

SOY FRIENDLY MENU

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, cream cheese and almonds, drizzled with a balsamic glaze

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

CHICKEN SKEWERS 15

six crispy skewers; choose buffalo, Nashville hot or BBQ

SASSY CURDS 13

local fresh fried cheese curds

NEW ENGLAND LOBSTER SLIDERS 22

3 toasted challah rolls with lettuce, lemon aioli, and chilled Maine style lobster filling

SOUP DU JOUR

changes daily

BAKED FRENCH ONION

\$1 charge for extra dressing or sauce

SOUPS & SALADS

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 or Italian - all made in-house!

SIGNATURE PIZZAS

BOMBERS SPECIAL

sausage, pepperoni, cheese, onions, mushrooms, green peppers and black olives

12" small 20 | 14" large 24

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

FIRECRACKER SHRIMP

lightly battered shrimp with our famous creamy sriracha sauce, Napa cabbage, cheese and sesame seeds

12" small 22 | 14" large 26

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

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

GRILLED CHICKEN

CAESAR 19

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

LIFE BALANCE

CHIPS & EGGAMOLE 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

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

 Life Balance menu item

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

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

**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
Substitute Firecracker Shrimp 3
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

— SIDES 5 —

DAILY VEGETABLE 

WILD RICE 

GARLIC MASHED POTATOES 

FRESH FRUIT 

FRENCH FRY DIPPERS

Try a dipping sauce! \$1 each: remoulade, 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 SOY FREE, BUT CANNOT GUARANTEE THAT ALL INGREDIENTS CAME FROM A SOY-FREE FACILITY.