

# Gluten Friendly Dinner Menu

## SALADS

Gluten Friendly Dressings: Balsamic, French, Raspberry Vinaigrette, Honey Mustard, Oil and Vinegar, Golden Italian, Poppysseed, Caesar, Thousand Island.  
Add grilled chicken at additional cost

### Signature Chopped Salad

Chopped romaine lettuce, carrots, cucumbers, red cabbage, Gorgonzola cheese, candied pecans & garbanzo beans. Choice of dressing

### Strawberry Pecan Salad

Mixed greens, candied pecans, Gorgonzola cheese, strawberries & Mandarin oranges. Choice of dressing

### House Salad

Mixed greens, red onions, tomatoes, mushrooms & Cheddar cheese.  
Choice of dressing

### Spinach Salad

Baby spinach topped with hard-boiled egg, toasted walnuts, red onion & cherry tomatoes.  
Choice of dressing

### Caesar Salad

Crisp romaine lettuce mixed in a creamy Caesar dressing. Topped with Parmesan cheese

### Big Salad

Mixed greens, red onions, cucumbers, tomatoes, mushrooms & Cheddar cheese.  
Choice of dressing

## SANDWICHES

### Turkey B.L.T. Wrap

Grilled chicken breast topped with Swiss cheese, bacon and house BBQ sauce. Served on a gluten friendly bun

### B.Y.O. Burger

Build your own Angus beef burger, served on a gluten friendly bun.

### B.Y.O. Chicken

Build your own chicken sandwich, served on a gluten friendly bun.

Toppings 1.00 each: bacon, grilled onions, sautéed mushrooms, yellow and red peppers, jalapeño peppers.  
Cheese selections: American, Swiss, Cheddar, PepperJack, Gorgonzola

Please let your server know if you are choosing gluten friendly menu items.

We are not a gluten-free restaurant and cannot ensure that cross contamination will never occur. We have processes in place to minimize that happening but there is a great deal of gluten in the air and on our work surfaces.



# ENTREES

Gluten friendly side choices: vegetable of the day, mashed potatoes, baked potatoes, cottage cheese and a side salad (no croutons)

## **Filet Mignon**

6oz beef tenderloin char-grilled to your liking. Served with vegetable of the day and side choice. Add sautéed mushrooms or onions 1.00 each

## **N.Y. Strip**

12oz center-cut strip steak, char-grilled to your liking. Served with vegetable of the day and side choice. Add sautéed mushrooms or onions 1.00 each

## **Ribeye**

12oz center-cut ribeye, char-grilled to your liking. Served with vegetable of the day and side choice

## **Grilled Salmon**

Char-grilled salmon fillet, finished with a whiskey glaze and topped with toasted pecans. Served with vegetable of the day and side choice

## **BBQ Baby Back Ribs**

Dry-rubbed, slow-cooked ribs with our house BBQ sauce. Served with vegetable of the day and side choice. Half rack or full rack

## **Roast Duck**

Roasted half duck finished with a sweet and spicy plum sauce. Served with vegetable of the day and side choice

## **Pasta Primavera**

Sautéed zucchini, yellow squash, onions, carrots, peppers, tomatoes, garlic, spinach, fresh basil and sun-dried pesto with gluten free noodles. Finished with Asiago cheese & fresh parsley

## **Penne**

Gluten free noodles tossed with your choice of creamy Alfredo sauce, classic marinara or both. Add grilled chicken at additional cost

# DESSERTS

## **Flourless Chocolate Cake**

An outstandingly rich cake, finished with homemade whipped cream

**Ask your server about our  
Artisan Ice Cream!**

Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

**STARVED ROCK**  
LODGE & CONFERENCE CENTER

