

## 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 SKEWERS 15**  
six crispy chic skewers; choose buffalo, Nashville hot or BBQ

**NEW ENGLAND LOBSTER SLIDERS 22**  
3 toasted challah rolls with lettuce, lemon aioli, and chilled Maine style lobster filling

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

**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

**WEEKLY APPETIZER SPECIAL**  
please see our Specials Menu or inquire with your server

## ENTREE SALADS

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

**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, microgreens and drizzled with wasabi mayo and a balsamic reduction.

**CAPRESE, AVOCADO & SHRIMP SALAD 19**  
avocado with fresh mozzarella, heirloom cherry tomatoes and basil pesto over a bed of mixed greens with marinated shrimp, drizzled with balsamic glaze and topped with microgreens

**TRIPLE BERRY SALAD 14**  
romaine and spring mix lettuce tossed in a balsamic vinaigrette with mixed berries, red onions, candied walnuts, and goat cheese  
Add grilled chicken \$6 Add 2 scallops \$12  
Add shrimp skewers (2) \$8

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

## 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

**CAESAR SALAD 7**

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

**dressings:** french, bleu cheese, ranch, balsamic vinaigrette or Italian - all made in-house!

\$1 charge for extra dressing or sauce

**SOUP DU JOUR 7**  
changes daily

**BAKED FRENCH ONION 7**



## LUNCH MENU: Soy 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 3

**LB BLACKENED MAHI MAHI 22**  
served with 2 sides  
253 calories, 12g fat, 8g carb

### 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, chipotle mayo or garlic aioli

Life Balance menu item

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

#### 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

## 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

**CHICKEN WALDORF CROISSANT 15**  
Creamy chicken salad with mayonnaise, apples, grapes, and honey walnuts served on a croissant with Bibb lettuce.

**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

**NOT A BLT 18**  
Jones Dairy Farm thick cut bacon, lettuce and fried tomato with avocado and garlic aioli on grilled asiago focaccia

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

**HONEY'S LUNCH COMBO 14**  
1/2 Sandwich with Side Salad or Soup. Choose from any of the following sandwiches: TA's Hot Comby, Fish Taco, or Chicken Wrap

Lemonade, Iced Tea, Raspberry Tea, Hot Tea and Coffee 3 (free refills)

Pepsi, Diet Pepsi, Orange Crush, Root Beer, Starry, Starry Zero, Mountain Dew, Diet Mountain Dew, Doc 360 (free refills) (location dependent)

Orange Juice, Cranberry Juice, Milk, Chocolate Milk, Hot Chocolate & Apple Cider 3 (no free refills)  
Red Bull Energy Drink 4