

Gluten Friendly Options at Haze

Because we do not operate a fully gluten-free kitchen, we make no promise that any item will be 100% gluten-free. There is a chance that any item could contain trace amounts of gluten. The following items are made from ingredients that should not contain gluten.

Our sandwiches and burgers typically come with French fries, which are not gluten-free and would need to be replaced with an alternative side.

- Rockstar Rub
- Alabama White Sauce (contains soy)*
- Tomato Vinaigrette (contains soy)*
- Bourbon BBQ Sauce
- Hot BBQ Sauce
- Chili
- Bama White Nachos without the tortilla chips (sauce contains soy)*
- Haze Sliders without the buns and without Sauce #1
- Candied Bacon
- Smoked wings (fried in same fryer as gluten-containing items)
- Chopped Salad, can add shrimp, chicken, or salmon (tomato vinaigrette contains soy)*
- Ribs
- Brisket
- Pork
- Chicken
- Sampler
- Ribeye
- Salmon (without delta sauce, Kale is fried in same fryer as gluten-containing items)
- Kale (fried in same fryer as gluten-containing items)
- French Fries (fried in same fryer as gluten-containing items)
- Coleslaw
- Veggie Kabob
- House Salad
- Classic, without the bun
- All that Jazz, without the bun
- The Blues, without the bun and Sauce #1
- Veggie Bella, without the BBQ mayo or bun
- Shrimp Po Boy, without the BBQ mayo or bun
- Chicken Club, without the BBQ mayo or bun
- Hot Sausage without the bun
- Pork Sammie, without the bun
- Brisket sandwich, without the bun
- Hot Pastrami, without the bun
- BBQ Rueben, without the bun
- Fried Bologna, without the bun or sauce (fried in same fryer as gluten-containing items)
- Chocolate Ciao

*Soy can be subject to cross contamination during the growing/harvesting process, as it is often grown in rotation with wheat crops. A study by celiac dietitian Tricia Thompson reported that soy was one of the most commonly cross-contaminated “gluten free grains.”