

# SESAME SEED FRIENDLY MENU

## 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, cream cheese and almonds, drizzled with a balsamic glaze

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

**FLOWER SPROUTS** 13  
cauliflower and Brussels sprout medley with fried polenta, drizzled with a balsamic glaze

**B&H SAMPLER\*\*** 16  
bacon wrapped dates, firecracker shrimp and Sassy Cow curds  
**\*\*Sesame free without sesame seeds**

**CHICKEN SKEWERS** 15  
six crispy skewers; choose Asian zing, buffalo, Nashville hot or BBQ

**THAI CHICKEN LETTUCE WRAPS\*\*** 18  
Boston bibb lettuce, diced chicken tossed in a Thai ginger sauce with raddish, wonton strips and cashews

make it vegetarian: substitute Beyond Beef!  
**\*\*Sesame free without sesame seeds**

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

## SOUPS & SALADS

**SOUP DU JOUR**  
changes daily

**BAKED FRENCH ONION**

salads are tossed in your choice of dressing

Only 7 | With any entree 5  
Substitute soup/salad for side 4

**CAESAR SALAD**  
with fresh shaved parmesan cheese and croutons

**HOUSE SALAD**

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

**Dressings:** french, bleu cheese, ranch, balsamic vinaigrette, Italian.

\$1 charge for extra dressing or sauce

## SIGNATURE PIZZAS

**BOMBERS SPECIAL**  
sausage, pepperoni, cheese, onions, mushrooms, green peppers and black olives  
12" small 20 | 14" large 24

**FIRECRACKER SHRIMP\*\***  
lightly battered shrimp with our famous creamy sriracha sauce, Napa cabbage, cheese and sesame seeds  
12" small 22 | 14" large 26  
**\*\*Sesame free without sesame seeds**

**THIN CRUST PIZZA**  
12" small 15 | 14" large 18  
1.50 each topping on 12" pizza  
2.00 for each 14" pizza

Toppings: anchovies, bacon, black or green olives, ham, green peppers, ground beef, jalapeños, onions, pepperoni, chicken, pineapple, sausage, tomatoes, mushrooms, or garlic

**THAI CHICKEN\*\***

grilled chicken, Thai peanut sauce, Napa cabbage, red onion, green onion, sesame seeds and cheese

**\*\*Sesame free without sesame seeds**

12" small 20 | 14" large 24

## ENTREE SALADS

**BUFFALO CHICKEN** 19  
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

**CAPRESE, AVOCADO & SHRIMP SALAD** 21   
avocado, fresh mozzarella, heirloom cherry tomatoes and basil pesto over a bed of mixed greens with marinated shrimp - topped with balsamic glaze and 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


## LIFE BALANCE


**CHIPS & EGGMOLE** 16   
JRS Farms fresh hard boiled eggs mixed into our homemade guacamole served with black bean chips  
213 calories, 12g fat, 22g carb


**CHICKEN GIARDINIERA** 16   
grilled chicken topped with mild giardiniera, roasted cauliflower and broccolini; served over cauliflower smash.  
350 calories, 17.5g fat, 12g carb

**CHIPOTLE MUSHROOM TENDERLOIN\*** 28   
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

 Life Balance menu item

 Gluten Friendly Menu Selection  
B&H does not have a gluten free kitchen

**THE BEYOND BURGER®** 18   
topped with Bibb lettuce, tomatoes, sliced avocado and onion; with one side - vegan with pretzel bun!  
405 calories, 23g fat, 31g carb

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


**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 OF OUR COOKING (ALSO CONTAINS SOYBEAN OIL).**


# STEAKS & GRILL

Steaks topped with SuperCharge microgreens and served with 2 sides.  
All premium sides additional 2 Add a side salad or soup for 5

## LAND & SEA\* 56

OPTION 1: 8oz Filet & 2 Scallops 

OPTION 2: 8oz Filet & 5oz Grilled Salmon 

**FILET MIGNON\* 48**   
8oz brushed with olive oil,  
seasoned with salt & pepper

\* CONSUMING RAW OR UNDER COOKED MEATS, SEAFOOD, SHELLFISH MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.

**BEH STYLE BABY**   
**BACK BBQ RIBS**

slow roasted and finished  
on the grill with our  
homemade BBQ sauce  
full rack 32 / half rack 25

**GRILLED ANGUS**   
**RIBEYE\* 48**

14oz grilled to perfection

ALL STEAKS FINISHED  
WITH OUR CHEF'S BUTTER

## FROM THE WATER


**PAN-FRIED WALLEYE 28**  
lightly floured and pan-fried  
fresh Canadian walleye  
drizzled with a lemon butter  
sauce. Served with your  
choice of two sides

**GRILLED SCALLOPS\* 42**  
drizzled with a roasted shallot  
beurre blanc sauce, served  
with mushroom risotto and  
your choice of one side

**LEMON GARLIC SEAFOOD**  
**PASTA 27**

shrimp, bay scallop,  
mussels and lobster in a  
lemon garlic cream sauce  
with hierloom tomato, basil  
and spaghetti pasta

**CEDAR PLANK SALMON\* 27**

fresh Atlantic salmon,  
lightly seasoned with salt   
and pepper, finished with a  
lemon butter sauce and  
served on a cedar plank with  
your choice of two sides

**CATCH OF THE WEEK**

please see our specials menu  
or inquire with your server -  
market price

## HOUSE FAVORITES

**T.A.'S HOT COMBY 21**  
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 with your  
choice of one side

**WAGYU BURGER\* 25**  
an elegant, refined spin on the  
classic burger. Served with  
caramelized onions, Swiss  
cheese, wild mushroom blend  
and a garlic aioli. Served with  
your choice of one side

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

**FISH TACOS 20**  
marinated grilled mahi mahi,  
pico, jicama, Napa cabbage,  
chili lime vinaigrette on 50%  
corn, 50% flour tortillas (3)  
served with one side

make it vegetarian: substitute Beyond Beef!

**STUFFED CHICKEN**  
**BREAST 24**

lightly breaded chicken  
breast stuffed with cream  
cheese, bacon, spinach and  
mushrooms, pan-fried until  
golden brown and drizzled  
with a sage sauce. Served  
with your choice of two sides

**ENTREE SPECIAL**  
please see our specials menu  
or inquire with your server

**CHIPOTLE CHICKEN**  
**PASTA 22**

penne pasta tossed in a  
chipotle garlic cream sauce  
with blackened chicken,  
onions, mushrooms, red and  
green peppers, parmesan  
cheese and green onions

**SPANKY'S MEATLOAF 18**  
with veal glaze topped with  
onion straws and your choice of  
two sides. Try garlic mashed  
potatoes and the daily  
vegetable!

**VEGGIE CENTRICITY 21**  
roasted cauliflower, signature  
Brussels sprouts and fried  
polenta over a bed of  
smashed cauliflower drizzled  
with a parmesan cream sauce  
and balsamic reduction

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

\*\*Sesame free without sesame  
seeds

## RICE BOWLS

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

\*\*Sesame free without sesame  
seeds

make any bowl vegetarian: substitute Beyond Beef!

**AHI TUNA BOWL\* 25**  
seared ahi tuna, marinated  
onions, shaved carrots,  
cucumber, and fresh mango  
over Jasmine rice. Served with  
wakame in a honey ginger  
dressing \*\*Sesame free  
without sesame seeds

## SIDES 5

DAILY VEGETABLE 

WILD RICE 

GARLIC MASHED POTATOES 

FRESH FRUIT 

FRENCH FRY DIPPERS

Try a dipping sauce! \$1 each BBQ, ranch or chipotle aioli

## PREMIUM SIDES 7

MAC & CHEESE

BRUSSELS SPROUTS

BROCCOLINI 

TWICE BAKED POTATO 

SMASHED CAULIFLOWER  with green onions

MUSHROOM RISOTTO 

PREMIUM SIDES  
ADDITIONAL \$2  
UPCHARGE TO ALL  
DISHES

\* CONTAINS OR MAY CONTAIN RAW OR UNDER COOKED INGREDIENTS. CONSUMING RAW OR UNDER COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS. PLEASE INFORM YOUR SERVER OF ANY ALLERGIES. WE CAN CONFIRM WHICH MENU ITEMS ARE TREE-NUT FREE, BUT CANNOT GUARANTEE THAT ALL INGREDIENTS CAME FROM A TREE NUT-FREE FACILITY.