

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

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

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

Eggs in wasabi mayo.
Egg free if wasabi mayo omitted

GRILLED ROMAINE AND TENDERLOIN SALAD* 20
grilled romaine heart with beef tenderloin topped with bleu cheese crumbles, fried polenta, bleu cheese dressing and balsamic reduction.

Egg free if dressing is omitted

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

Egg free if dressing is omitted

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

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

dressings: french, 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: Egg Allergy

HOUSE FAVORITES

Add a soup or salad for 5

CHIPOTLE MUSHROOM TENDERLOIN* 24
sliced beef tenderloin with mushrooms and a hint of chipotle, served over a bed of sautéed kale; served with one side
381 calories, 27g fat, 11g carb

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
**Egg free without chipotle mayo

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

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)
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

CLASSIC BURGER* 15

TURKEY BURGER 15
Add cheese, mushrooms, caramelized onion, egg* \$1 each
Add avocado \$2
Add bacon \$3

MUSHROOM & SWISS* 18

sautéed mushrooms and Swiss cheese

CHIPOTLE BACON* 18
chipotle seasoning, habanero bacon jam, pepper jack, bacon and chipotle mayo
**Egg free without 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

**Egg free without garlic aioli

THE BEYOND BURGER®

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

BOWLS

make any bowl vegetarian: substitute Beyond Beef

KOREAN BOWL* 22
seared beef tenderloin in a ginger soy dressing, fried egg, kale, carrots and cucumber over Jasmine rice; served with kimchi
**Egg free without fried egg

THAI CHICKEN BOWL 22
cucumber, carrots, kale, cabbage, cashews, green onions, sesame seeds and grilled Thai peanut chicken over Jasmine rice.

RAMEN BOWL* 22

seared beef tenderloin in a ginger soy dressing, fried egg, crispy kale, carrots and cucumber over Jasmine rice; served with kimchi
**Egg free without soft boiled egg

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

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

**Egg free without ranch dressing in wrap

EVERLEEN'S GRILLED PORK SANDWICH 18

thinly sliced pork tenderloin on grilled sour dough bread with pepper jack, habanero bacon jam and green cabbage in a tangy vinaigrette

**Egg free without BBQ sauce

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

**Egg free without creamy Italian dipping sauce

PRIME RIB HOAGIE 21
tender prime rib with onions, mushrooms, and provolone cheese on a toasted hoagie served with au jus

HONEY'S LUNCH COMBO 13
1/2 Sandwich with Side Salad or Soup. Choose from any of the following sandwiches: TA's Hot Comby**, Fish Taco**

**Egg free without creamy Italian dipping sauce, or without chipotle mayo

BEVERAGES

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