

GLUTEN FREE MENU

MUNCHIES

SHRIMP AND CRAB DIP

cheesy blend, bit of spice, house chips \$10

BC CHIPS

house chips, smoked gouda, bacon, hot sauce \$7

HUMMUS

garlic & red pepper hummus with veggies \$8

JUMBO WINGS

one dozen, celery, ranch \$12

your choice of:

buffalo - mango habanero - sweet chili

cajun dusted (char grilled finish)

PORK FAJITA NACHOS

braised pork, pepper jack cheese sauce, fajita onlinos and peppers, pico de gallo, sour cream, jalapenos \$10

GARDEN FRESH SALADS

BC

honey citrus marinated chicken breast, mixed greens, dried cranberries, sunflower seeds, goat cheese, carrots, apples, balsamic \$12

ITALIAN SALAD

mixed greens, pepperoni, capicola, chicken, tomatoes, red onion, pepperoncini peppers, cucumbers, parmesan cheese, parmesan & herb vinaigrette \$11

POACHED PEAR SALAD

grilled shrimp, spring mix & arugula, walnuts, blue cheese crumbles, champagne pear vinaigrette \$12

CHEF SALAD

romaine, turkey, ham, bacon, cheddar and mozzarella, diced egg, red onion, tomatoes, avocado, ranch \$11

GREEK

garlic & herb grilled shrimp, romaine, feta, pepperoncini peppers, tomatoes, cucumbers, red onions, feta vinaigrette \$13

PORTABELLA

grilled balsamic portabella cap, mixed greens, roasted red peppers, cherry tomatoes, kalamata olives, mozzarella, balsamic \$10

SPINACH SALAD

grilled salmon, spinach, eggs, spiced pecans, mushrooms, bacon, blue cheese crumbles, warm bacon vinaigrette \$14

GRILLED CHICKEN SALAD

romaine, mozzarella & cheddar, bacon, tomato, red onion, sunflower seeds, celery, choice of dressing \$11

SANDWICHES & WRAPS

served with house fries, chips, or cottage cheese substitute any other side for \$2

GARLIC CHICKEN WRAP

shaved chicken, arugula, goat cheese, roasted garlic aioli \$10.5

CHICKEN SALAD WRAP

diced chicken, dried cranberries, glazed almonds, lettuce, tomato \$10

VEGGIE WRAP

grilled portabella cap, zucchini, squash, roasted red peppers, spinach, avocado \$10

*BC BURGER

stuffed with pepper jack, bacon & jalapenos with spicy aioli, sunny side up fried egg \$12

TURKEY WRAP

sliced turkey, spinach, roasted red peppers, goat cheese, balsamic vinaigrette \$10

PASTAS & ENTREES

add a house salad to any pasta or entree for \$3

SEAFOOD PASTA

shrimp, bay scallops, lump crab, spinach, marinated tomatoes & pesto cream sauce \$17

BLACKENED CHICKEN PASTA

roasted corn & andouille hash, smoked gouda cream sauce \$15

MEATY MARINARA

braised beef, sausage, cherry tomatoes, caramelized onions, meaty marinara, mozzarella \$14

SIMPLY GRILLED

choice of any 2 sides

chicken breast - \$14 salmon - \$16

shrimp - \$16 pork chop - \$18 *10 oz sirloin - \$23

*12 oz KC strip - \$29 *14 oz ribeye - \$31

SIDES

house french fries \$3

house potato chips \$3

cottage cheese \$3

home style green beans \$4

roasted corn & andouille rice \$4

grilled zucchini & squash \$5

mushroom & parmesan potatoes \$5

parmesan spinach \$5

grilled asparagus \$5

hummus \$5

fresh fruit \$5

roasted veggies \$5

side salad \$5

* Items are cooked to order. Consuming raw or undercooked meats, poultry, seafood or eggs, may increase your risk of food borne illness.