



NO FRILL

Bar and Grill



GLUTEN FREE MENU

APPETIZERS

ARTICHOKE DIP - with tortilla chips instead of pitas

VEGGIE NACHO

HUMMUS - with veggies instead of bread

PORTABELLA APPETIZER - with a non-marinated portabella mushroom and without crostini bread. Add chicken \$3

SALADS

All salads served without pita bread and croutons.

SPOTSWOOD SALAD

GREEK SALAD

SALMON SALAD

TUNA SALAD PLATE

FIELD GREEN SIDE SALAD

*Dressings: Parmesan Pepper, Bleu Cheese,
1000 Island, Raspberry Vinaigrette, Balsamic Vinaigrette,
Orange Ginger Sesame Vinaigrette, Remoulade
Chipotle Ranch, Honey Mustard*

“SANDWICHES”

Served without bread.

OUR REUBEN

PHILLY CHEESE BOAT

VEGGIE REUBEN

HAMBURGER

TURKEY FLATBREAD

CHEESE BURGER

TUNA MELT

BACON BURGER

TUNA SALAD

MUSHROOM BURGER

CLUB BOAT

PLATTERS

HERB CHICKEN

NY STRIP

SIDES

CORN SALSA

BLACK BEANS

POTATO SALAD

SAUTEED SPINACH

STRING BEANS GARLIC

HOUSEMADE COLE SLAW

MASHED POTATOES

KIDS MENU

Includes choice of side.

TUNA SALAD

TURKEY

HAMBURGER

CHEESE BURGER

DESSERTS

CRÈME BRÛLÉE

VANILLA ICE CREAM

CHOCOLATE ICE CREAM