



# GLUTEN FREE LOUNGE MENU

## BREAKFAST

Served until 4pm daily. All Breakfast items served with home fries\*.

### **BREAKFAST SANDWICH | 9**

Fried egg, cheddar cheese and bacon (2) on toasted buttered gluten free toast or bun

### **LONG DRIVE | 12**

Two eggs cooked your way, choice of bacon (3), peameal (2), or sausage (2) with choice of buttered gluten free toast or bun.

### **TOASTED WESTERN SANDWICH | 12**

Peppers, onions, and ham in a 3 egg omelette with melted cheddar cheese on choice of buttered gluten free toast or bun.

### **BLT | 10**

Bacon (3), lettuce, tomato and mayonnaise on choice of buttered gluten free toast or bun.

### **OMELETTE | 12**

3 Egg omelette with choice of 3 items: peppers, onion, bacon, tomatoes, ham, cheddar cheese, feta cheese, goat cheese and served with buttered gluten free toast or bun.

Add additional items for \$1/item.

## SALADS

Add grilled chicken or shrimp for \$7. Add tofu for \$5.

### **SOUP DE JOUR | 8**

Ask your server for the soup of the day. May not always be available as a gluten free option.

### **HOUSE SALAD | 9 - Small / 15 - Large**

Lettuce, grape tomatoes, cucumber, carrot, sweet peppers, and pea shoots, tossed in a house-made citrus vinaigrette.

### **CAESAR SALAD 9 - Small / 15 - Large**

Romaine hearts, bacon, asiago cheese, tossed in a Caesar dressing, served with a lemon wedge.

### **SUMMER COBB SALAD | 23 - Large**

Crisp romaine lettuce tossed in our house dressing, served with boiled eggs, bacon, grape tomatoes, blue cheese, grilled chicken, and creamy fresh avocado.

## APPETIZERS

### QUESADILLA | 14

Grilled gluten free flour tortillas with cheese, pico de gallo, and sweet peppers, served with salsa and sour cream.

Add chicken, taco beef or beyond crumble for \$7.

### NACHOS | 19

House fried tortilla chips topped with pico de gallo, sweet peppers, and cheese, served with salsa and sour cream. Add chicken, taco beef or beyond crumble for \$7.

### SPINACH DIP | 18

Spinach, artichoke, sweet pepper, onion, garlic, cream cheese, padano Parmesan, blended cheese and sour cream, served with gluten free chips and crostinis.

### CHICKEN WINGS 1lbs | 18

House-brined traditional wings tossed in your choice of sauce

Sauces: mild BBQ, medium, hot, buffalo hot, honey garlic and cajun spice, lemon pepper, salt & pepper & garlic parmesan.

## MAINS

All options come with fries. Upgrade to sweet potato fries for \$1, or a house salad, Caesar salad, or soup (may not always be available as a gluten free option) for \$3.

### DELI SANDWICHES | 9 – Half / 15 - Full

Beef & provolone, ham & cheddar, turkey & Swiss, egg salad and tuna salad, served on gluten free bread.

### THE NASHVILLE CHICKEN SANDWICH | 20

Buttered toasted gluten free bun with mayo, grilled chicken drizzled with honey hot sauce, dill pickles, and lettuce.

### CALIFORNIA CLUB | 20

Grilled chicken breast with melted provolone cheese, candied bacon, lettuce, tomato, mayo and sliced avocado.

### BEEF DIP | 20

Shaved beef on a toasted gluten free bread, with provolone and garlic aioli, served with a side of jus.

### TURKEY & BRIE | 20

Turkey breast, maple cured bacon, apple, brie, and cheddar cheese with basil pesto aioli, grilled on gluten free bread.

### BUFFALO CHICKEN WRAP | 19

Crispy chicken tossed in a buffalo sauce with lettuce, cheese, tomatoes, bacon, and ranch dressing, on a gluten free tortilla.

### BURGER | 18

8oz home-made hamburger patty topped with lettuce, tomato, red onion, and pickles, served on a gluten free bun.

*Add cheese \$1.00 | Add bacon \$2.00*

### THE CABRERA BURGER | 24

8oz home-made hamburger patty with cheddar, provolone, and pepper jack cheese, prosciutto, tomato, pickled red onions, black truffle aioli, and micro greens, served on a gluten free bun.

### JERK CHICKEN DINNER | 26

Chicken breast marinated in our jerk spice, grilled and served with fresh mango salsa, basmati rice, and seasonal vegetables.

### TUNA POKE BOWL | 25

Basmati rice with green and crispy onions topped with mango salsa, grape tomatoes, radish, cucumber, avocado, and ahi tuna in a soy ginger marinade, topped with a chili lemon aioli, and cilantro.

### TERIYAKI STIR FRY | 22

Sautéed mushrooms, celery, Bok choy, carrots, red onion, and sweet peppers tossed in teriyaki sauce, topped with green onions and sesame seeds, served on rice.

*Add grilled chicken for \$7, jumbo shrimp for \$10, or tofu for \$6.*

## DESSERT

### VANILLA ICE CREAM | 6

Vanilla ice cream with chocolate ganache, salted caramel, or berry compote.

### AFFOGATO | 6

Vanilla ice cream, salted caramel and espresso.



# GLUTEN FREE DINING MENU

(Available Only After 4pm Thursday - Sunday)

## SALADS

Add grilled chicken or shrimp for \$7. Add tofu for \$5.

### HOUSE SALAD | 9 - Small / 15 - Large

Lettuce, grape tomatoes, cucumber, carrot, sweet peppers, and pea shoots, tossed in a house-made citrus vinaigrette.

### CAESAR SALAD 9 - Small / 15 - Large

Romaine hearts, bacon, asiago cheese, tossed in a Caesar dressing, served with a lemon wedge.

### SUMMER COBB SALAD | 23 - Large

Crisp romaine lettuce tossed in our house dressing, served with boiled eggs, bacon, grape tomatoes, blue cheese, grilled chicken, and creamy fresh avocado.

### SUMMER BERRY SALAD | 10 - Small / 20 - Large

Crisp spring lettuce tossed in a honey basil lime vinaigrette, with strawberries, blackberries, blueberries, goat cheese, candied pecans, pickled red onions, and peashoots.

*Add grilled chicken for \$7, jumbo shrimp for \$10, or tofu for \$6.*

## APPETIZERS

### SPINACH DIP | 18

Spinach, artichoke, sweet pepper, onion, garlic, cream cheese, padano Parmesan, blended cheese and sour cream, served with corn tortilla chips.

### LETTUCE CUPS | 18

Local leaf lettuce cups, red cabbage, shredded carrot, sliced radish, rice paper crisps, and our marinated chicken tossed in house buffalo sauce.

## ENTREES

### BUTTER CHICKEN | 30

Traditional butter chicken, mildly spiced and topped with yogurt, cucumber, and cilantro, served with basmati rice

### NAPOLEON VEGETABLE STACK | 23

Grilled portobello mushrooms, zucchini, sweet peppers, and goat cheese, roasted and served on rice, drizzled with a lightly spiced cashew crema.

### 8 OZ. CENTER CUT AAA BEEF TENDERLOIN | 45

8oz. center cut AAA beef tenderloin with garlic herb compound butter, served with mashed potatoes and seasonal vegetables.

### TERIYAKI STIR FRY | 22

Sautéed mushrooms, celery, Bok choy, carrots, red onion, and sweet peppers tossed in teriyaki sauce, topped with green onions and sesame seeds, served on rice.

## DESSERT

### VANILLA ICE CREAM | 6

Vanilla ice cream with chocolate ganache, salted caramel, or berry compote.

### AFFOGATO | 6

Vanilla ice cream, salted caramel and espresso.



# VEGAN LOUNGE MENU

## SALADS

### HOUSE SALAD | 9 - Small / 15 - Large

Lettuce, grape tomatoes, cucumber, carrot, sweet peppers, and pea shoots, tossed in a house-made citrus vinaigrette.

Add crispy tofu \$5.

## MAINS

### QUESADILLA | 14

Flour tortillas with vegan cheese, pico de gallo, and sweet peppers, served with salsa.  
Add Beyond crumble for \$7.

### VEGGIE WRAP | 19

Dill pickle hummus, spring mix, grilled asparagus, sweet peppers, edamame, chickpeas and julienne carrots on a grilled flour tortilla. Served with fries.

### NACHOS | 19

House fried tortilla chips topped with pico de gallo, sweet peppers, and vegan cheese, served with salsa. Add beyond crumble for \$7.

### TERIYAKI STIR FRY | 22

Sautéed mushrooms, celery, Bok choy, carrots, red onion, and sweet peppers tossed in plum sauce, topped with green onions and sesame seeds, served on rice. *Add tofu*



---

# VEGAN DINING MENU

(Available Only After 4pm Thursday - Sunday)

## SALADS

### HOUSE SALAD | 9 - Small / 15 - Large

Lettuce, grape tomatoes, cucumber, carrot, sweet peppers, and pea shoots, tossed in a house-made citrus vinaigrette.

Add crispy tofu \$5.

### SUMMER BERRY SALAD | 10 – Small / 20 – Large

Crisp spring lettuce tossed in a house dressing, with strawberries, blackberries, blueberries, candied pecans, pickled red onions, and peashoots.

*Add tofu for \$6.*

## ENTREES

### LETTUCE CUPS | 18

Local leaf lettuce cups, red cabbage, shredded carrot, sliced radish, rice paper crisps, and our marinated tofu tossed in house buffalo sauce.

### NAPOLEON VEGETABLE STACK | 23

Grilled portobello mushrooms, zucchini, sweet peppers, served on herbed Israeli couscous, drizzled with a lightly spiced cashew crema.

### TERIYAKI STIR FRY | 22

Sautéed mushrooms, celery, Bok choy, carrots, red onion, and sweet peppers tossed in plum sauce, topped with green onions and sesame seeds, served on rice. *Add tofu for \$6.*