

# HOLD *the* GLUTEN

\*Calories listed are based on ordering according to the gluten-free specifications.

## STARTERS

### Black & Bleu Bites

Blackened sirloin, bleu cheese crumbles & a warm bleu cheese sauce. 12.00 (cal 1070)

### Hummus Platter

**MUST SUBSTITUTE GLUTEN-FREE CRUST TRIANGLES FOR PITA TRIANGLES (price includes \$3 upcharge)**

Roasted red pepper hummus & roasted garlic hummus served with pepperoncinis, Kalamata olives, cucumber slices, feta & pita triangles. 11.00 (cal 1400)

## SALADS & SOUPS

**GLUTEN-FREE DRESSINGS:** Raspberry Vinaigrette (cal 80), Orange Balsamic Vinaigrette (cal 180), Ranch (cal 380), Southwest Ranch (cal 200), Creamy Caesar (cal 270), Thousand Island (cal 330), Honey Mustard (cal 440), Bleu Cheese (cal 290)

### Wedge

Artisan romaine with bleu cheese dressing, crumbled bleu cheese, diced tomatoes, bacon & red onions. Drizzled with sweet balsamic glaze. 7.50 (cal 730)  
- Add Blackened Steak • 3.00 (cal 250) -

### Southwest Chop

Romaine, chicken, fire-roasted corn medley, provolone, black beans, diced tomatoes, green onions, cilantro & tortilla strips tossed in southwest ranch & house salsa.  
Sm: 8.25 (cal 530) • Lg: 10.75 (cal 1020)

### Spinach

**MUST ORDER WITHOUT CANDIED WALNUTS & WITH GLUTEN-FREE DRESSING**

Spinach, tomatoes, red onions, candied walnuts, dried cranberries & bleu cheese crumbles.  
Served with your choice of dressing.  
Sm: 7.50 (cal 110 - no dressing)  
Lg: 10.00 (cal 210 - no dressing)  
- Add Chicken -  
Sm: 2.00 (cal 110) • Lg: 4.00 (cal 220)

### Cobb

**MUST ORDER WITH GLUTEN-FREE DRESSING**

Fajita chicken, avocado, crispy bacon, hard-boiled eggs, tomatoes & crumbled bleu cheese over crisp greens. Served with your choice of dressing.  
Sm: 8.75 (cal 510 - no dressing)  
Lg: 11.25 (cal 920 - no dressing)

### Beet Salad

**MUST ORDER WITHOUT CANDIED WALNUTS**

Braised red beets, arugula, goat cheese & candied walnuts. Served with orange balsamic vinaigrette. 8.00 (cal 320)

### Greek

**MUST ORDER WITH GLUTEN-FREE DRESSING**

Sliced cucumbers, Kalamata olives, tomatoes, red onions, pepperoncinis & Feta over crisp greens. Served with your choice of dressing.  
Sm: 7.00 (cal 90 - no dressing)  
Lg: 9.25 (cal 170 - no dressing)  
- Add Chicken -  
Sm: 2.00 (cal 110) • Lg: 4.00 (cal 220)

### Caesar

**MUST ORDER WITHOUT SEASONED CROUTONS**

Romaine lettuce, shredded parmesan & seasoned croutons tossed in Caesar dressing.  
Sm: 6.50 (cal 190) • Lg: 8.50 (cal 370)  
- Add Chicken -  
Sm: 2.00 (cal 110) • Lg: 4.00 (cal 220)  
- Add Blackened Steak -  
Sm: 3.00 (cal 250) • Lg: 6.00 (cal 500)

### House

**MUST ORDER WITHOUT GRAPE NUTS & WITH GLUTEN-FREE DRESSING**

Fresh greens, diced pears & crunchy grape nuts with your choice of dressing.  
5.50 (cal 40 - no dressing)

### Chicken Chili

Little Bowl: 5.50 (cal 220) • Big Bowl: 7.50 (cal 360)

## FLATBREADS

**MUST ORDER ON OUR 10" GLUTEN-FREE PIZZA CRUST (prices include \$3 upcharge)**

### California Chicken

Garlic infused olive oil, mozzarella, chicken, hickory smoked bacon & red peppers.  
Topped with fresh avocado & cilantro.  
Drizzled with ranch. 12.50 (cal 1490)

### Apple & Chicken

Garlic infused olive oil, smoked Gouda & cheddar topped with roasted Gala apples, chicken, hickory smoked bacon & caramelized onions. Drizzled with bourbon BBQ sauce. 12.50 (cal 1390)

### Pear & Bleu

**MUST ORDER WITHOUT CANDIED WALNUTS**  
Creamy bleu cheese sauce & light mozzarella topped with pears, candied walnuts & dried cranberries. Finished with baby arugula tossed in citrus honey vinaigrette. 12.50 (cal 1250)

### Greek

Garlic infused olive oil & mozzarella topped with Kalamata olives, artichoke hearts, red onions, diced tomatoes & feta. 12.50 (cal 1170)

# PASTAS

MUST ORDER WITHOUT A BREADSTICK & WITH OUR GLUTEN-FREE PASTA (prices include \$2 upcharge)

## MacKenzie Alfredo

Seasoned chicken, prosciutto, seasoned broccoli & tomatoes, tossed with alfredo, penne & parmesan. 16.00 (cal 1360)

## Tuscan Penne

Seasoned chicken, prosciutto, tomatoes, roasted garlic, herbed olive oil & a dash of red peppers, tossed with penne & parmesan. 16.25 (cal 1230)

## Cajun Chicken Alfredo

Blackened chicken breast, spicy sausage & bell peppers, tossed with penne in our spicy Cajun cream sauce. 17.75 (cal 1550)

## Pesto Shrimp Linguine

Linguine, shrimp, herbed olive oil, pesto sauce, prosciutto, tomatoes, roasted garlic & grilled lemon. 17.50 (cal 1270)

## Baked Ziti

Spicy Italian sausage, velvety blush sauce, basil-ricotta & penne, topped with mozzarella & parmesan & baked to perfection. 14.00 (cal 1500)

## Buffalo Mack n' Cheese

MUST ORDER WITHOUT BREADCRUMBS

Fajita chicken, bleu cheese crumbles & penne in a classic cheese sauce topped with breadcrumbs & spicy Buffalo sauce. 13.75 (cal 1170)

# SMALL PIZZAS

MUST ORDER ON OUR 10" GLUTEN-FREE PIZZA CRUST (prices include \$3 upcharge)

## Classic Cheese

Traditional tomato sauce & mozzarella cheese. 12.25 (cal 140/slice)

## Good Ol' Boy

A heapin' portion of extra pepperoni, mozzarella & tomato sauce. 13.25 (cal 160/slice)

## Fresh Tomato Basil

Tomato sauce, fresh basil, sliced tomatoes, garlic & mozzarella. 13.75 (cal 140/slice)

## MacKenzie River

Olive oil & garlic, spinach, roasted zucchini, mushrooms, tomatoes & mozzarella, dusted with feta. 13.75 (cal 140/slice)

## Flathead

Alfredo sauce, fajita chicken, smoky bacon, spinach, tomatoes, mushrooms & mozzarella cheese. 14.75 (cal 190/slice)

## Rancher

Tomato sauce, ground beef, pepperoni, smoky bacon, tomatoes, red onions, green peppers & mozzarella. 14.75 (cal 170/slice)

## Sequoia

Fresh pesto, sun-dried tomatoes, artichoke hearts, toasted pine nuts & mozzarella cheese. 14.75 (cal 160/slice)

## BBQ Pizza

Your choice of fajita chicken or smoked pulled pork with sweet & smoky BBQ sauce, red onions, cilantro, mozzarella & cheddar. 13.75 (cal 150-160/slice)

## Hot Hawaiian

Sweet & smoky BBQ sauce, fajita chicken, bacon, pineapples, jalapeño & mozzarella. 13.75 (cal 190/slice)

## Polynesian

Canadian bacon, pineapple, toasted almonds, mandarin oranges, mozzarella & tomato sauce. 13.75 (cal 150/slice)

## Buffalo Wing

Spicy Buffalo sauce, seasoned chicken, celery & mozzarella, dusted with crumbled bleu cheese. 13.75 (cal 170/slice)

# DESSERT

## Flourless Chocolate Cake

Dense fudge-like cake glazed with chocolate sauce. 7.25 (cal 520)

These menu items, along with noted alterations, do not have any ingredients that inherently contain gluten. However, all of these items are prepared in a common kitchen with the risk of gluten exposure. We cannot recommend these items for customers with celiac disease. Customers with gluten sensitivities should exercise judgment in consuming these menu items.

2,000 calories a day is used for general nutrition advice, but calorie needs may vary.  
Additional nutrition information available upon request.