

RJ GRUNTS

GLUTEN FREE EATS

SALAD BAR OPTIONS:

Lettuce, Spring Mix, Kale, or Spinach

Fresh Fruit

Fresh Vegetables

Balsamic Mushrooms

Quinoa Salad

Chick Pea Salad

Butter Bean Salad

Greek Salad

Roasted Beets

Chocolate Chip Cream Cheese

Add on: Grilled Chicken

Dressings: Balsamic, Lo-cal Italian, Lemon Basil

Soups: Mediterranean Lentil and Minestrone (when available)

VERY SPECIAL:

**** SUBSTITUTE GLUTEN FREE BREAD****

Grilled Cheese

Grilled Cheese Deluxe (without Bacon)

Turkey Club (without Bacon and Mayo)

BURGERS:

**** SUBSTITUTE GLUTEN FREE BREAD****

Hamburger

Cheeseburger

Works Burger (without Mayo)

Yowza Burger (without Bacon)

Patty Melt

Mushroom Swiss Burger

Please ask your server about our nightly dinner and fish specials.