

# GLUTEN FRIENDLY

Please keep in mind that any items prepared without gluten products are made in a kitchen that handles many other wheat products. During normal kitchen operations, there is a possibility for food items to come into contact with wheat gluten/proteins. We are unable to guarantee that any menu item is completely gluten-free.

## BREAKFAST FAVORITES

Substitute Gluten-Free Bread or Bun for \$1 • Please inform server of this substitution and noted exclusions when ordering.

### **Three Egg Breakfast\*** - Ask for Gluten-Free toast!

Three eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 cal.

### **Two Egg Breakfast\*** - Ask for Gluten-Free toast!

Two eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 cal.

### **Eggs, Hashbrowns & Toast\*** - Ask for Gluten-Free toast!

Two eggs any style, toast and hashbrowns or grits. 430-650 cal.

### **Protein Breakfast\***

Scrambled eggs and your choice of two meats: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 560-1030 cal.

### **Avocado Breakfast Sandwich\*** - Ask for Gluten-Free toast!

Scrambled eggs, cheddar cheese, bacon and avocado with lettuce, tomato and mayo on eight-grain toast. Served with hashbrowns or grits. 1130 cal.

### **Western Omelet\*** - Ask for Gluten-Free toast!

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 750-980 cal.

### **Veggie Omelet\*** - Ask for Gluten-Free toast!

Mushrooms, onions, peppers, cheddar cheese, asparagus and tomatoes. Served with toast and choice of hashbrowns or grits. 710-940 cal.

### **Meat Lover's Omelet\*** - Ask for Gluten-Free toast!

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of hashbrowns or grits. 840-970 cal.

### **Avocado Toast\*** - Ask for Gluten-Free toast!

Fresh chopped avocado and tomato on eight-grain toast. 480 cal.

Add two eggs\* any style 160 cal.

### **Bacon, Egg & Cheese Croissant\*** - Ask for Gluten-Free toast!

Bacon, scrambled egg, and cheddar cheese. Served with hashbrowns or grits. 710 cal.

## SALADS

### **Chicken Tender Salad**

*Ask for no tortilla crunch and substitute grilled chicken!*

Grilled or blackened tenders over greens, cucumbers, tomatoes, shredded carrots, radishes, red onions, and tortilla crunch tossed in our honey mustard dressing. 800 cal.

### **Caesar Salad** - Ask for no croutons!

Classic Caesar salad with croutons and creamy Caesar dressing. 190 cal.

### **House Salad** - Ask for no tortilla crunch!

Greens, cucumbers, shredded carrots, radishes, tomatoes, red onions, and tortilla crunch tossed in our honey mustard dressing. 120 cal.

### **Gluten Friendly Dressings**

Balsamic Vinaigrette • Greek • Oil & Vinegar Ranch • Honey Mustard

\*Items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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## BURGERS & SANDWICHES

Substitute Gluten-Free Bread or Bun for \$1 • Please inform server of this substitution and noted exclusions when ordering.

Gluten free burgers and sandwiches are served with choice of Steamed Green Beans (120 cal), Steamed Broccoli (190 cal), Coleslaw (210 cal), or Mashed Potatoes (no gravy) (250 cal). For \$.50 substitute Seasonal Fruit (110 cal), House Salad (no tortilla crunch) (120 cal), Caesar Salad (no croutons) (190 cal)

### **Classic Burger\*** - Ask for a Gluten-Free bun!

100% Angus burger, cheddar cheese, lettuce, tomato, and red onions. 710 cal.

### **Breakfast Burger\*** - Ask for a Gluten-Free bun!

100% Angus burger, cheddar cheese, hashbrowns, lettuce, tomato, bacon, an egg any style and Hollandaise sauce. 1190 cal.

### **Bacon, Mushroom, Swiss Burger\*** - Ask for a Gluten-Free bun!

100% Angus burger, hickory smoked bacon, lettuce, tomato, Swiss cheese and sautéed mushrooms. 920 cal.

### **Big Mike's BLT (Double Decker)** - Ask for Gluten-Free bread!

Three slices of toast, loaded with bacon, lettuce, tomato and mayo. 910 cal.

### **Grilled 3 Cheese** - Ask for Gluten-Free bread!

Cheddar, Swiss and provolone on grilled bread. 560 cal.

Add ham & tomato 230 cal.

Add bacon & tomato 130 cal.

### **Philly Cheese Steak\*** - Ask for a Gluten-Free bun!

Roasted and seasoned beef topped with grilled onions and peppers, melted provolone cheese on a toasted hoagie roll. 1060 cal.

### **Chicken Salad Croissant** - Ask for Gluten-Free bread!

Roasted chicken, chopped pecans, grapes, celery and mayo served on a flaky croissant with lettuce and sliced tomato. 610 cal.

### **Metro Club** - Ask for Gluten-Free bread!

Ham, turkey, bacon, Swiss, cheddar, lettuce, tomato and mayo on three slices of white toast. 1210 cal.

## SIDES

**Mashed Potatoes** 250 cal. Ask for no gravy!

**Coleslaw** 210 cal.

**Steamed Green Beans** 120 cal.

**Steamed Broccoli** 190 cal.

**Real Honest to Goodness Grits** 150 cal.

**Cheesiest Grits** 300 cal.

**Hashbrowns** 240 cal.

## PREMIUM SIDES

**Fresh Seasonal Fruit** 110 cal.



**House Salad** 120 cal. Ask for no tortilla crunch!

**Caesar Salad** 190 cal. Ask for no croutons!

**Hickory Smoked Bacon** 200 cal.

**Canadian Bacon** 70 cal.

**Country Sausage Patties** 400 cal.



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