

Gluten Friendly Menu

Disclaimer: We offer gluten-friendly menu options. We are not a gluten-free kitchen or brewery. Cross-contamination may occur, and our restaurant is unable to guarantee that any item can be completely free of allergens.

Appetizers

Spinach, Feta & Smoked Gouda Dip (v)

Served warm with tri-colored tortilla chips. ~ 9.95

Hummus (v)

Seasonal flavor served with fresh vegetables. Ask your server for today's presentation. ~ 8.5

Entrées & Entrée Salads

Pub Steak*

Chargrilled three-peppercorn crusted steak served with roasted garlic smashed potatoes, charred baby carrots, and horseradish sauce. ~ 25



Bay of Fundy Salmon*

Grilled balsamic glazed sustainable salmon served with lime cilantro rice and strawberry salsa.

Lunch ~ 15.95 **Dinner** ~ 24.95

Veggie Spaghetti (v)

Zucchini noodles tossed with oven roasted cauliflower, sautéed mushrooms, and red onions. Served with a red pepper pesto. **Lunch** ~ 12.95 **Dinner** ~ 15.5 **Add Shrimp** ~ add 6.5

Shrimp and Grits

Pan sautéed shrimp simmered in a Cajun cream sauce. Served with creamy smoked gouda grits, and micro greens salad. **Lunch** ~ 15.95 **Dinner** ~ 23.5

Chicken Breast

Pan-roasted Za'atar spiced Airline Chicken Breast served with cilantro rice, oven roasted tomatoes, and green goddess tahini sauce. ~ 25



Traditional Pittsburgh-Style Salad

Grilled chicken breast, mixed greens, carrots, cucumbers, tomatoes, red onions, fries, and jack cheese served with your choice of dressing. ~ 12.25 **Add Sautéed Shrimp** ~ 18.75 **Add Grilled Salmon*** ~ 21.25

Peach & Berry Salad (v)

Romaine, cucumbers, carrots, feta, and fresh basil tossed in a peach vinaigrette.

Lunch ~ 13.5 **Dinner** ~ 13.95 **Sautéed Shrimp** ~ add 6.5 **Grilled Salmon*** ~ add 9

Sandwiches

Served with a choice: coleslaw, healthy kale slaw, black bean salad, fries, or homemade chips.
~ Substitute sweet potato fries as a side for additional \$2 ~

Shinkasa Cheesesteak

Morgan Ranch Kobe beef tossed with sautéed onions and topped with provolone cheese. Served with Bibb lettuce. ~ 12.95 **Add Sautéed Red Peppers** ~ add .30 **Double Kobe Beef** ~ add 4.95

Garden Vegetable (v)

Roasted chilled medley of zucchini, red peppers and red onion served with a zesty white bean spread and fresh baby spinach. Served with Bibb lettuce. ~ 9.5

Mushroom Cheesesteak

Morgan Ranch Kobe beef, sautéed mushrooms and onions, swiss cheese, and horseradish aioli served with Bibb lettuce. ~ 12.95 **Double Kobe Beef** ~ add 4.95

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of a foodborne illness.*