

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

Butter Chicken

Spinach Salad

Beet Salad

Add Grilled Chicken

Rajma (Vegetarian Kidney Beans)

Salad Dressings and Dips

Basmati Rice

Fries & Sweet Potato Fries* CROSS CONTAMINATION

Chef's Potato

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

Pan fried Pickerel, 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

Falafel Wrap

Rajma vegetarian kidney beans with rice and naan

Vegetarian Menu Items

Backyard Burger

Garlic Cheese Toast

Spinach Salad

Fries

Sweet Potato Fries

Beet Salad

Dips

Breakfast Ciabatta

Secret Menu Veggie Options

Veggie 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

*Spinach Salad (sub dressing)

*falafel wrap (hold mayo & feta)

*Rajma (hold sour cream) & sub naan (milk)

Vegan Sandwich or Wrap *build one using the following ingredients:*

Falafel

Tahini

Romaine

Spinach

Tomato

Onion

Dried Cranberries

Mandarin Oranges

Pickles

Pickled Beets

Sauces : Sweet & Sour Sweet Chili 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

House Vinaigrette – Vegan