

THE J BAR™

GLUTEN SENSITIVE MENU

SHAREABLES

WINGS - 12

Buffalo, Bourbon BBQ, Jamaican Jerk

NACHOS - 13

House-Fried Chips, Beer Cheese, Chorizo, Pulled Pork, Charred Jalapeños, Citrus Pickled Onions

BUFFALO CHIPS - 12

Ranch, Buffalo Sauce, Bleu Cheese Crumbles, Bacon, Cheddar, Green Onion

HERBED FRIES - 11

Basil & Garlic Oil Pesto, Fresh Parsley, Asiago, Red Pepper Flakes, Truffle Ketchup

GREENS + SOUP

CHICKEN WING WEDGE - 15

Buffalo Wings, Iceberg Lettuce, Bleu Cheese Crumbles, Bacon, Tomatoes, Peruvian Peppers, Shaved Red Onion, Bleu Cheese Dressing

BLACKENED TUNA SALAD* - 18

Blackened Tuna, Spring Greens, Onion, Red Pepper, Olives, Cucumber, Vinaigrette

TEX-MEX CHOPPED SALAD - 14

Smokehouse Seasoned Chicken, Mixed Greens, Cheddar, Pico de Gallo, Black Beans, Guacamole, Cilantro, Corn, Tortilla Strips, Roasted Jalapeño & Lime Ranch

STEAK SALAD - 18

Filet Tips, Spring Greens, Gorgonzola, Cherry Tomatoes, Thick-Cut Bacon, Hot Bacon Dressing

CHICKEN | SERVED WITH FRIES

GRILLED CHICKEN SANDWICH - 14

Grilled Chicken Breast, Bacon, Cheddar, Lettuce, Tomato, Onion, Pickle, Smoked French Dressing, GF Bun

ENTRÉES

SIRLOIN STEAK - 29

9 oz. Sirloin, Sunny-Side Up Egg, Herbed Fries, Truffle Ketchup, Garlic Aioli

CHICKEN THIGH - 18

Brined & Grilled Chicken Thigh, Bourbon BBQ, Bleu Cheese & Chipotle Mash, Broccoli

CEDAR PLANK SALMON - 25

Atlantic Salmon, Apricot Butter, Chorizo & White Bean Ragout, Broccoli

BURGERS | SERVED WITH FRIES

TAVERN - 14

Lettuce, Tomato, Onion, Sweet Pickle, Smoked Cheddar, Truffle Mayonnaise (served on the side), GF Bun

DIABLO - 14

Sambal, Pepper Jack, Sriracha Mayonnaise, Pickled Jalapeños, Pickled Onions, GF Bun

BBQ HEAT - 14

Jalapeño BBQ Sauce, Bleu Cheese, Bourbon Glazed Onions, GF Bun

VEGGIE - 12

Black Bean & Quinoa Patty, Roasted Corn, Elote Aoli, Tortilla Strips, Lettuce, Tomato, GF Bun

PIZZAS | 10" SINGLE SERVING GF CRUST

PEPPERONI - 12

Tomato Sauce, Mozzarella, Pepperoni

BUFFALO CHICKEN - 13

Ranch, Buffalo Sauce, Bleu Cheese Crumbles, Bacon, Cheddar, Green Onion

CAPRESE - 11

Basil Pesto, Tomato, Mozzarella, Parsley, Balsamic, Asiago

PARTY FOWL - 13

Blackened Chicken Thigh, Honey, Roasted Garlic, Smoked Cheddar, Scallions

SAUSAGE - 13

House-Ground Sausage, Roasted Red Peppers, Marinara, Asiago

SMOKEHOUSE - 14

Apple Butter BBQ Sauce, Pulled Pork, Bacon, Smoked Cheddar, Apple, Red Onion

*THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, POULTRY OR SHELLFISH REDUCES THE RISK OF FOOD-BORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.