

gluten free ~ Vegan menu

Your food is being prepared in a kitchen with allergens, including gluten. While we will do our best to prepare your meal without allergens, we cannot guarantee there will be no allergen interaction.



Southwest Shrimp Salad 11.50

Chipotle seasoned shrimp over black beans, cheese, lettuce, southwest slaw served with salsa & tortilla strips



Spinach Salad 8.25

fresh spinach with fresh berries, candied pecans & homemade raspberry vinaigrette on the side, served with gluten free crackers
add chicken 3.50 add shrimp 4.50



Caesar Salad 7.50

fresh romaine tossed in our creamy parmesan dressing, served with gluten free crackers
add chicken 3.50 add shrimp 4.50



Greenhouse Salad 7.50

fresh greens with veggies
add chicken 3.50 add shrimp 4.50



Spinach & Quinoa Salad 8.50

fresh spinach, heart healthy quinoa & cherry tomatoes tossed in a raspberry lemon vinaigrette, topped with almonds & parmesan cheese
add chicken 3.50 add shrimp 4.50



Ginger Lime Tuna Salad Wrap 8.95

tuna salad with flavors of tarragon, lime & ginger served in a gluten free wrap



Grilled Chicken 9.50

grilled chicken breast served on a bed of lettuce with tomato & pickles
fruit & kettle chips on the side
add cheese or bacon 1.25



No Bun Burger 8.95

Angus beef burger served on a bed of lettuce with tomato & pickles, with fresh fruit & kettle chips
add cheese or bacon 1.25



Shrimp Basket 10.75

unique rice paper wrapped fried shrimp served with cole slaw & kettle chips, choice of cocktail, tartar or sweet chili sauce



Yellow Curry Bowl 11.95

potatoes and onions sautéed in a yellow Thai curry, served over rice with a side salad



Quinoa Polenta Bowl 11.95

quinoa tossed with spinach, topped mushrooms peppers & a polenta cake with a vegetarian consommé



Cranberry Squash Couscous 7.95

A creamy vegetarian couscous enhanced with cranberries and roasted squash



Wild Rice Porridge 7.95

A sweet porridge made with almond milk, mixed with dried blueberries, raisins, fresh apples and almonds served with cranberry wild rice toast



Remember
to take some of our
delicious **Gluten Free**
coconut macaroons
baked treats home with
you



gluten free options



Vegan options
Or can be made vegan



Hot Refillables

Farmer's Bros. Coffee regular or decaf 2.00

House Black Hot Tea Taylor's of Harrogate
Yorkshire Gold 2.25

The Republic of Tea Blackberry Sage, Green,
English Breakfast, Decaf or Reg Ginger Peach,
Decaf or Reg Earl Grey 2.25

Cold Refillables



Soft Drinks Coke, Diet Coke, Sprite,
Barqs Root Beer, 2.25

Fuze Unsweetened Iced Tea 2.25

Raspberry Iced Tea
home brewed, unsweetened 2.50

Lemonade or **Arnold Palmer** 2.25

Premium Beverages

Juices orange, apple, cranberry 2.75

Hot Chocolate 3.25

Milk 2% or chocolate 2.75

Iced Latte caramel or mocha 4.50

Spiced Chai Latte 4.25

Pomegranate Lemonade 2.75

Champagne Drinks Always \$3

Classic Mimosa, Cranberry Fizz, Apple Sparkler, Pomegranate Royale

Bloody Mary \$4

Just for you!

Angry Orchard Hard Apple
Cider crisp & refreshing 4.75

Sutter Home Wines 5.25

gluten free brownie sundae
with vanilla Briedgman's ice
cream & chocolate sauce 5.25

Friday Night 5pm - 8pm

Shrimp, Burgers, Pasta & more
beer, wine, appetizers,
homemade desserts

Bring the whole Family!

Saturday Afternoon Tea

Come and enjoy our unique
Five course tea

Ask Our Host about Dates &
Availability

Consumer Advisory: Meat served undercooked may increase the risk of foodborne illness and will only be served upon consumers' request. Food is prepared in a kitchen that contains food allergens, including milk, egg, fish, shellfish, nuts, wheat & soy. Please inform your server if anyone in your party has a food allergy. While we will do our best to prepare your meal without allergens, we cannot guarantee there will be an allergic reaction.