

## Gluten Free Lunch

Starters (\*chips may have been fried in oil where gluten has been)

Warm Brie served with fresh pears, toasted almonds and honey lemon sauce with grilled Udi's bread 13.5

Cold Smoked Salmon with capers, onions and cream cheese with grilled Udi's bread 14

Shrimp Salad Stuffed Avocado with creamy chipotle dressing 12

Chips & Salsa with Mango salsa and Red salsa 6.5

Spinach and Artichoke Dip with tortilla chips 8

Soup of the Day cup 3 bowl 5

Salads Ranch, Vinaigrette, Garlic Parmesan & Seasonal Fruit Vinaigrette (featuring Fresh Harvest Vinegars)

Pear Pistou fresh pears, basil, toasted pine nuts, Parmigiano Reggiano, balsamic reduction 11

Cobb grilled chicken, avocado, bacon, carrots, olives, bell pepper, tomato 12

Greek feta, kalamata olives, beets, pepperoncini, carrots, red bell pepper 9

Chef turkey, ham, cheddar and jack cheese, black olives, carrots, red bell pepper 10

Lemon Chicken Caesar 10

Salmon Caesar 14

House Salad mixed greens with carrots, red bell peppers, black olives, tomato 6

Add to any salad ~ chicken 4 • salmon 8 • portobello 6

House Specialties

Quiche of the Day served with house salad 9

Fish Tacos pan seared tilapia, cabbage and spicy cilantro sauce served with black beans 10

Shrimp Diablo spicy red sauce, fresh spinach, kalamata olives on garlic cheese grits & salad 12

Grilled Salmon with a lime-dill cream sauce and side salad 14

Local Flavor Half Pound Burgers on Udi's Gluten free bun

- lettuce, tomato, pickle, onion and coleslaw

Local Flavor Burger 10.5

Local Flavor Cheeseburger • cheddar, swiss, feta or pepper jack 11.5

Bacon Cheddar Burger 12.5

Avocado Pepper Jack 13

Mushroom Swiss Burger 12.5

Caramelized Onion Burger 11.5

Jalapeno Pepper Jack 12

Black Bean Pepper Jack topped with seasoned black beans and pepper jack 12.5

Add • caramelized onion, mushrooms, jalapeno or black beans 1.00 avocado 1.50

Sandwiches on Udi's Gluten free bread or bun served with coleslaw

Turkey Avocado Pepper Jack 10.5

Turkey & Swiss 10

Chicken Walnut Pesto with mozzarella and red bell pepper 11

Chicken, Mushroom & Swiss with roasted garlic mayo 10.5

Pan Seared Tilapia with lime dill sauce 10.5

Classic Reuben with corned beef, swiss and sauerkraut 11

Turkey Reuben with swiss and sauerkraut 11

French Dip 10 with swiss 11

Italian Beef mozzarella, roasted red bell pepper 11.5

Vegetarian Sandwiches on Udi's Gluten free bread or bun served with coleslaw

Grilled Eggplant with mozzarella, red bell pepper, arugula and walnut pesto 10.5

Tapenade & Goat Cheese with red bell pepper and arugula 11.5

Avocado & Cheddar caramelized onions, tomato and roasted garlic mayo 10

Grilled Portobello & Swiss with roasted red bell pepper, arugula & chipotle mayo 12

**\*We do NOT have a gluten free kitchen. Therefore, bread may have been cooked on a grill where gluten has been.**

**We will do our best to keep your food safe, so please let your server know if you have a severe allergy.**