## ARROWS <br> RESTAURANT

## Gluten Free Menu

Always let our staff know you are gluten free so we can take the necessary precautions. We take glutenfree, as well as other allergies, very seriously. Our staff is well trained how to handle allergies.

However, we are not a complete gluten-free or other allergy free restaurant.

## STARTERS

We use a separate fryer for gluten free items.

## Potato Skins

Potato skins lightly fried, topped with Cheddar Monterey Jack cheese, bacon bits, tomato and onion. Served with ranch for dipping

## Sweet Potato Fries

Large Platter of sweet potato fries. Ask for a side of ranch dressing or frosting for dipping

## HOMEMADE SOUPS

## Gluten free soup options:

Broccoli cheese, cheese potato, and split pea with ham (when available)

## Homemade Soup. Bowl or Cup

Made daily in our kitchen. Ask your server for available flavors

## Soup and Salad Combo

Bowl of soup and a side house salad (specify no croutons)

## Side House Salad

Mixture of iceberg and romaine, Cheddar Monterey Jack cheese, and tomato. (Specify no croutons)

## DINNER SALADS

Dressings: French, Thousand Island, Sweet n' Sour, Ranch, Raspberry Vinaigrette, Bleu Cheese, Honey Mustard, and Fat Free Italian.

## Cherry Chicken Salad

Bed of iceberg, romaine and spinach topped with feta cheese, pecans, dried cherries, sliced strawberries and a grilled chicken breast. Served with raspberry vinaigrette dressing
Chicken Chef Salad
Bed of iceberg and romaine topped with Cheddar Monterey Jack cheese, sliced egg and pulled white chicken breast

## Spinach Chicken Salad

Bed of spinach topped with sliced mushrooms, bacon bits, tomato, sliced egg and pulled white chicken breast

## Chicken Cobb Salad

Bed of iceberg and romaine topped with crumbled bacon, sliced egg, diced tomatoes, feta cheese and grilled chicken breast

## DINNER EITREESS

Each entree served with two of the following: French fries, baked potato, mashed potato no gravy, vegetable, applesauce, coleslaw, mac n cheese, tossed salad, cup of soup, sweet potato fries (+1.50), loaded baked potato (+1.50) Please inform server of any gluten allergy

## STEAKS

6 oz. Sizzler
Lightly seasoned and prepared just how you like it.
Pork Ribeye
8 oz. tender cut of pork loin full of flavor
Loaded Chop Steak Dinner
1/2 pound of seasoned ground beef smothered with grilled onions and mushrooms.
(Specify no gravy or onion ring)

## CHICKEN

## Loaded Chicken Breast

6 oz. chicken breast seasoned and grilled. Topped with Swiss cheese and loaded with sauteed mushrooms and onions
BBQ Chicken Monterey
6 oz . chicken breast seasoned and grilled. Topped with BBQ sauce, Cheddar Monterey Jack cheese, and bacon
$\qquad$ FISH

## Steamed Tilapia

Tender, flaky fish seasoned with lemon pepper

## COMBO SALADS

Please inform server of any gluten allergy
1/2 Cherry Chicken
1/2 Chef Chicken
1/2 Spinach with Chicken
1/2 Chicken Cobb

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## HAND PATTIED BURGERS

All burgers are hand pattied and served with a side of kettle chips. Substitute French fries or coleslaw for \$1.50, sweet potato fries for \$2
All Gluten free burgers served on gluten free bread (+1.80) or on a bed of iceberg lettuce

## Guac Bacon Burger

6 oz. burger topped with Monterey Jack cheese, bacon, red onions, guacamole

## Breakfast Burger

6 oz. burger topped with American cheese, bacon, fried egg and mayo

## Smokehouse Burger

6 oz. burger topped with sauteed mushrooms and onions, BBQ sauce, Swiss cheese and American cheese

## Terry Burger

6 oz. burger on grilled white bread with American cheese, ketchup, mustard and pickles

## Double D Burger

Two 3 oz. patties, two slices of American cheese, mayo, olives, onions and lettuce

## BYO Burger

Start with a 6 oz. burger. Add your toppings.
Add cheese +.60
Add bacon +2.00
Make it deluxe (lettuce, mayo, olives, tomato) + . 60
Our take on "everything" is ketchup, mustard, pickle, onion

## DAILY HALF SANDWICH COMBOS

Combine a $1 / 2$ sandwich with a side Served daily from 11 am to 4 pm

## Choose a 1/2 Sandwich

Chicken salad, classic reuben, turkey reuben, BLT
Choose a side
French fries, , cup of soup, house salad, or small dish of fresh fruit

## DRINKS

Ferris Coffee
Hot Tea
Hot Chocolate/Cappuccino
Lemonade
Soft Drink/Iced Tea

[^1]
## SANDWICHES AND WRAPS

All sandwiches and wraps are served with a side of kettle chips. Substitute French fries or coleslaw for \$1.50, sweet potato fries for \$2
Gluten free sandwiches can be served on gluten free bread (+1.80) or on a bed of iceberg lettuce.

## SPECIALTY

## BLT

Three slices of thick bacon, lettuce, tomato and lemon herb mayo
Club
Ham, turkey, bacon, lettuce, tomato, Swiss cheese and lemon herb mayo
Slim Jim
Shaved ham, Swiss cheese, lettuce, tomato and mayo
Classic Reuben
Shaved corned beef, sauerkraut, Swiss cheese and
homemade thousand island dressing

## Turkey Reuben

Shaved turkey, coleslaw, Swiss cheese and homemade thousand island dressing
Grilled Cheese

## CHICKEN

## Honey Mustard Chicken Melt

Chicken breast topped with Monterey Jack cheese, bacon and honey mustard

## Ranch Chicken Melt

Chicken breast topped with Monterey Jack cheese, bacon and ranch dressing

## Chicken Supreme

Chicken breast topped with mayo, lettuce and tomato

## Chicken Salad Sandwich

Homemade chicken salad with mayo and lettuce

## LIGHTER ENTREES

Each entree served with two of the following: French fries, baked potato, mashed potato, vegetable, applesauce, coleslaw, salad (+1.00), cup of soup (+1.00)

## Seasoned Chicken Breast 8.99

6 oz. chicken breast seasoned and grilled
BYO Burger 7.99
Start with a 3 oz. burger patty. Add ketchup, mustard, pickles or onion
Add cheese + . 60
Make it deluxe + .60


[^0]:    *Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illness. Alert your server if you have special dietary requirements.

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