

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. 16.00 (cal 1080)

HUMMUS PLATE

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, carrot sticks, feta & pita triangles. 13.50 (cal 1540)

FLATBREADS

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

CALIFORNIA CHICKEN

Garlic olive oil, mozzarella, chicken, hickory smoked bacon & red peppers. Topped with fresh avocado & cilantro. Drizzled with ranch. 15.00 (cal 1640)

PINEAPPLE CHUTNEY

Garlic olive oil, shredded prosciutto, house pineapple-jalapeño chutney & mozzarella, topped with fig balsamic glaze & fresh scallions. 15.00 (cal 1300)

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. 15.00 (cal 1250)

GREEK

Garlic olive oil & mozzarella topped with Kalamata olives, artichoke hearts, red onions, diced tomatoes & feta. 15.00 (cal 1330)

SALADS & SOUPS

GF DRESSINGS: Raspberry Vinaigrette (cal 80), White Balsamic Vinaigrette (cal 480), Ranch (cal 380), SW Ranch (cal 200), Caesar (cal 270), Thousand Island (cal 330), Honey Mustard (cal 440), Bleu Cheese (cal 290)

HOUSE

MUST ORDER WITHOUT GRAPE NUTS & WITH GLUTEN-FREE DRESSING

Fresh greens, diced pears & crunchy grape nuts with your choice of dressing. 7.00 (cal 40 - no dressing)

BEET

MUST ORDER WITHOUT CANDIED WALNUTS

Braised red beets, arugula, goat cheese & candied walnuts. Served with white balsamic vinaigrette. 9.00 (cal 440)

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: 11.00 (cal 550) • Lg: 14.00 (cal 1060)

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: 9.00 (cal 110 - no dressing)

Lg: 12.00 (cal 200 - no dressing)

WEDGE

Artisan romaine with bleu cheese dressing, crumbled bleu cheese, diced tomatoes, bacon & red onions. Drizzled with fig balsamic glaze. 9.50 (cal 770)

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: 9.00 (cal 120 - no dressing)

Lg: 12.00 (cal 220 - no dressing)

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: 11.50 (cal 530 - no dressing)

Lg: 14.50 (cal 950 - no dressing)

CAESAR

MUST ORDER WITHOUT SEASONED CROUTONS

Romaine lettuce, shredded parmesan & seasoned croutons tossed in Caesar dressing.

Sm: 8.50 (cal 190) • Lg: 11.25 (cal 380)

ADD PROTEIN TO YOUR SALAD:

CHICKEN - SM 3.00 (cal 130) LG 6.00 (cal 260) / SALMON 12.00 (cal 240)

BLACKENED STEAK 11.00 (cal 500)

CHICKEN CHILI

Little 6.75 (cal 220) • Big 8.00 (cal 360)

PASTAS

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

MACKENZIE ALFREDO

Seasoned chicken, prosciutto, broccoli & tomatoes, tossed with creamy alfredo sauce, penne & parmesan. 18.50 (cal 1220)

TUSCAN PENNE

Chicken, prosciutto, tomatoes, roasted garlic, herbed olive oil & a dash of red pepper flakes, tossed with penne & parmesan. 18.50 (cal 1600)

CAJUN CHICKEN PENNE

Seasoned chicken, spicy sausage & bell peppers, tossed with penne in our spicy Cajun cream sauce. 20.00 (cal 1660)

BAKED ZITI

Spicy Italian sausage, velvety blush sauce, basil-ricotta & penne, topped with mozzarella & parmesan then baked. 17.50 (cal 1480)

PESTO SHRIMP LINGUINE

Linguine, shrimp, herbed olive oil, pesto sauce, prosciutto, tomatoes, roasted garlic & lemon. 20.00 (cal 1320)

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. 17.00 (cal 1070)

SMALL PIZZAS

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

CLASSIC CHEESE

Traditional tomato sauce & mozzarella cheese. 15.50 (cal 150/slice)

GOOD OL' BOY

A heapin' portion of extra pepperoni, mozzarella & tomato sauce. 17.00 (cal 170/slice)

FRESH TOMATO BASIL

Classic tomato sauce, fresh basil, sliced tomatoes, garlic & mozzarella. 18.00 (cal 140/slice)

FLATHEAD

Alfredo sauce, fajita chicken, smoky bacon, spinach, tomatoes, mushrooms & mozzarella cheese. 19.50 (cal 200/slice)

RANCHER

Tomato sauce, ground beef, pepperoni, smoky bacon, tomatoes, red onions, green peppers & mozzarella. 19.50 (cal 180/slice)

MACKENZIE RIVER

Olive oil & garlic, spinach, roasted zucchini, mushrooms, tomatoes & mozzarella, dusted with feta. 18.00 (cal 170/slice)

BUFFALO WING

Spicy Buffalo sauce, seasoned chicken, celery & mozzarella, dusted with crumbled bleu cheese. 18.00 (cal 180/slice)

HOT HAWAIIAN

Sweet & smoky BBQ sauce, fajita chicken, bacon, pineapples, jalapeño & mozzarella. 18.00 (cal 180/slice)

BBQ PIZZA

Your choice of fajita chicken or smoked pulled pork with sweet & smoky BBQ sauce, red onions, cilantro, mozzarella & cheddar. 18.00 (cal 160/slice)

CHICKEN TIKKA ZA

Tikka masala sauce, chicken, red bell peppers, green onions & mozzarella, baked then topped with green chile sour cream & fresh cilantro. 19.50 (cal 170/slice)

SEQUOIA

Fresh pesto, sun-dried tomatoes, artichoke hearts, toasted pine nuts & mozzarella cheese. 19.50 (cal 160/slice)

DESSERTS

FLOURLESS CHOCOLATE CAKE

Dense fudge-like cake glazed with chocolate sauce. 7.50 (cal 350)

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.