



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 \$17

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, cilantro, Margarita dressing \$18

V- Substitute extra avocado instead of chicken \$15

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.*

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

