

# FOX & TURTLE

## GLUTEN FREE MENU

### STARTERS

#### SPICY CAULIFLOWER - 14

cauliflower lightly fried with calabrese peppers, parmesan cheese & lemon juice, served with a side of buffalo sauce

#### CHIPS & GUACAMOLE - 13

homemade tortilla chips with fresh guacamole & salsa

#### POT ROAST NACHOS - 22

12 hour slow cooked pot roast over house tortilla chips with cheddar cheese sauce, jalapeños, scallions & a dollop of sour cream

### SALADS

#### PECAN CHICKEN SALAD - 23

mixed greens, mandarin oranges, mixed seasonal berries, dried cranberries, blue cheese crumbles, grilled chicken & sweet red wine vinaigrette

#### COBB - 20

iceberg lettuce, scallions, egg, tomatoes, bacon, avocado, blue cheese crumbles, grilled chicken & balsamic vinaigrette

#### GRILLED EGGPLANT - 21

grilled eggplant, tomatoes, fresh mozzarella & arugula tossed in lemon citrus vinaigrette with balsamic glaze

#### Protein Options

chicken + 6  
shrimp + 9  
salmon +14  
prime skirt steak + 18

#### House Made Dressings

ranch \* balsamic \* chipotle ranch  
blue cheese dressing \* sweet red wine  
sweet onion citrus \* caesar

### BURGERS

served on a gluten free bun with lettuce, tomato & a pickle, & includes your choice of home made fries or potato chips

substitute a fruit cup + 3

#### APPLE WOOD - 18

8 oz. certified angus beef patty with bacon, caramelized onions & cheddar cheese

#### SUBSTITUTE

#### IMPOSSIBLE BURGER - 4

substitute impossible burger in place of any angus or turkey burger

#### CHEESEBURGER - 15

8 oz. certified angus beef patty with choice of cheese served with lettuce, tomato, & onion (american, cheddar, swiss, pepperjack, mozzarella) (blue cheese + 2)

#### TEX MEX TURKEY - 16

8 oz. turkey burger, pepper jack cheese & chipotle mayo, served with white corn relish with poblano peppers & avocado, served over a crispy corn tortilla instead of a bun

#### Additions

avocado + 2 bacon + 2 chili + 2 mushrooms + 2

ask your server for additional add-on options

### ENTREES

#### FILET MIGNON - 55

8 oz. choice filet with demi-glace served with mashed potatoes & seasonal mixed vegetables

#### ITASCA CHICKEN - 36

deboned whole chicken with crispy yukon potatoes & sautéed broccoli served with a lemon-oregano sauce & a grilled lemon

\*please allow 35 minutes

#### WHITEFISH TACOS - 25

three lake superior whitefish tacos topped with shredded cabbage, chipotle mayo & mango salsa, served with black beans & spanish rice

#### CHILEAN SEABASS - 36

broiled chilean seabass served over sautéed spinach & topped with fresh mango salsa

#### GRILLED SALMON - 32

grilled atlantic salmon marinated & served with a side of spinach & wild rice

### SIDES

#### WILD RICE - 5

#### JASMINE RICE - 5

#### SAUTÉED SPINACH - 5

#### YUKON POTATOES - 5

#### BROCCOLI - 6

#### ROASTED ROOT VEGGIES - 6

#### BUTTERMILK MASHED POTATOES - 6

#### FRUIT CUP - 4

### DESSERTS

#### SORBET - 7

raspberry - mango - lemon

#### GELATO - 7

chocolate - vanilla - spumoni

#### FLOURLESS CHOCOLATE CAKE - 10

served with creme anglaise & finished with raspberry sauce & a scoop of vanilla gelato

Please inform your server that you are ordering Gluten-Free items so that we may ensure proper preparation for your request.

If you or anyone in your party has gluten sensitivities, notify a manager before ordering, as our kitchen is not gluten-free.