



GLUTEN FREE MENU

APPETIZERS

BOURBON BBQ RIBS

Mike says this is a MUST try. Our special version of chargrilled tender pork ribs on the bone, slathered with our bourbon BBQ sauce and served with a side of mixed greens - 9.99

LETTUCE WRAPS

Create your own lettuce rolls! Asian grilled chicken tenderloins, matchstick carrots, chopped tomatoes, green beans, cucumbers and pea shoots. Served with homemade hummus - 9.99 **Substitute Shrimp** for 1.99

HOMEMADE HUMMUS

Incredible hummus homemade daily here at the BBC. A real special dish topped with balsamic roasted peppers and kalamata olives. Served with fresh raw green beans, celery sticks and carrots - 7.99 **Skip the pita chips to be gluten free.**

WINGS YOUR WAY

Chicken wings slathered in Buffalo, or BBQ sauces. Served with celery sticks and bleu cheese with the Buffalo wings - 9.99 **Ask the server to oven roast your wings to be gluten free.**

FRESH SALADS

COBB SALAD

The monster of salads! Slices of grilled chicken, bacon, bleu cheese crumbles, hard boiled eggs, diced avocado, tomatoes, cucumbers and onions - 11.99

STEAK SALAD

Fresh greens topped with grilled steak medallions, grilled red onions, gorgonzola cheese, candied walnuts, tomatoes and cucumbers - 11.99 **Skip candied walnuts to be gluten free.**

TAVERN HOUSE SALAD

Garnishments of cucumbers, shredded carrots, sliced tomatoes and red onions. King - 5.99 Queen - 3.99 **Skip croutons to be gluten free.**

CHINESE SALAD

Your choice of sliced chicken breast or sashimi tuna layered with rice noodles, bok choy, red onions, pea shoots, napa cabbage, pea pods, spinach, Mandarin oranges, wonton skins, carrots and sesame seeds. Tossed in a mango pineapple vinaigrette - 11.99 **Ask server to exclude the wonton skins for gluten free.**

GRILLED TURKEY TIPS, AVOCADO & APPLE SALAD

Grilled turkey tips with sliced avocado, apples, tomatoes, red onions and cucumbers over a bed of lettuce - 11.99

ICEBERG WEDGE SALAD

Chilled fresh cut wedges of baby iceberg lettuce topped with chopped bacon, bleu cheese crumbles, red onions and roma tomatoes. Served with bleu cheese dressing - 8.99 **Add Grilled Chicken Breast - 2.99**

WENSLEYDALE CHICKEN & PEAR SALAD

Grilled chicken topped with cranberry Wensleydale cheese, pears, caramelized walnuts, dried cranberries, pea shoots, cucumbers and onions - 11.99 **Skip caramelized walnuts to be gluten free.**

CAESAR SALAD

Crisp romaine tossed with shaved parmesan cheese, and creamy Caesar dressing. King - 9.99 Queen - 4.99 **Skip croutons to be gluten free. Add Grilled Chicken Breast - 2.99**

GLUTEN FREE SALAD DRESSINGS

- Bleu Cheese • Balsamic Vinaigrette
- Mango • Pineapple Vinaigrette • Ranch
- Lite Italian • Parmesan Peppercorn

WRAPS

EXTRA TOPPINGS

- American • Cheddar • Swiss • Bleu Cheese
- Bacon • Lettuce • Tomato • Onion
- Mushroom • Pepper • Caramelized Onion
- BBQ Sauce • Russian Dressing • All 30¢ Each

SANDWICHES COME WITH ONE OF THE FOLLOWING SIDES

- Cheddar Mashed Potato • Jasmine Rice
- Fresh Vegetable Du Jour • Cole Slaw

GRILLED CHICKEN CAESAR WRAP

Grilled chicken, romaine leaves and Caesar dressing - 9.99 **Ask your server for a gluten free wrap.**

ROAST BEEF WRAP

Hand carved prime rib served with horseradish, lettuce and tomatoes - 9.99 **Ask your server for a gluten free wrap.**

ENTRÉES

BRILLIANT STEAK OR TURKEY TIPS

Your choice of hand cut steak, turkey, or a combo of both turkey and steak tips tossed in BBQ sauce. Served with cheddar mashed potato and fresh vegetable - 13.99 Kids Portion - 7.99

Ask your server to use BBQ sauce and skip the green beans to be gluten free.

SWEET PLUM SALMON

An Alaskan salmon fillet glazed with plum sauce and chargrilled. Served over jasmine rice and fresh vegetables - 15.99

FLAT IRON STEAK

Known for its tenderness, our flat iron steak is grilled and served on a sizzling hot flat iron skillet. Topped with caramelized onions and mushrooms. Served with cheddar mashed potatoes and fresh seasonal vegetables - 14.99

BURGERS

HOW EXCITING - WE HAVE GLUTEN FREE ROLLS!

WENSLEYDALE BURGER

A chargrilled 100% ground sirloin steak burger topped with caramelized onions and cranberry Wensleydale cheese - 10.99

THE BBC BURGER

A chargrilled 100% ground sirloin steak burger topped with hickory smoked bacon and Gouda cheese, lettuce, tomatoes, red onions, ketchup and mustard - 10.99

SANDWICHES COME WITH ONE OF THE FOLLOWING SIDES

Cheddar Mashed Potato • Jasmine Rice
Fresh Vegetable Du Jour • Cole Slaw

YOUR BURGER - 7.99

Then add Your choice of... well, anything else you want! Like mushrooms, smoked bacon, caramelized onions, red onion jam and any cheese or dressing for only 50¢ a pop.

IMPERIAL PIZZA

12" PUB STYLE PIZZA (GLUTEN FREE DOUGH!) - 9.99

PIZZA TOPPINGS - 1.00 each

Onion, Caramelized Onion, Broccoli, Mushroom, Jalapeño, Spinach, Roasted Red Pepper, Black Olives, Pickle, Green Pepper, Tomato, Pineapple

PHILLY CHEESE STEAK PIZZA

Choice shaved sirloin, cheddar cheese, onions, mushrooms, peppers and our red sauce - 13.99

BACON & SCALLOP PIZZA

Crisp bacon, chopped scallops and our red sauce topped with mozzarella cheese - 13.99

PULLED PORK PIZZA

Shredded BBQ pulled pork, cheddar cheese, thinly sliced red onions and our honey BBQ sauce - 13.99

THE NORTH END

Chicken, mozzarella cheese, broccoli, sliced tomatoes, garlic and our red sauce - 12.99

THE MARGHERITA

Sliced roma tomatoes, fresh mozzarella cheese and fresh basil brushed with garlic oil - 12.99

PREMIUM PIZZA TOPPINGS - 1.50 each

Pastrami, Grilled Chicken, Pulled Pork, Bacon, Pepperoni, Shaved Steak, Extra Cheese, Sausage, Hamburger, Chouriço, Anchovy

SPINACH & WILD MUSHROOM PIZZA

Wild mushrooms, fresh spinach and our red sauce topped with fresh and whole milk mozzarella cheeses, then drizzled with a sweet balsamic glaze - 12.99

THE FENWAY

Sausage, peppers, onions and our red sauce - 12.99

THE VEGETARIAN

Broccoli, roasted red peppers, olives, mushrooms, mozzarella cheese and our red sauce - 12.99

BBQ CHICKEN PIZZA

Grilled BBQ chicken breast, cheddar cheese, thinly sliced red onions and our honey BBQ sauce - 12.99

CHICKEN FAJITA PIZZA

Grilled chicken, cheddar cheese, onions, peppers and our red sauce - 12.99

THE MAUI WOWWIE

Crumbled chouriço, mozzarella cheese, our red sauce and pineapple chunks - 12.99

Make it a Maui Powwie with jalapeños and kick it up with our exclusive "Sympathy for the Devil" sauce 1.00 more