



# GLUTEN SENSITIVE

## TASTES

**SPICY SCZECHAUN LETTUCE WRAPS** | Pork, Stir Fried Chicken, Pickled Vegetables - 10

**J WINGS** | Crispy Fried, Buffalo Sauce, Blue Cheese - 10

**HUMMUS BOARD** | Tahini Hummus, Veggies - 8

## GREENS

**COBB SALAD** | Romaine, Chicken, Red Onion, Blue Cheese, Tomato, Bacon, Avocado, Egg, Buttermilk Sage Dressing - 12

**SOUTHWEST CHICKEN SALAD** | Fresh Greens, Poblano Slaw, Pico De Gallo, Tomato, Black Beans, Grilled Corn, Cajun Chicken, Red Onion, Avocado, Queso Fresco, Ranch Dressing, Chimichurri Sauce - 13

**ASIAN TUNA SALAD** | Saku Tuna, Crunchy Greens, Crispy Veggies, Ginger-Soy Dressing, Cashews, Daikon Sprouts - 13

**MEDITERRANEAN SALMON SALAD** | Spring Greens, Cheese, Onion, Red Pepper, Hummus, Olive, Feta Cheese - 15

**HARVEST CHICKEN SALAD** | Fresh Greens, Chicken, Toasted Pecans, Dried Cranberries, Golden Raisins, Apples, Blue Cheese, Raspberry Vinaigrette - 12

**CHICKEN CAESAR SALAD** | Romaine, Tomato, Caesar Dressing, Asiago Cheese - 12

**SUPERFOOD SALAD** | Baby Kale, Shaved Brussels Sprouts, Dark Leafy Greens, Grapefruit, Blueberry, Sunflower Kernel, Manchego, Citrus Herb Vinaigrette - 12

**SIDE SALAD** | Fresh Greens, Tomato, Onion, Asiago Cheese - 4

**SIDE CAESAR** | Romaine, Tomato, Caesar Dressing, Asiago Cheese - 5

## SOUPS

**CHICKEN TORTILLA** | Sour Cream, Cheddar, Pico De Gallo and Tortilla Strips - 5

**TOMATO BISQUE** | Asiago Cheese and Chiffanade of Basil - 5



# GLUTEN SENSITIVE

## HANDS

**THE J BAR PRIME BURGER** | Prime Beef, Butter Lettuce, Tomato, Onion, Gluten Free Bun - 13

**50/50 BURGER** | (50% Beef 50% Bacon=100% Awesome) Butter Lettuce, Tomato, Onion, Chipotle Aioli, Gluten Free Bun - 13

**TURKEY BURGER** | Spinach, Roasted Apples, Blue Cheese, Caramelized Onion, Herb Vinaigrette, Gluten Free Bun - 12

**GRILLED CHICKEN SANDWICH** | Swiss Cheese, Prosciutto, Lettuce, Tomato, Gluten Free Bun - 12

## PLATES

**STEAK GORGONZOLA** | Grilled Top Sirloin, Truffle Fries, Roasted Mushroom Glaze, Heirloom Tomato & Arugula Salad - 25

**STRIP STEAK** | 12 oz. Strip, Chef's Potato, Heirloom Tomato & Arugula Salad, Balsamic Reduction - 28

**CAPRESE CHICKEN** | Grilled Chicken Breast, Mozzarella, Fresh Tomato Basilico, Polenta Cakes - 13

**GAUCHO STEAK** | Marinated Angus Sirloin, Chimichurri, Pico De Gallo, Queso Fresco, Southwest Brown Rice - 17

**HERB SPICED SALMON** | Moroccan Spiced Faroe Island Salmon Fillet, Brown Rice, Roasted Vegetables, Saffron Aioli - 20

**GRILLED SAGE CHICKEN** | Grilled Chicken, Smashed Potatoes, Buttermilk Sage Sauce, Roasted Corn O'Brien - 15

\*Thoroughly cooking foods of animal origin such as beef, eggs, fish, poultry or shellfish reduces the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.