

Gluten Free Lunch Menu

APPETIZERS

Grilled Portobello \$7

Grilled Portobello, house mozzarella and roasted tomatoes with balsamic reduction

Rushing Waters Smoked Trout \$12

Wisconsin smoked trout with horseradish dill cheese spread, capers, hard boiled local egg, chopped onion and cucumber chips

GREENS

All Gluten Free Salads are served with roasted garlic lemon vinaigrette.

Mediterranean Salad \$12

Mixed greens, cucumber, roasted tomatoes, marinated artichoke hearts, olives, roasted red peppers and goat cheese tossed with garlic lemon vinaigrette

Add chicken for \$3

Grilled Steak Salad \$13

Mixed greens, grilled Iowa beef, mushrooms and roasted vegetables with ancho balsamic vinaigrette

House Salad \$7

Organic greens, shaved carrots and cucumbers

ENTREES

All Gluten Free Entrees are served with simple green salad dressed with roasted garlic lemon vinaigrette.

Grilled Chicken Breast \$9

Grilled chicken breast, herb almond pilaf, caramelized onions, roasted bell peppers and smoked provolone

Grilled Salmon \$12

Grilled salmon with roasted vegetables and maple chipotle glaze

Portobello and Grilled Burger \$11

Portobello and grilled burger with choice of cheese and bacon

Grilled Shrimp \$12

Grilled shrimp and roasted vegetable rice pilaf

DESSERT

Chocolate Flourless Cake \$8

Warm bittersweet chocolate cake with Sassy Cow ice cream

DRINK

New Grist Gluten Free Beer \$5.25

Crisp and refreshing. Brewed from sorghum, hops, water, rice and gluten-free yeast grown on molasses.

Gluten Free Dinner Menu

APPETIZERS

Grilled Portobello \$7

Grilled Portobello, house mozzarella and roasted tomatoes with balsamic reduction

Rushing Waters Smoked Trout \$12

Wisconsin smoked trout with horseradish dill cheese spread, capers, hard boiled local egg, chopped onion and cucumber chips

ENTREES

Choose one meat, starch and vegetable to create your own Gluten Free Meal.

MEATS

(choose one)

New York Strip \$20

Grilled Chicken Breasts \$16

Pecan Encrusted Salmon \$18

Herb-Broiled Walleye \$19

Grilled Shrimp \$15

VEGETABLES

(choose one)

Lemon Garlic Broccoli

Caramelized Onions & Cremini Mushrooms

Roasted Tomatoes & Sweet Peas

STARCH

(choose one)

Brandy Sweet Potato Mash

Sour Cream Mash

Herb Almond Rice Pilaf

Sweet Potato Hash

DESSERT

Chocolate Flourless Cake \$8

Warm bittersweet chocolate cake with Sassy Cow ice cream

DRINK

New Grist Gluten Free Beer \$5.25

Crisp and refreshing. Brewed from sorghum, hops, water, rice and gluten-free yeast grown on molasses.