

GLUTEN FREE LUNCH

START HERE

deviled eggs / 6
peppered bacon, barbecue spice

just-made guacamole / 8
carrots & cucumbers

SALADS

simple green salad / 6
baby greens, tomatoes, house vinaigrette

superfood salad / 13
kale, quinoa, almonds, dried cranberries, lemon vinaigrette

sonoma salad / 13
mixed greens, prairie breeze white cheddar, gala apples, almonds, house vinaigrette

big fat greek salad / 13
cucumbers, tomatoes, red onions, garbanzo beans,
kalamata olives, pepperoncini, feta cheese, red wine vinaigrette

acapulco salad / 14
grilled chicken, black beans, sweet corn, avocado, tomatoes, cheddar cheese,
fire-roasted poblano peppers, lime-cilantro dressing

grilled chicken chopped salad / 14
tomatoes, avocado, crispy bacon, bleu cheese, green onions, sweet-mustard vinaigrette

Frankie's seafood salad / 22
lobster, shrimp, crab, artichokes, roasted peppers, scallions, cherry tomatoes, lemon-basil dressing

ADD TO YOUR SALAD
quinoa 1.5 / all-natural chicken breast 4 / grilled salmon 6

DRESSINGS lime cilantro, sweet-mustard vinaigrette, buttermilk ranch,
house vinaigrette, blue cheese

BURGERS served on our gluten-free bun

prime cheeseburger served with lettuce, tomato, mayo,
and choice of tillamook sharp cheddar, roth kase swiss or american cheese / 13

double old fashioned burger shredded lettuce, tomato, pickles, secret sauce, american cheese / 13

bacon cheddar burger tilamook sharp cheddar, bacon mayo / 14

ADD TO YOUR BURGER sauteed mushrooms 1 / applewood bacon 2 / fried egg 2

VERY NICE SANDWICHES & TACOS

sandwiches served on our gluten-free bun and with choice of market vegetable or fruit

THE grilled chicken sandwich lettuce, tomato, chipotle mayo / 13

classic turkey club applewood-smoked bacon, lettuce, tomato, mayo / 13

chili-lime chicken tacos sweet peppers, jalapeno slaw, guacamole, salsa roja, soft corn tortillas / 14

baja tuna tacos jalapeno slaw, mango salsa, guacamole, soft corn tortillas / 18

tenderloin sandwich caramelized onions, mushrooms, white cheddar, peppercorn mayo / 18

SIGNATURE PLATES

minute chicken terri d grilled chicken, wilted spinach, lemon butter, capers / 16

thanksgiving dinner green beans, mashed potatoes, cranberry sauce, market vegetables / 16

lemon chicken & peppers chicken breast, sweet & spicy roasted peppers, yukon potatoes / 17

broiled lake superior whitefish roasted yukon gold potatoes, wilted spinach / 18

cedar-planked salmon caramelized maple dijon glaze, market vegetables / 21

DESSERT

butter brickle sundae / 5

gluten-free chocolate cookie skillet vanilla ice cream / 9

pumpkin chiffon pie gingersnap crust / 8

All of our options are prepared in open kitchens and may come in contact with gluten.
Please ask your server if you need any further assistance.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

NICE TO KNOW

No trees were harmed in the making of this menu! The paper is from a local, family-run, eco-friendly company called French Paper.

Do you know a nice person? Nominate him or her to be our next Mity Nice award winner. Check out our wall of fame!

We believe in being good neighbors, ask about our local business discounts.



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