

GLUTEN-FRIENDLY MENU

Welcome to Flight Bar + Grille! When we opened in 2022, our vision was to create a safe and inviting environment for all of our guests. While we cannot completely prevent the potential for cross contamination, here are some helpful pointers for you to have a positive gluten-friendly experience:

- We season with salt and pepper.
- We do not toast gluten free buns or bread, they go from the refrigerator to the plate. Our employees are trained on accommodating food sensitivities.
- We offer Rotella's Gluten Free buns or bread on most items.
- Cottage cheese, coleslaw, or salads (without croutons) are great side options. Sweet potato fries and house-fried potato chips are naturally GF, however, prepared using shared fryer.
- We have shared fryers - GF items are fried in the same fryer as items containing gluten.
- We have a binder with all menu ingredients. Please ask to reference for any item specific questions.

TAKE-OFF

These items are naturally gluten-free, however are prepared using a fryer that is shared with items that contain gluten.

FRIED BRUSSELS SPROUTS | 11

Crispy fried sprouts, house-made balsamic reduction, finished with shaved parmesan + fresh lemon zest.

BONE-IN WINGS | 9/15

6 or 12 fried bone-in wing tossed in your choice of sauce. Served with house-made buttermilk ranch.

CHIPS + DIP | 8

chips with guacamole, queso or restaurant salsa
-dip flight with all three (+3)
-extra chips (+3)

SALADS

Our salads are naturally gluten free. Request to omit croutons. Add grilled chicken (+\$3) or smoked salmon (+6). Your choice of GF dressing: Ranch, Chipotle Ranch, Balsamic, Bleu Cheese, French, Thousand Island, or Italian.

SOUTHWEST SALAD | 12

romaine lettuce, cilantro-lime black beans, cheese blend, roasted corn salsa, guacamole, tomato, avocado lime ranch + charred lime

BERRY BLISS | 12

spinach, feta, candied walnuts, berry blend, pickled red onion, balsamic vinaigrette + lemon

MEDITERRANEAN QUINOA BOWL | 12

tri-color quinoa, romaine lettuce, feta, crispy chickpea, kalamata olive, cucumber, tomato, red onion, greek vinaigrette, naan (omit) + charred lemon

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IOWA'S BEST BURGERS

Request to sub gluten free bun. Served with pickles + red onions and your choice of side: coleslaw, cottage cheese, house-fried chips, sweet potato fries, or side salad (+\$3) Request to omit croutons. Add 2 slabs Webster City bacon (+\$2)

THE CLASSIC | 15

Double smash burger topped with cheddar cheese + our house-made garlic aioli. Finished with crisp leaf lettuce + tomato arranged on a GF bun.

THE FOUNDATION | 16

Double smash burger topped with cheddar cheese, crispy bacon, caramelized onions, house-made grain mustard aioli, crisp leaf lettuce + tomato arranged on a GF bun.

THE FLAMETHROWER | 16

double smash burger, pepper jack cheese, sautéed jalapeños, romaine lettuce, tomato, onion haystack (omit) + jalapeño aioli on a GF bun

FLIGHT FAVORITES

Request to sub gluten free bread. Served with pickles + red onions and your choice of side: coleslaw, cottage cheese, house-fried chips, sweet potato fries, or side salad (+\$3) Request to omit croutons. Add 2 slabs Webster City bacon (+\$2)

FLIGHT CLUB | 14

sun-dried tomato turkey, cherrywood smoked ham, bacon (webster city, ia) cheddar cheese, romaine lettuce, tomato, sourdough (request GF bread) + mustard aioli

BBLT | 14

bacon (webster city, ia), romaine lettuce, tomato, sourdough (request GF bread) + black pepper aioli

PILOT IN TRAINING

GRILLED CHEESE | 5

Request Gluten Free Bread

BEHIND THE BAR

Ask your bartender or server for current offerings.

REDBRIDGE LAGER
GREEN'S IPA
CARBLISS
WHITE CLAW
HIGH NOON
WILSON'S CIDERS

JEFFERSON COUNTY
CIDERS
CLIMBING KITES
ANGRY ORCHARD
BARN TOWN SOURS