

Welcome to Against the Grain cafe and bakery, home of the largest gluten-free menu in the nation. Our goal is to bring you affordable and delicious food that your friends and family can all thoroughly enjoy, whether they are gluten free or not.

We personally hand-make all of our doughs and batters from scratch using our own specially crafted recipes. It is usually more delicious than the “normal” wheat-based versions. Why? Well, to put it plainly, other restaurants don’t use wheat because it is the most delicious, they use it because it is the cheapest. When we replace the wheat, you get better-tasting food.

You might notice that our menu is wide-ranging and rather eclectic. ATG owners, Amanda and Justin, are celiac sufferers who had given up on being able to dine out safely. They began dreaming of a place where the gluten-free community

could safely enjoy something they’re not used to having - choices. The menu is full of items that you cannot find anywhere else and probably haven’t been able to enjoy for years. We hope that you return again and again to enjoy our extensive offerings.

You also might notice that our menu prices are very reasonable compared to the typical gluten-free restaurant options. We find it problematic that other companies use our medical condition as an excuse to increase their profits. Our goal is to disrupt these exploitative practices by providing you with an affordable dining experience that your whole family can enjoy.

We offer breakfast, lunch, and dinner all day long. Many of our dishes can be prepared dairy-free, please look for our dairy-free symbol on the menu: . Vegan menu options can be found with the following symbol: .

Breakfast dishes

All of our biscuits, breads, and batters are made from scratch here in-house from our own special recipes

BISCUITS & GRAVY \$13.99

Our signature dish, thick southern-style sausage gravy over a buttery biscuit, both made from scratch.

BREAKFAST BOWL ⚡ \$ 13.29

Crispy deep-fried and seasoned tots, covered with breakfast sausage, scrambled eggs, and shredded mexi-blend cheese

BREAKFAST BURRITO ⚡ \$ 13.99

Our in-house flour tortilla is made fresh when you order it, and stuffed with crispy potatoes, breakfast sausage, scrambled egg, shredded mexi-cheese, and chipotle crema.

CHICKEN & WAFFLE ⚡ \$ 15.99

Two pieces of crispy in-house fried chicken with our freshly-made golden waffle.

PANCAKES ⚡ \$ 12.99

Three big griddle-fried pancakes. Add fresh fruit or chocolate chips for \$1.99

BELGIAN WAFFLE ⚡ \$ 11.99

A thick, crispy golden waffle dusted with powdered sugar. Top with fresh fruit or chocolate chips for \$1.99

FRENCH TOAST ⚡ \$ 13.79

Three slices of our house sweet bread soaked in vanilla-cinnamon infused eggs, griddle-fried and dusted with powdered sugar. Add fresh fruit or chocolate chips for \$1.99

BREAKFAST PIZZA 11" \$ 22.99

Our hand-made in-house pizza crust, spread with our southern-style sausage gravy, topped with mexi-cheese, scrambled eggs, and bacon.

SAUSAGE BISCUIT \$ 7.69

Pan-fried sausage patty on our fresh house biscuit

CHICKEN BISCUIT \$ 8.49

Crispy fried chicken breast on our warm, buttery house biscuit.

EGG & CHEESE SANDWICH ⚡ \$11.99

Two over-hard eggs with two slices of American cheese, served with mayo on our house bread + bacon, ham, or sausage \$ 1.99

EGG & CHEESE BISCUIT \$ 8.49

Over-hard egg with a slice of American cheese on our warm in-house biscuit.

+ bacon, ham, or sausage \$ 1.00

EGG & CHEESE BAGEL \$ 8.49

Over-hard egg with a slice of American cheese on our in-house toasted everything bagel

+ bacon, ham, or sausage \$ 1.00

CARNIVORE OMELET ⚡ \$15.29

3 eggs filled with pan-fried ham, bacon, and sausage

SOUTHWEST OMELET ⚡ \$15.29

3 eggs stuffed with sausage, mushrooms, red onions, green peppers, with a side of salsa & sour cream

VEGETABLE OMELET ⚡ \$14.99

3 eggs with sauteed green peppers, tomatoes, mushrooms, olives, and red onions

CHEESE OMELET ⚡ \$ 11.99

+ bacon, ham, or sausage \$ 2.00

+ any vegetable \$ 1.00

Consuming raw or undercooked eggs may increase your risk of foodborne illness.

Fried Donuts

One of our proudest creations, these are real, soft, yeasty, and deep fried, hot and fresh when you order them.

CHOCOLATE FROSTED	\$4.99
MAPLE FROSTED	\$4.99
STRAWBERRY FROSTED	\$4.99
GLAZED	\$4.99
CINNAMON SUGAR	\$4.99
POWDERED SUGAR	\$4.99

Breakfast Sides

FRUIT BOWL	\$ 7.49
A generous helping of fresh sliced bananas, strawberries, and grapes.	
*EGGS SIDE	\$ 3.79
Two large eggs, prepared scrambled, over easy (very runny), over medium (hardly runny), over hard (not runny at all), or sunny-side-up.	
BACON/SAUSAGE SIDE	\$ 3.99
Four slices of bacon or two sausage patties.	
TOAST δ	\$ 3.49
Two slices of our house bread buttered and served with jelly.	
BISCUIT SIDE	\$ 3.49
Our fresh in-house biscuit, buttered and served with jelly.	
BAGEL	\$ 5.29
Made from scratch and available plain or with everything bagel seasoning. Toasted and served with cream cheese.	
GRAVY	\$ 4.29
Southern-style peppery white-flour sausage gravy.	

Starters & Sides

Deep fried to perfection in canola oil.

FRIED PICKLES δ	\$ 9.49
FRIED JALAPENOS δ	\$ 9.49
ONION RINGS δ	\$ 9.49
MOZZARELLA STICKS	\$ 10.99
Hand-cut and hand-breaded in-house	
HOT SOFT BAKED PRETZEL	\$ 7.99
Hand-made from scratch dough, glazed with butter and salted. Served with nacho cheese or mustard.	
CHICKEN WINGS (6) δ	\$ 12.49
Deep-fried, bone-in wings (3 flats & 3 drums) coated in buffalo or honey barbecue sauce.	
JUMBO CORN DOG δ	\$ 3.79
Honey-flavored corn-breaded chicken frank on a stick	
FRIED PRETZEL BITES	\$ 7.99
In-house from-scratch dough, deep fried, buttered, and salted, served with nacho cheese	
CHICKEN STRIPS (5) δ	\$ 11.99
Crispy breaded, deep-fried tenderloin strips	
LOADED TOTS δ	\$ 10.99
Crispy deep-fried tots, topped with layers of cheese, crispy bacon, sour cream, and chives	
CHICKEN EGG ROLL δ	\$ 4.99
A thin, crispy egg roll wrapper filled with a savory mixture of chicken, vegetables, and seasonings. Deep fried and served with apricot and soy sauce.	
FISH FRY BOAT δ	\$ 7.49
Five ounces of deep fried southern-style battered cod, served with a lemon wedge and our in-house tartar.	
FRIES BASKET	\$ 7.99
TOTS BASKET	\$ 8.29
SIDE OF FRIES	\$ 4.49
SIDE OF TOTS	\$ 4.69

American Favorites

FISH AND CHIPS **δ** **\$ 15.99**

Breaded and deep-fried cod fillets served over a basket of fries, with a lemon wedge and our house-made tartar sauce.

SALISBURY STEAK **\$ 16.99**

Savory $\frac{1}{3}$ pound slice of our fresh in-house salisbury steak smothered in brown gravy over a bed of rice. Served with green beans.

PATTY MELT **\$ 16.99**

Juicy $\frac{1}{3}$ pound beef patty topped with sauteed onions, American and Swiss cheeses, and tangy thousand island sauce served on our toasted house bread. Served with fries.

MEATBALL SUB **\$ 13.99**

Three made-from-scratch beef meatballs served on our house sub bun, topped with marinara and freshly-grated parmesan cheese. Served with fries.

TURKEY AND CHEESE SUB **\$ 13.99**

Four slices of turkey layered with American and havarti cheeses, shredded lettuce, tomatoes, mayo, and mustard served on our house sub bun. Served with chips and a pickle spear.

JUMBO CHILI DOG **\$ 13.99**

Jumbo beef hotdog served on our in-house hot dog bun, smothered in our made-from-scratch beef chili and mexi-blend shredded cheese. Served with fries.

FILET O FISH SANDWICH **\$ 15.49**

Breaded deep-fried cod fish filet, served on our fresh house sesame seed bun, with American cheese and hand-crafted tartar sauce. Served with fries.

FRIED CHICKEN BLT SANDW. **\$ 15.49**

Breaded and fried chicken breast patty, served on our in-house sesame seed bun with bacon, lettuce, tomato, and ranch. Served with fries.

CHEESEBURGER **\$ 15.99**

Juicy $\frac{1}{3}$ pound beef patty, served with American cheese, lettuce, tomato, onion, and pickles, on our house sesame seed bun. Served with fries.

BUFFALO CHICKEN SANDWICH **\$ 15.49**

Breaded and fried chicken breast patty, coated with mild buffalo sauce, on our house sesame seed bun with a slice of pepper jack, lettuce, tomato, and bleu cheese. Served with fries.

GRILLED CHEESE **\$ 11.99**

American, Havarti, cheddar, and mozzarella cheeses melted inside our buttered and pan-toasted house bread. Served with chips and a pickle spear.

BLT SANDWICH **δ** **\$ 12.99**

Four slices of bacon with mayo, lettuce, and tomato, on our fresh house bread. Served with chips and a pickle spear.

TUNA MELT **δ** **\$ 13.99**

A hot, toasted sandwich filled with tuna salad and two melted slices of Swiss cheese, on our house bread. Served with chips and a pickle spear.

TUNA SALAD SANDWICH **δ** **\$ 12.99**

Albacore tuna mixed with mayo and sweet relish on our fresh house bread with lettuce and tomato. Served with chips and a pickle spear.

CHICKEN SALAD SANDWICH **δ** **\$ 12.99**

Shredded chicken breast mixed with mayo, walnuts, and sliced grapes on our toasted house bread with lettuce and tomato. Served with chips and a pickle spear.

CLASSIC CLUB **δ** **\$ 13.99**

A triple-decker sandwich made with turkey, ham, bacon, American cheese, mayo, lettuce, and tomato on our toasted house bread. Served with chips and a pickle spear.

HOT HAM AND CHEESE **δ** **\$ 13.49**

Four slices of ham with melty American cheese on our buttered and toasted in-house bread. Served with chips and a pickle spear.

BBQ BACON CH.BURGER **\$ 15.99**

Juicy $\frac{1}{3}$ pound beef patty, topped with bacon, American cheese, fresh onions, and bbq sauce, on our house sesame seed bun. Served with fries.

Asian Classics

TERIYAKI CHICKEN **δ** \$ 14.99

Grilled chicken breast strips sauteed in our house-made teriyaki sauce, served over a bed of white rice and topped with sesame seeds and green onions.

ORANGE CHICKEN **δ** \$ 14.99

Hand-battered and fried chicken breast pieces sauteed in orange sauce, served over a bed of white rice and topped with sesame seeds and green onion chives.

SWEET & SOUR CHICKEN **δ** \$ 14.99

Hand-breaded and fried chicken breast pieces sauteed in our house-made sweet and sour sauce with green peppers and pineapples, served over a bed of white rice.

CHICKEN RAMEN BOWL **δ** \$ 14.99

Ramen noodles served in a rich, flavorful chicken broth with diced chicken, a scrambled egg, carrots, mushrooms, and green onions.

CHICKEN EGG ROLL **δ** \$ 4.99

A thin, crispy egg roll wrapper filled with a savory mixture of chicken, vegetables, and seasonings. Deep fried and served with sweet & sour and soy sauces.

Southwest Fare

Served on our fresh-baked, in-house, made-from-scratch tortillas

MEXICAN PIZZA **δ** \$ 14.99

Our in-house flour tortilla, deep fried and smothered with seasoned beef, rice, refried beans, mexi-cheese, chipotle crema, shredded lettuce, and tomatoes

DINNER BURRITO PLATE **δ** \$ 14.99

Our fresh in-house flour tortilla rolled and filled with southwest-seasoned beef, rice, and cheese, smothered with shredded lettuce, tomatoes, and sour cream.

Pizza!

Our pizza dough is a game-changer, with a crust that is soft, fluffy, and flavorful.

Made fresh, from scratch daily

MEAT LOVERS PIZZA 11" **δ** \$ 22.99

Red pizza sauce and melted mozzi cheese, topped with pepperoni, sausage, bacon, and ham

SUPREME PIZZA 11" **δ** \$ 21.99

Red pizza sauce and melted mozzi cheese, topped with pepperoni, sausage, green pepper, mushrooms, olives, and red onions

BBQ CHICKEN PIZZA 11" **δ** \$ 20.99

Honey barbeque sauce and melted mozzi cheese, topped with grilled chicken and red onions

HAWAIIAN PIZZA 11" **δ** \$ 19.99

Red pizza sauce and melted mozzi cheese, topped with ham and pineapple

WHITE PIZZA 11" **δ** \$ 22.99

Garlic-infused alfredo sauce and melted mozzi cheese, topped grilled chicken, bacon, and mushrooms

VEGGIE LOVERS PIZZA 11" **δ** \$ 19.99

Red pizza sauce and melted mozzi cheese, topped with olives, green peppers, mushrooms, tomatoes, & red onions

CHEESE PIZZA 11" **δ** \$ 15.99

+pepperoni, sausage, ham, or bacon \$3.99

+onions, green peppers, olives, pineapples, mushrooms, tomatoes, or jalapenos \$0.99

PERSONAL CH. PIZZA 6" **δ** \$ 8.99

Note: You can customize your personal pizza to match any of the specialty pizzas listed above, or with any combination of meats and veggies you'd like. Prices will vary.

Italian Plates

Add meatballs or grilled chicken \$3.99

GARLIC KNOTS \$ 7.99

Warm, fresh, melt-in-your-mouth bread knots, coated with garlic butter, served with dipping marinara.

MEAT LASAGNA \$ 16.99

Layers of brown rice pasta, creamy ricotta, mozzarella, and parmesan, in a hearty meat sauce, served with a slice of our house garlic toast.

CHEESE RAVIOLI \$ 15.99

Stuffed with a blend of cheeses, topped with marinara and parmesan, and served with a slice of our house garlic toast.

FETTUCCINI ALFREDO \$ 16.99

Fettuccini noodles smothered with thick and creamy house alfredo sauce, served with a slice of our house garlic toast.

SPAGHETTI MARINARA **δ \$ 12.99**

Classic spaghetti noodles topped with marinara and served with house garlic toast.

MEATBALL PLATTER \$ 15.99

Five of our hearty in-house beef meatballs sauteed in marinara with melty mozzarella and parmesan cheeses. Served with a slice of our house garlic toast.

Soup & Salad

SOUP BREAD BOWL \$ 12.99

Hearty, savory soup served in our hot fresh in-house bread bowl. Choose your favorite soup flavor: tomato, broccoli cheese, chicken rice, or chili.

CHEF SALAD **δ \$ 11.99**

Turkey, ham, egg, cheese, tomato, carrots, onions, and croutons on a bed of iceberg lettuce

CRISPY CHICKEN SALAD **δ \$ 12.99**

Fried chicken, tomatoes, carrot, onion, cheese, croutons on a bed of iceberg lettuce

GARDEN SALAD **δ \$ 10.99**

Tomatoes, onions, mushrooms, green peppers, olives, shredded carrots, and croutons on a bed of iceberg lettuce

SIDE SALAD **δ \$ 6.59**

Tomatoes, onions, shredded carrots, and croutons on a bed of iceberg lettuce

DRESSINGS : blue cheese, ranch, Italian,

balsamic, honey mustard, thousand island

Fresh Bakery

SANDWICH BREAD LOAF **δ \$ 13.99**

FRENCH LOAF \$ 6.99

BREAD BOWL \$ 5.49

6" SUB/HOAGIE BUN \$ 3.99

HAMBURGER BUN \$ 2.99

HOT DOG BUN \$ 2.49

BISCUIT \$ 3.49

Drinks

COFFEE (hot or iced)	\$ 3.25
ICE TEA (fresh brew, unsweetened)	\$3.00
CHAI TEA LATTE	\$ 5.99
MATCHA LATTE	\$ 5.99
MOCHA LATTE	\$ 5.99
HOT COCOA	\$2.99
HOT TEA	\$3.00
-mint, chai, earl grey, black, green, matcha	
PREMIUM GLASS BOTTLES	\$2.65
Real Cane Sugar	
-Coke, Sprite, Dr. Pepper, IBC Root Beer, IBC Cream Soda, Fanta Orange, Ginger Beer	
JARRITOS BOTTLES	\$2.15
Real Cane Sugar	
-Guava, Mango, Pineapple, Fruit Punch, Strawberry, Mandarin	
MILK BOTTLES	\$2.00
-chocolate, strawberry, plain	
JUICE	\$2.00
-orange, apple, pineapple, lemonade	
ZERO SUGAR SODAS	\$1.55
-Coke zero, Diet Coke, Pepsi zero, Sprite zero, Dr.Pepper zero	
SPARKLING WATER CANS	\$1.55
(zero sugar, zero calories)	
-cherry limeade, blackberry lemonade, black cherry, peach, strawberry	
ARIZONA ICE TEA CANS	\$1.55
-Green Tea, Lemonade Tea	

Savory Desserts

CINNADOUGH BITES δ	\$ 8.49
CINNAMON ROLL	\$ 6.99
BANANA BREAD δ	\$ 4.99
CHOC CHIP COOKIE	\$ 4.99
BROWNIE	\$ 5.49
BANANA PUDDING	\$ 5.99
CHEESECAKE SLICE	\$ 6.99
CHOCOLATE CAKE SLICE δ V	\$ 5.49
RICE CRISPY TREAT	\$ 4.99
BLUEBERRY MUFFIN δ	\$ 4.99
PISTACHIO MUFFIN	\$ 4.99
OATMEAL CREME PIE	\$ 5.99
SUGAR COOKIE	\$ 4.99
DONUT (FRIED TO ORDER)	\$ 4.99

Frozen Treats

ICE CREAM (cone or cup)	\$ 3.99
Three scoops in a cup or two scoops on a cone. Choose from the following flavors: chocolate, vanilla, strawberry, rocky road, mint chip, pistachio, espresso, rainbow sherbet	
HANDMADE MILKSHAKES	\$ 6.99
Made by hand to order with heavy cream and fresh fruits. Choose among the following flavors: oreo, strawberry, matcha, chocolate, banana, espresso, mint, vanilla, or rainbow dreamsicle.	
ROOT BEER FLOAT	\$ 6.49
IBC Root Beer poured over three scoops of vanilla ice cream	
MEXICAN COKE FLOAT	\$ 6.49
Jarritos Mexican cola poured over three scoops of vanilla ice cream dusted with cinnamon.	
COFFEE FLOAT	\$ 6.49
Iced coffee poured over three scoops of espresso ice cream	
BANANA SPLIT	\$ 10.99
A sliced banana with scoops of chocolate, vanilla, and strawberry ice cream, topped with whipped cream, pineapples, and a drizzle of chocolate sauce. With a cherry on top, of course!	
BROWNIE a la MODE	\$ 8.99
A heaping scoop of ice cream on a warm made-from-scratch brownie, drizzled with chocolate sauce.	