

# 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 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** / 13  
grilled chicken, black beans, sweet corn, avocado,  
tomatoes, cheddar cheese, fire-roasted poblano peppers,  
lime-cilantro dressing

**grilled chicken chopped salad** / 13  
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** tillamook 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 / 17

## SIGNATURE PLATES

**minute chicken terri d** grilled chicken, wilted spinach, lemon butter, capers / 15

**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 / 19

## DESSERT

**butter brickle sundae** / 4

**gluten-free chocolate cookie skillet** vanilla ice cream / 7

**vanilla bean crème brulee** house made whipped cream / 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.

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## 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.

# GLUTEN FREE DINNER

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carrots & cucumbers

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baby greens, tomatoes, house vinaigrette

**sonoma salad** / 8  
mixed greens, prairie breeze cheddar, gala apples, almonds, house vinaigrette

**superfood salad** / 8  
kale, quinoa, almonds, dried cranberries, lemon 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  
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**BURGERS** served on our gluten-free bun

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

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**thanksgiving dinner** green beans, mashed potatoes, cranberry sauce, roasted carrots / 16

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**broiled lake superior whitefish** roasted carrots, wilted spinach / 18

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