

GLUTEN FREE ALTERNATIVES

We use many products containing wheat and other gluten containing grains.

We cannot promise absolute gluten free items.

Our **burger patties** are NOT gluten free

Our **deep fryers** are NOT gluten free, cross contamination will occur

Is cross contamination a concern? Please advise your server yes or no.

Gluten Friendly Menu Items

Ribs

Tossed Salad

Spinach Salad

Beet Salad

Add Grilled Chicken

Salad Dressings and Dips

Fries & Sweet Potato Fries* CROSS CONTAMINATION

Chef's Potato

The following items can easily be adjusted to remove gluten containing ingredients

Caesar Salad; hold the croutons

Try these items on a gluten free bun:

Chicken Ciabatta Sandwich

Chicken Brie Melt

Clubhouse Sandwich

Corned Beef Reuben

Breakfast Ciabatta

substitute bun for leaves of iceberg lettuce or gluten free bun (\$1.25 charge for bun)

Soups are made from scratch in our kitchen, when a soup is prepared our cooks make note of the presence of gluten, dairy and or/meats. Please ask your server if the current soup will be suitable for you.

VEGETARIAN & VEGAN

Soup, we saved a bowl for you. The last time we made a vegan friendly soup we froze some portions so they'd be available on demand, your server can let you know the variety.

Backyard Burgers the veggie patties on our backyard burger are made with brown rice, walnuts, shredded carrot, **eggs**, bread crumbs and seasonings

Vegetarian Menu Items

Backyard Burger	Garlic Cheese Toast	Spinach Salad	Fries
Sweet Potato Fries	Beet Salad	Dips	Breakfast Ciabatta

Secret Menu Veggie Options

Sweet Chili Wrap made with our backyard burger patty tossed in sweet chili sauce

Not your Average Grilled Cheese Jalapeno Jack cheese with grilled tomatoes and red onion
An old Spicy Radish Favourite!

Vegan Menu Items

Tossed salad	Sweet Potato Fries	*Beet Salad (hold feta)	Fries
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*Spinach Salad (sub dressing)

Vegan Sandwich or Wrap build one using the following ingredients:

Romaine	Spinach	Tomato	Onion	Dried Cranberries
Mandarin Orange	Pickles	Pickled Beets		

Sauces : Sweet & Sour Sweet Chili Hellman's Vegan House vinaigrette

Breads and Wraps Our breads, hamburger buns, ciabatta buns and wraps are free of dairy and eggs.

Salad Dressings The majority of our dressings are made in our kitchen.

***Dressings to note:**

Caesar – Mayo based, contains eggs and **anchovy**

Balsamic Vinaigrette – Contains **honey**. Dairy Free, Gluten Free, Egg Free