

GF- Gluten Free

GFR- Gluten Free Upon

Request

VG- Vegan

VGR- Vegan upon request

V- Vegetarian

VR- Vegetarian Upon Request

ND- Non-Dairy



# Specialty Menu

## Allergy Information

Please be sure to alert your server of any food allergies, so that we can prepare and/or separate cooking surfaces.

Peanuts- Thai peanut wrap or Thai stir fry, thai dressing, spring roll dipping sauce.

Walnuts- Walnut wild rice burger

Soy- Thai peanut wrap or Thai stir fry, thai dressing, spring roll dipping sauce., walnut wild rice burger, thousand island dressing, our fryer and cooking oil blends contain soybean oil, tofu.

\*Our homemade thai peanut sauce contains trace gluten from soy sauce.

Pesto sauce does not contain pine nuts

## Gluten Free Options

### Appetizers

**GFR Baked Bruschetta** Creamy, garlicky, right from the oven. Sub pita for gluten free toast. 9

**Fresh Spring Rolls** Rolled to order with house made \*thai peanut sauce. See above allergy info. Sub red curry sauce 9 Add Shrimp. 2

**Hand Cut Fries\*\*** Hand cut fries 5 or our specialty sweet potato fries. 6

**Chips and dips\*\*** House made tortilla chips with any two GF dips - Nacho cheese, Salsa or Black Bean Corn Pico. 7

### Sandwiches

*Substituting our gluten free panini bread or lettuce wrap makes any of the following sandwiches and burgers GF.*

*All Burgers-See Menu for choices*

**Grown Up Grilled Cheese** 10

**Walleyewich** 15

**Bruschetta B.L.T.** 12

**Red Curry Bowl** 11

**The Hawaiian** 12

**\*\*No designated gluten free fryer at this time**

## Gluten Free Salads

**Spring Roll Salad** Greens, cucumbers, carrots, cilantro, crumbled peanuts. Choose grilled chicken or tofu. Ask for gluten free sauce options. 11

**Wild Rice Dragon Bowl** Wild rice, rainbow slaw, mixed greens, toasted walnuts, apple, smoked salmon. 12

**Black & Blue Salad** Mixed greens and blackened chicken breast with grape tomatoes, strawberries, blue cheese crumbles. 12

**Southwest Salad** Mixed Greens black bean pico, avocado mash, grilled chicken, cheddar cheese and tortilla chips with chipotle ranch dressing. 12

**Sushi Salad** Cucumbers, avocado, brown rice, mixed greens, carrots pickled ginger with our house made ginger wasabi dressing. Salmon 12. Tofu or chicken 11

## And Also

**GF Street Tacos** Three Walleye, chicken, or Pineapple Habanero, Carnitas. Grilled corn tortilla, Topped fresh, Served with chips and salsa. 13

## Gluten Free Dinner

**Walleye dinner** Broiled or pan fried. (pan fried uses corn flour only) Served with soup or salad, plus loaded mashed potatoes and stir fried veggies. 22

**Zucchs** Spun fresh zucchini noodles with chicken and veggies in our creamy pesto sauce. Served with a green salad. 19

**Red Curry Dinner** Chicken or Tofu with fresh veggies stir fried with aromatic herbs in a red curry sauce. Served with brown basmati rice and a fresh spring roll. 16.

**Flat Iron Steak** Our signature 8oz. Steak grilled to your liking. Served with house made steak sauce, stir fried green beans, smashed potato. 24

The following contain wheat ingredients- chicken wild rice soup, muhammara, walleye burger, walnut wild rice burger. While tortilla chips are gluten free, we make them in house and do not have a dedicated gluten free fryer.

# Vegan and Vegetarian Specialties

## Appetizers

**Baked Bruschetta** V Creamy, garlicky, right from the oven served with toast. 9

**Fresh Spring Rolls** VG Rolled to order, house made Thai Peanut Sauce 9 Add Shrimp 2

**Hand Cut Fries** VG Our hand cut fries 5 or our specialty sweet potato fries. 6

**Chips and Muhammara** VG House made tortilla chips with our signature roasted red pepper and walnut dip. 7

**Cheese curds** Served with Marina, ranch or spicy mayo. 9

**Veggie wings** VG See regular menu for choices. 11

**Muhammara Nachos** House made tortilla chips, loaded with black bean pico, salsa, avocado mash, jalapeno nacho cheese. 12

## Salads

**Tofu Spring Roll Salad** Greens, cucumbers, carrots, cilantro, crumbled peanuts. Served with our Thai peanut dressing. 11

**Tofu Wild Rice Dragon Bowl** Wild rice, rainbow slaw, mixed greens, toasted walnuts, apple, smoked salmon. 12

**Tofu Black & Blue Salad** Mixed greens and blackened tofu with grape tomatoes, strawberries, blue cheese crumbles and creamy balsamic. 12

**Southwest Salad** Mixed greens. black bean and corn pico, cheddar cheese, avocado, with Muhammara and house chipotle ranch. 12

\***Vegan**- Dressing choices are Thai Peanut and Balsamic Vinaigrette

## Sandwiches

**Walnut Wild Rice Burger** V, VGR Our signature veggie burger, house made with walnuts, lentils, wild rice and veggies. Served with lettuce, tomato and steak sauce. 11 add cheese .50

**Grown Up Grilled Cheese** V Cheddar, smoked gouda, garlic, thin tomato and basil. 10

**Veggie Street Tacos** V, VGR Three tacos. Hearty taco filling made with our seasoned crumbled veggie burger. Topped fresh, Served with chips and salsa. 13

**Veggie Buffalo Wrap** V House made veggie burger Mixed greens, carrots, blue cheese dressing, spicy buffalo sauce and cheddar cheese. 12

**Tofu Thai Peanut wrap** VG Tofu, peanuts, crunchy veggies, herbs and peanut sauce. 11

**Herbivore** V, VGR Medley of grilled veggies, muhammara, and cheddar cheese. 11

**Tofu Greek Flatbread** V, VG Tofu, yogurt cucumber sauce, feta, marinated tomatoes, cucumbers, onion and greens on rolled flatbread. 12

## Vegan and Vegetarian Dinners

**Creamy Pesto Tortellini** VR Cheese tortellini, with sautéed mushrooms and veggies topped with creamy pesto and bruschetta. Served with green salad. 19

**Zucchs** VR Spun fresh zucchini noodles with sautéed mushrooms and veggies in our creamy pesto sauce. Served with green salad. 19

**Tofu Thai Peanut Noodle Stir Fry** VGR Tofu, fresh veggies and peanuts stir fried with a farm egg in our Thai peanut sauce. Served with brown basmati rice and a spring roll. Leaving off the farm egg makes this vegan. 16

## Low Carb and Keto Selections

**Appetizers- Good choices are- Baked Bruschetta** (Request tortilla chips or carrots to spread on for fewer carbs.) **or Fresh Spring Rolls**

**Salads- spring roll, sushi and southwest salad.**

**Sandwiches and Burgers- Most all can be made with a lettuce wrap instead of bread at no charge, choose a green salad or slaw for lower carb sides.**

**Dinners- Slaw can be substituted for smashed potato, making any of the following dinners a low carb choice.**

**Zucchini Noodle Pasta - Broiled Walleye dinner - Flat Iron Steak**