

Gluten Free Options

We offer a Gluten Free Bun or Bread which can be used with any menu item

1.95

Some of the menu items listed below need slight modification IE no crackers with soup to be a Gluten Free option

Please consult your server to make sure these changes are made

Our Soups

Steamed Whole Artichoke

Turkey Chili

The Motherlode – Beef, Chicken or Tuna ONLY

Some Motherlode Toppings are not Gluten Free – Sauteed Onions, Sauteed Mushroom and Fried Onions are NOT Gluten Free

BBQ salmon

Bruschetta Tilapia with GF side dish

½ BBQ Chicken

BBQ Ribs

Our Salad Saloon

Any of our sandwiches made on a GF Bun

Fajitas – substitute Corn tortillas

Our BBQ sauce is Gluten Free

Claim Sauce in NOT Gluten Free
(Jar on Table is Claim Sauce)

For the Kids:

Our Grilled cheese or Peanut butter & Jelly sandwiches can be made on GF bread

Side Dishes:

Baked potato, baked sweet potato, cole slaw, vegetables, fruit, mandarin oranges

Our Fryers are NOT Gluten Free, but our French fries, sweet potato fries and cottage chips are Gluten Free as a base product

Desserts:

Our vanilla ice cream, hot fudge and whip cream along with our Flourless chocolate cake shot

Salad Dressings:

Sweet red wine, FF raspberry, Balsamic, Greek, Bleu Cheese, Parmesan

Vegetarian/Vegan Options

Any Vegan item is Vegetarian but not all Vegetarian items are Vegan!!

Veggie Burger is Vegan not Gluten Free

Made from carrots, corn, green beans, peas, onions seasoning (has garlic)

Breads that are Vegan Hot Dog Bun, Black bread, French roll, white bread, multi grain bread, Ciabatta, Kid hamburger bun

Vegan Dressings:

Sweet Red wine, carb free Asian, Sesame Asian, Fat Free French, oil/vinegar

Vegan Pasta Salads:

Tomato cous cous

Corn, black bean & jicama relish

Motherlode Toppings/Sauces:

Claim Sauce, Teriyaki sauce & BBQ are Vegan

Toppings are vegan EXCEPT:

Bacon, Sauteed onions & mushrooms (we use butter)

Menu items that you may think are Vegetarian, but are NOT!

Salsa – contains chicken stock

Fajita Broth – contains beef stock

Rice – contains chicken stock

Dairy Free Dressings & other Dairy Free Items

Cole Slaw & Mayonnaise

Breads – See Vegan Breads above

All Vegan dressings listed above plus:

1000 Island, low fat honey mustard, Fat Free

Raspberry, Pomegranate Acai



7/15/15