

Lunch - Gluten Sensitive Menu

SOUP

SOUTHWESTERN CHILI

Pinto and black beans, peppers, onions, tomato, chipotle peppers, spices, jalapeño 6.5 | 5 *Cheddar Jack* +.50 *Sour Cream* +.50 *Tortilla Chips* + 1

SHAREABLES

NACHOS

Chili, black beans, cheddar-jack cheese, pico de gallo, jalapeños, sour cream, scallion, house cut tortilla chips 12 *Add House Made Guac* +2 | *Grilled Chicken* +4

POT O' FRIES

Yukon gold with spicy aioli 9 *Crabby fries* 12

Loaded fries Cheddar-jack, crumbled bacon, crumbled bleu cheese, scallions 11

SUNRISE MUSSELS

Shallots, garlic and jalapeño, citrus-white wine sauce, fresh herbs 12

BAKED SPINACH SPREAD

Cream cheese, spinach, herbs, pita, carrots, celery, gluten free bread 11

CRAB FONDUE

Claw crab meat, old bay, toasted baguette, granny smith apples, gluten free bread 12.5

HUMMUS

Roasted garlic hummus, zucchini, carrots, cucumbers, feta cheese, tortilla chips 9

BURGER BAR

Choice of field greens with house vinaigrette or chips; Substitute: *Cup of House Made Soup* +4

Yukon Gold Fries +3 | *Sweet Potato Fries* +3

Veggie Burger 13.5 | *Beef Burger* 15 | *Chicken* 13.5 served in a gluten free wrap

SMOKEHOUSE

Chipotle-tomato jam, smoked bacon, smoked cheddar cheese, lettuce

BUFFALO

Buffalo sauce, cheddar-jack cheese, lettuce, tomatoes

BLACK & BLUE

Beefsteak tomatoes, bleu cheese crumble, lettuce, blackening seasoning

ORIGINAL

Lettuce, tomato, onion, choice of cheese

SALADS & WRAPS

All dressings are made in house.

Plain 10 | *Chicken* 14 | *Steak* 16 | *Salmon* 16.5 | *Tofu* | *Portobello* 14 | *Tuna* 17.5 | *Shrimp* (plain or blackened) 16 | *Veg. Burger* 14

APPLE

Mixed greens, granny smith apples, brie, walnuts, bacon, tomatoes, apple vinaigrette

CAESAR

Asiago crisps, cherry tomatoes, romaine lettuce, Caesar dressing

ASIAN

Mandarin oranges, pickled Asian vegetables, scallions, mixed greens, house dressing

COBB SALAD

Mixed greens, avocado, pico de gallo, black beans, queso fresco, chipotle ranch dressing

CHOPPED

Mixed greens, crumbled bacon, heirloom cherry tomatoes, shaved red onion, bleu cheese crumbles, buttermilk ranch

CAPRESE

Burrata cheese, beefsteak heirloom tomatoes, pine nuts, basil dijon vinaigrette, Bright Farms arugula, balsamic reduction, olive oil

Any Entree salad may be ordered as a petite salad (with the exception of the Caprese Salad) 7

WRAPS - gluten free flatbread (+1.5) Wraps include field greens with house vinaigrette or chips;

Cup of House Made Soup +4 | *Yukon Gold Fries* +3 | *Sweet Potato Fries* +3

LUNCH BOXES

M-F | 11am-3pm | Dine in only - Lunch boxes come as listed - sorry, items may not be modified.

SOUP + 1/2 SANDWICH + SIDE \$13.5

SOUP - CHILI

1/2 SANDWICH in gluten free wrap

**GREEN GODDESS | GRILLED CHEESE | WALDORF CHICKEN SALAD
HAM & BRIE | CORNED BEEF**

SIDE CHOICES

CAESAR SALAD | CHOPPED SALAD | CUCUMBER SALAD | HOUSE MADE CHIPS

BRUNCH (M-F)

Monday through Friday, 11am-3pm. All items are served with home fries or field greens with house vinaigrette

B.L.T. Bacon, lettuce, tomato, aioli, muenster cheese, over-easy egg, home fries 11.5 in gluten free wrap

VEGETABLE

Zucchini, shaved cauliflower, tomato, peppers, cheddar-jack cheese 10

BREAKFAST BURRITO

Scrambled eggs, spicy sausage, black beans, cheddar-jack, pico de gallo, avocado, sour cream drizzle with salsa roja gluten free wrap, 12.5

WESTERN OMELETTE

Peppers, onions, ham and Swiss 11

SANDWICHES

Choice of field greens with house vinaigrette or chips;

Substitute: *Cup of House Made Soup* +4 *Yukon Gold Fries* +3 | *Sweet Potato Fries* +3

DIRTY BURGER

HGC special blend of brisket and short rib, cheddar jack cheese, loads of bacon, beefsteak tomato, caramelized onions, secret sauce, sunny-side up egg in a gluten free wrap 18

CORNED BEEF

In-house corned brisket, Napa slaw, turmeric pickles, secret sauce, Swiss cheese, gluten free wrap 14

GRILLED CHICKEN SANDWICH

Brined chicken breast, cheddar-jack, honey BBQ, beefsteak tomato, bacon, lettuce, gluten free wrap 13.5

GRILLED CHEESE

gluten free wrap, five cheese blend of cheddar- jack, asiago, provolone and feta, tomato, basil oil 11.5

GREEN GODDESS

Avocado, muenster cheese, pea shoots, alfalfa sprouts, arugula, green goddess dressing, gluten free wrap 11

VEGGIE BURGER

Chipotle tomato jam, smoked shiitake bacon, alfalfa sprouts, spring mix, gluten free wrap 13.5

TOFU BAHN MI

Pickled radish, carrot, onion, jalapeño, cucumber, spicy aioli, gluten free wrap 11.5

WALDORF CHICKEN SALAD

Grapes, celery, onion, braised chicken, walnuts, lettuce, Waldorf dressing, served on gluten free wrap 11

HAM & BRIE

Apples, fig mustard aioli, arugula, served on gluten free wrap 11.5

SIDES

- MARINATED CHICKPEAS** Basil oil, heirloom cherry tomatoes, pickled shallots 5.5
CUCUMBER SALAD Fresh dill, feta cheese, red onion, cherry tomatoes, red wine vinaigrette 5
HONEY CHARRED CARROTS - Walnut crumb, micro greens 5
SWEET FRIES - Hand cut sweet potatoes 4

SMALL PLATES

- STUFFED AVOCADO**
Fresh avocado, pickled cauliflower and shallots, zucchini, tomatoes 7
TUNA MARTINI
Sushi grade tuna, fresh mashed avocado, cucumber, fresh wasabi, sriracha aioli, fresh tortilla chips 9
GRILLED VEGETABLES
Carrots, peppers, asparagus, zucchini and squash, goat cheese, herb vinaigrette 5

LUNCH ENTREES

- BLACKENED TUNA**
Smoked tomato cream, grilled asparagus, fries 19
SUMMER RISOTTO
Charred corn, heirloom cherry tomatoes, zucchini, roasted Kennett Square mushrooms 16

DINNER - GLUTEN SENSATIVE MENU

SHARED PLATES

- NACHOS**
Chili, black beans, cheddar-jack cheese, pico de gallo, jalapeños, sour cream, scallion, house cut tortilla chips 12 *add house made guac +2 add grilled chicken + 4*
- POTS OF FRIES**
Yukon gold with spicy aioli \$9
Crabby fries \$12
- Loaded fries** Cheddar jack, crumbled bacon, crumbled blue cheese, scallions \$11
- SUNRISE MUSSELS**
Shallots, garlic & jalapeno, citrus-white wine sauce, fresh herbs 12
- BAKED SPINACH SPREAD**
Cream cheese, spinach, herbs, gluten free bread, carrots, celery 11
- CRAB FONDUE**
Claw crab meat, old bay, gluten free bread, granny smith apples 12.50
- HUMMUS**
Roasted garlic hummus, zucchini, carrots, cucumbers, feta cheese, tortilla chips 9

SOUP

- SOUTHWESTERN CHILI**
Pinto and black beans, peppers, onions, tomato, chipotle, spices, jalapeño 6.5 | 5

SIDES

MARINATED CHICKPEAS

Basil oil, heirloom cherry tomatoes, pickled shallots 5.5

SWEET FRIES

Hand cut sweet potatoes 4

CUCUMBER SALAD

Fresh dill, feta cheese, red onion, cherry tomato, red wine vin. 5

HONEY CHARRED CARROTS

Walnut crumb, micro greens 5

SMALL PLATES

GRILLED VEGETABLES

Carrots, peppers, asparagus, zucchini & squash, goat cheese, herb vin 5

STUFFED AVOCADO

Fresh avocado, pickled cauliflower and shallots, zucchini, tomatoes 7

TUNA MARTINI

Sushi grade tuna, fresh mashed avocado, cucumber, fresh wasabi, spicy sriracha aioli, fresh tortilla chips 9

SEASONAL PLATES

PAN SEARED SCALLOPS

Yellow corn puree, smoked bacon, sauteed green beans, chive oil, micro green & pickled shallot salad 20

BLACKENED TUNA

Smoked tomato cream, grilled asparagus, fries 19

GRILLED PORK PORTERHOUSE

Pineapple salsa, house cut sweet potato fries, jerk mole sauce 17

SUMMER RISOTTO

Charred corn, heirloom cherry tomatoes, zucchini, roasted kennett square mushrooms 16

SALADS & WRAPS

Plain 10 | *Chicken* 14 | *Steak* 16 | *Salmon* 16.5 | *Tofu* , *Portobello* 14

Tuna 17.5 | *Shrimp* (plain or blackened) 16 | *Vegetable Burger* 14

WRAPS

Served on gluten free flatbread (+1.5) Wraps include field greens with house vinaigrette or chips;

Substitute:

Cup of House Made Soup +4

Yukon Gold Fries +3 | *Sweet Potato Fries* +3 *All dressings are made in house.*

APPLE

Greens, granny smith apples, brie, walnuts, bacon, tomatoes, apple vinaigrette

ASIAN

Mandarin oranges, pickled asian vegetables, scallions, wonton noodles, mixed greens, house dressing

CHOPPED

Crumbled bacon, heirloom cherry tomatoes, shaved red onion, blue cheese crumbles, house made buttermilk ranch

Any Entree salad may be ordered as a petite salad (with the exception of the Caprese Salad) 7

CAESAR

Asiago crisps, cherry tomatoes, romaine lettuce, caesar dressing

COBB SALAD

Greens, avocado, pico de gallo, black beans, queso fresco, chipotle ranch dressing

CAPRESE

Burrata cheese, beefsteak heirloom tomatoes, pine nuts, basil dijon vinaigrette, bright farms arugula, balsamic reduction, olive oil

SANDWICHES

Choice of field greens with house vinaigrette or chips; Substitute:

Cup of House Made Soup +4

Yukon Gold Fries +3 | *Sweet Potato Fries* +3

DIRTY BURGER

HGC special blend of brisket and short rib, cheddar jack cheese, loads of bacon, beefsteak tomato, caramelized onions, secret sauce, local sunny-side up egg in a gluten free wrap 18

CORNED BEEF

In-house corned brisket, napa slaw, turmeric pickles, secret sauce, swiss cheese, in a gluten free wrap 14

GRILLED CHICKEN SANDWICH

Brined chicken breast, cheddar-jack, honey BBQ, beefsteak tomato, bacon, lettuce, gluten free wrap 13.5

GRILLED CHEESE

Gluten free flat bread, five cheese blend - cheddar-jack, asiago, provolone and feta, tomato, basil oil 11.5

GREEN GODDESS

Avocado, muenster cheese, pea shoots, alfalfa sprouts, arugula, green goddess dressing, gluten free wrap 11

VEGGIE BURGER

Chipotle tomato jam, smoked shiitake bacon, alfalfa sprouts, spring mix served in a gluten free wrap 12.5

TOFU BAHN MI

Pickled radish, carrot, onion, jalapeno, cucumber, spicy aioli, in a gluten free wrap 11.5

BOWLS

Chicken +3 | *Steak* +4 | *Vegetable Burger* +4 | *Salmon* +4.5 | *Shrimp* +4 | *Tuna* +5

Tofu +2 | *Portobello* +2

TERIYAKI BOWL

Rice noodles, carrots, red bell pepper, broccoli, snow peas, 14 + choice of protein

A LA MEXICANA BOWL

Sauteed tomatoes, onions & jalapenos, cilantro rice, queso fresco, refried beans, cilantro served 15 + protein choice