17
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 shrimp \$8
Add grilled salmon* \$12