



GLUTEN SENSITIVE MENU

No Substitutions Please

Veggie Plate ^v

Fresh carrots, celery, cucumbers and radishes served with hummus \$11

Jungle Cat Chili

Our signature homemade chili topped with Cheddar Jack cheese and onions. Cup \$5 Bowl \$7

Volcano Nachos

Tostito corn chips layered with Monterey Jack & Cheddar cheese. Served with jalapeño peppers, black olives, fresh diced tomatoes, green onions, fire roasted salsa and sour cream \$14

Add guacamole +\$2

Add fire braised chicken +\$4⁹⁹

Club Salad

Grilled chicken, Applewood smoked bacon, Romaine lettuce, tomato, red onion and Cheddar Jack cheese served with your choice of Ken's Ranch, French or Lite Italian dressing \$16

Tiki Shrimp

6 oz. of quinoa-breaded shrimp served with Boom Boom sauce \$16

Lil' Molly

A 1/3 pound charbroiled Certified Angus Beef patty topped with your choice of cheese on an Udi's gluten free bun. Served with your choice of French fries*, cottage cheese or coleslaw \$15

Island Buzzard Sandwich

Seasoned chicken breast, lettuce and tomato on an Udi's gluten free bun. Served with French fries*, cottage cheese or coleslaw \$16

Small 10" - Two Topping Pizza

Made on Rich's gluten free pizza crust \$16

Topping choices:

Pepperoni • Italian Sausage • Canadian Bacon • Bacon • Jalapeños
Mushrooms • Onions • Tomatoes • Black Olives • Bell Peppers
Pineapple • Extra Cheese

Margarita Chicken Grain Bowl

Grilled 5 oz. chicken breast on top of chipotle lime red quinoa pilaf with fire roasted vegetables, avocado, white corn, poblano peppers and black beans with Margarita dressing \$18

V- Substitute extra avocado instead of chicken \$15

*French fries are cooked in soy/canola oil in a dedicated fryer, but cross contamination may occur due to shared utensils and proximity to other fryers.

Due to the individualized nature of allergies and food sensitivities, we are not qualified to make recommendations for your dietary needs. Please consult a physician.

V indicates item is a vegan option

