



Welcome to Against the Grain cafe and ATG Pub, 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 served daily until 1pm—

Breakfast Dishes

All of our biscuits, breads, tortillas, and batters are made from scratch, crafted in-house using our own signature recipes.

BISCUITS & GRAVY \$13.99

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

BREAKFAST BOWL ♂ \$ 13.59

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

BREAKFAST BURRITO ♂ \$ 13.99

A freshly pressed, warm flour tortilla 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

Four griddle-fried pancakes served with syrup and butter. Add strawberries or chocolate chips for \$1.99

BELGIAN WAFFLE ♂ \$ 11.99

A thick, crispy golden waffle dusted with powdered sugar. Add strawberries or chocolate chips for \$1.99

FRENCH TOAST ♂ \$ 13.79

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

BREAKFAST PIZZA 11" \$ 22.99

Our famous pizza crust topped with southern-style sausage gravy, with mexi-cheese, scrambled eggs,

and bacon.

SAUSAGE BISCUIT \$ 7.69

Pan-fried sausage patty on a warm biscuit

CHICKEN BISCUIT \$ 8.49

Crispy fried chicken breast on our warm, buttery biscuit

EGG & CHEESE SANDWICH ♂ \$11.99

Two over-hard eggs topped with melted American cheese, served with mayo on our toasted 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 ♂ \$15.49

3 scrambled eggs filled with shredded mexi-cheese, pan-fried ham, bacon, and sausage

SOUTHWEST OMELET ♂ \$15.49

3 scrambled eggs filled with shredded mexi-cheese, sausage, mushrooms, red onions, and green peppers, with a side of salsa & sour cream

VEGETABLE OMELET ♂ \$14.99

3 scrambled eggs filled with shredded mexi-cheese, 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.



Breakfast Sides

FRUIT BOWL \$ 7.79

A generous helping of fresh sliced bananas, strawberries, and grapes.

*EGGS SIDE \$ 3.89

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 ♂ \$ 3.59

Two slices of our toasted house bread served with butter and jam.

BISCUIT SIDE \$ 3.59

Our fresh in-house biscuit served warm with butter and jam.

BAGEL \$ 5.59

Made from scratch NY Style bagels - plain, jalapeno cheddar, or everything seasoning. Toasted and served with cream cheese.

GRAVY SIDE \$ 4.49

Southern-style thick sausage gravy.

Fried Donuts

One of our proudest creations - soft yeast donuts fried fresh for each order.

CHOCOLATE FROSTED \$5.19

MAPLE FROSTED \$5.19

STRAWBERRY FROSTED \$5.19

GLAZED \$5.19

CINNAMON SUGAR \$5.19

POWDERED SUGAR \$5.19

Drinks

CHAI TEA LATTE \$ 6.49

MATCHA LATTE \$ 6.49

MOCHA LATTE \$ 6.49

COFFEE (hot or iced) \$ 3.49

HOT COCOA \$ 3.29

JUICE \$ 2.00

-orange, apple, pineapple, cranberry, or grapefruit

MILK BOTTLES \$2.10

-chocolate, strawberry, plain

ICE TEA (fresh brew, unsweetened) \$3.00

HOT TEA \$3.00

-mint, chai, earl grey, black, green, matcha

Breakfast served daily until 1pm



Pub Grub

Crunchy, flavorful in-house breading, deep fried to perfection in canola oil.

MOZZARELLA STICKS	\$ 10.99
FRIED PRETZEL BITES	\$ 8.49
GARLIC KNOTS	\$ 8.49

Veggies:

FRIED PICKLES ♂	\$ 9.69
FRIED JALAPENOS ♂	\$ 9.69
FRIED MUSHROOMS ♂	\$ 9.69
ONION RINGS ♂	\$ 9.69

Potatoes:

FRIES BASKET	\$ 7.99
TOTS BASKET	\$ 8.49
SIDE OF FRIES	\$ 4.59
SIDE OF TOTS	\$ 4.79

LOADED TOTS	\$ 11.99
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Crispy deep-fried tots, topped with layers of cheese, crispy bacon, sour cream, and chives

CHILI CHEESE FRIES	\$ 11.99
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Crispy potato fries, smothered in our house chili and nacho cheese, topped with crispy bacon, sour cream, and jalapenos.

Protein:

JUMBO CORN DOG ♂	\$ 4.29
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Honey-flavored corn-breaded chicken frank on a stick

CHICKEN TENDER STRIPS ♂	\$ 11.99
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POPCORN CHICKEN ♂	\$ 11.49
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CHICKEN WINGS (6) ♂	\$ 12.99
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Deep-fried, bone-in wings (3 flats & 3 drums) coated in buffalo, honey barbeque, teriyaki sauce, or lemon-pepper rub.

FISH FRY BOAT ♂	\$ 8.49
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Five ounces of cod deep fried in our southern-style batter. Served with a lemon wedge and our signature tartar sauce.

CHICKEN EGG ROLL ♂	\$ 4.99
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A thin, crispy egg roll wrapper filled with a savory mixture of chicken, vegetables, and seasonings. Deep fried and served with soy and sweet & sour sauces.

American Favorites

HOT SOFT BAKED PRETZEL	\$ 8.29
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Hand-rolled from scratch dough. Served warm and buttery with nacho cheese or mustard.

FISH AND CHIPS ♂	\$ 15.99
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Cod fillets deep fried in our southern-style batter served over a basket of fries, with a lemon wedge and our house-made tartar sauce.

MEXICAN PIZZA ♂	\$ 15.99
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A freshly pressed and deep fried 9" flour tortilla smothered with nacho cheese, seasoned beef, rice, refried beans, mexi-cheese, chipotle crema, shredded lettuce, and tomatoes.

JUMBO CHILI DOG	\$ 13.99
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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.

Burgers

CLASSIC CHEESEBURGER	\$ 15.99
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Juicy 1/3 pound beef patty, served with American cheese, lettuce, tomato, onion, and pickles, on our house sesame seed bun. Served with fries.

PATTY MELT	\$ 16.99
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Juicy 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.

BBQ BACON CH.BURGER	\$ 16.99
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Juicy 1/3 pound beef patty, topped with bacon, American cheese, fresh onions, and bbq sauce, on our house sesame seed bun. Served with fries.

MUSHROOM SWISS BURGER	\$ 15.99
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Juicy 1/3 pound beef patty, topped with grilled mushrooms and swiss cheese, on our house sesame seed bun. Served with fries.



Chicken Sandwiches

BUFFALO CHICKEN SANDWICH \$ 15.99

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.

TERIYAKI CHICKEN SANDWICH \$ 16.49

Breaded and fried chicken breast patty, coated with our homemade teriyaki sauce, on our house sesame seed bun with a slice of pepper jack and pineapples. Served with fries.

FRIED CHICKEN BLT \$16.49

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

BBQ CHICKEN SANDWICH \$ 15.99

Breaded and fried chicken breast patty, coated with BBQ sauce, on our house sesame seed bun with a slice of cheddar cheese. Served with fries.

Hot Sandwiches

GRILLED CHEESE \$ 12.49

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

WESTERN ROAST BEEF \$ 14.99

Warm folded roast beef slices topped with our delicious tangy Western sauce on our fresh in-house sesame seed bun. Served with onion rings.

TUNA MELT \$ 13.99

A hot, toasted sandwich filled with tuna salad, pepper jack and American cheese, on our house bread. Served with chips and a pickle spear.

DELI SELECT MELT \$ 13.99

Your choice of deli meat (ham, turkey, or roast beef) with melty American cheese on our buttered and toasted in-house bread. Served with chips and a pickle spear.

Deli Sandwiches

CLASSIC CLUB ♂ \$ 14.99

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.

BLT SANDWICH ♂ \$ 13.99

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

TUNA SALAD SANDWICH ♂ \$ 13.99

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

CHICKEN SALAD SANDWICH ♂ \$ 13.99

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

Subs/Hoagies

Made on our in-house 7" sub buns.
Upgrade to a footlong for \$3.99 extra.

KICKIN GRILLED CHICKEN \$ 14.99

Grilled chicken breast, green peppers, and red onions sauteed in olive oil, on pepper jack cheese, topped with buffalo ranch dressing. Served with fries.

MEATBALL SUB \$ 14.99

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

DELI SELECT SUB \$ 13.99

Cold slices of your meat of choice (ham, turkey, or roast beef) 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.

VEGGIE SUB \$ 13.99

Stuffed with lettuce, tomatoes, green peppers, onions, with Italian dressing. Served with chips and a pickle.



Asian Classics

CHICKEN EGG ROLL **δ** \$ 5.29

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.

TIKTOK STICKY RAMEN **δ** \$ 15.49

The viral sensation is here! Sweet, tangy, and spicy, this amazing dish hits all the flavor palates. Includes diced egg. This flavor combo will amaze you. Add protein (chicken, beef, or egg) +3.99

TERIYAKI CHICKEN **δ** \$ 15.49

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** \$ 15.49

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** \$ 15.49

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** \$ 15.49

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

Soup & Salad

SOUP BREAD BOWL \$12.99

Savory broccoli cheddar soup served in a warm bread bowl

CHEF SALAD **δ** \$ 12.99

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

CRISPY CHICKEN SALAD **δ** \$ 12.99

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

GARDEN SALAD **δ** ☐ \$ 11.99

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

SIDE SALAD **δ** ☐ \$ 6.99

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

DRESSINGS : blue cheese, ranch, Italian, balsamic, honey mustard, thousand island



Italian Cuisine

—Served after 1pm daily—

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 toasted garlic bread.

CHEESE RAVIOLI \$ 15.99

Stuffed with a blend of cheeses, topped with marinara and parmesan, and served with a slice of toasted garlic bread.

FETTUCCINI ALFREDO \$ 16.99

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

SPAGHETTI MARINARA ♂☑ \$ 12.99

Classic spaghetti noodles topped with marinara and served with a slice of toasted garlic bread.

MEATBALL PLATTER \$ 15.99

Five of our hearty made-from-scratch beef meatballs sauteed in marinara with melty mozzarella and Parmesan cheeses. Served with a slice of toasted garlic bread.

Pizza!

—Served after 1pm daily—

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" ♂ \$ 23.99

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

SUPREME PIZZA 11" ♂ \$ 22.99

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

BBQ CHICKEN PIZZA 11" ♂ \$ 21.99

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

HAWAIIAN PIZZA 11" ♂ \$ 20.99

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

WHITE PIZZA 11" \$23.99

Garlic-infused alfredo sauce and melted mozz cheese, topped grilled chicken, bacon, and tomatoes

VEGGIE LOVERS PIZZA 11" ♂☑ \$ 19.99

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

CHEESE PIZZA 11" ♂☑ \$ 16.99

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

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

PERSONAL CH. PIZZA 6" ♂☑ \$ 9.99

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.



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, cotton candy

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, cotton candy, 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.

Savory Desserts

CINNADOUGH BITES δ \$ 8.99

CINNAMON ROLL \$ 6.99

BANANA BREAD δ \$ 4.99

CHOC CHIP COOKIE \$ 4.99

BROWNIE \$ 3.99

BANANA PUDDING \$ 5.99

CHEESECAKE SLICE \$ 6.99

CHOCOLATE CAKE SLICE δ ☐ \$ 5.49

RICE CRISPY TREAT \$ 3.99

BLUEBERRY MUFFIN δ \$ 4.99

PISTACHIO MUFFIN \$ 4.99

OATMEAL CREME PIE \$ 5.99

SUGAR COOKIE \$ 4.99

DONUT (FRIED TO ORDER) \$ 4.99

Drinks

LATTE (Chai, Matcha, Mocha) \$ 6.49

HOT COCOA \$ 3.29

COFFEE (hot or iced) \$ 3.49

ICE TEA (fresh brew, unsweetened) \$3.00

HOT TEA (mint, earl grey, black, green) \$3.00

MILK (chocolate, strawberry, plain) \$2.10

JUICE \$2.00

-orange, apple, pineapple, cranberry, or grapefruit

PREMIUM GLASS BOTTLES \$2.75

-Real Cane Sugar: Coke, Sprite, Dr. Pepper, IBC Root Beer, IBC Cream Soda, Fanta Orange, Fanta Grape

JARRITOS BOTTLES \$2.25

-Real Cane Sugar: Guava, Pineapple, Fruit Punch, Strawberry, Mandarin