

STARTERS & SHARES

ALL ITEMS WITH ** NEXT TO THEM ARE PREPARED IN A SHARED FRYER. FOR THIS REASON, WHILE THE RECIPE DOES NOT CONTAIN GLUTEN, THEY HAVE BEEN PREPARED IN A OIL THAT HAS HAD ITEMS CONTAINING GLUTEN IN IT.

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

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

DRY RUB CHICKEN WINGS* ** 15
6 dry rub chicken wings with your choice of sauce

SPICY TUNA BITES* ** 18
8 bite sized crispy rice cakes topped with sliced avocado, Ahi tuna in sriracha mayo, and sliced serrano pepper

HOUSE SALADS & SOUP

CAESAR SALAD 7
Gluten free without croutons

HOUSE SALAD 7
mixed greens with pepper jack cheese, tomatoes, cucumbers, onions and croutons
Gluten free without croutons

dressings: french, ranch, balsamic vinaigrette or creamy Italian - all made in-house!

\$1 charge for extra dressing or sauce

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

Gluten free without tortilla strips

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.

Gluten free without fried wontons.

FALL STEAK SALAD* 23 
spring mix & spinach, sliced top sirloin steak with balsamic reduction, cherry tomatoes, red onion, roasted butternut squash, Brussels sprouts, apples, 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
Add grilled salmon \$12

Gluten free without croutons





LUNCH MENU: Gluten Allergy

HOUSE FAVORITES

Add a soup or salad for 5

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

LB BLACKENED SALMON 24  
served with 2 sides
253 calories, 12g fat, 8g carb

PERSONAL LUNCH PIZZAS



BOMBERS SPECIAL 14
sausage, pepperoni, onions, mushrooms, green peppers, cheese and black olives

12" gluten free crust available, add \$2

SIMPLE 13
choose up to 3 toppings

12" gluten free crust available, add \$2


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

PREMIUM SIDES \$7

\$2 Upcharge to All Entrees

BRUSSELS SPROUTS**
BROCCOLINI
SMASHED CAULIFLOWER
MUSHROOM RISOTTO 

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

 Life Balance menu item
 Gluten friendly menu item (B&H does not have a gluten free kitchen)

100% GROUND STEAK BURGERS

Served with lettuce, tomato, and onion.
Choose one side Premium Side Additional \$2
Gluten free bun available upon request

CLASSIC 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

Please be sure to request a gluten free bun when ordering any of the burgers above.

SAMMY'S SAMMIES

Served with one side - Premium Side additional \$2
Add a side salad or soup for \$5

BBQ PULLED PORK 14
topped with onion straws on a pretzel bun
Gluten free without onion straws
Gluten free if served on a gluten free bun.

PRIME RIB HOAGIE 21
tender prime rib with onions, mushrooms, and provolone cheese on a toasted hoagie served with au jus
Gluten free if served on a gluten free 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
Gluten free if served on a gluten free bun.

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