

## STARTERS & SHARES

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

**Sesame free without 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

**Sesame free without sesame seeds**

**SASSY CURDS 13**  
Local fresh fried cheese curds

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

**CRAB CAKES 22**  
real lump crab meat served with remoulade sauce over a bed of mixed greens

**SMOKED BRISKET CRÊPE 18**  
3 crêpes filled with smoked brisket, coleslaw, pepper jack and BBQ ranch sauce

**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

**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.

**Sesame free without sesame seeds**

**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.

**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: Sesame 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  
**Firecracker shrimp tacos are Sesame free without sesame seeds.**

**SPANKY'S MEATLOAF 16**  
tender chicken, sautéed shrimp 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

**CHICKEN GIARDINIERA 16**  
grilled chicken topped with mild giardiniera, roasted cauliflower and cauliflower smashes  
350 calories, 17.5g fat, 12g carb

**LB BLACKENED MAHI MAHI 22**  
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

**SIMPLE 13**  
choose up to 3 toppings  
10" gluten free crust available, add \$2  
**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)  
 Senior discount: 10% off any entree if mentioned

### PREMIUM SIDES \$7

**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

## BOWLS

All rice bowls are Sesame free without sesame seeds.

**KOREAN BOWL\* 22**  
seared beef tenderloin in a ginger soy dressing, fried egg, kale, carrots and cucumber over Jasmine rice: served with kimchi

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

**RAMEN BOWL\* 22**  
pork belly in a rich broth with green ramen noodles, crispy kale, bok choy and shiitake mushrooms topped with a 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

**NASHVILLE HOT CHICKEN SANDWICH 16**  
crispy chicken breast coated in Nashville hot sauce with pickles and creamy slaw on a pretzel bun

**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

**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

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

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

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

## 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

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).