

## Always Fresh, Always gluten Free

FRESH MADE-TO-ORDER FOOD

### STARTERS

**LOADED WAFFLE FRIES** 8

**ROASTED PEPPER  
TOMATO BISQUE** 8

**VEGETARIAN CHILI** 7

**SOUP DU JOUR** 8

Chef's daily special. Ask your server

### PLATTERS

**SHRIMP PLATTER** 18

Fried or Grilled Shrimp served w/seasoned rice and one side

**\*GRILLED OR  
BLACKENED SALMON** 22

Seasoned Salmon served w/ two sides

**GRUNOW'S FISH AND  
CHIPS** 18

Our crispy fried cod filets, Choice of waffle fries or Sweet potato Wedges and served w/coleslaw

**GRILLED PORK CHOP** 17

Seasoned pork chop with mushroom gravy, mashed potatoes and one side

### GREENS

**CRISPY BUFFALO  
SALAD** 16

Buffalo fried chicken, greens, carrots, feta cheese, cucumbers, seasoned Tomato wedges & Bleu cheese dressing

**\*CITRUS GLAZED  
SALMON SALAD** 17

Citrus glazed salmon on a bed of greens with strawberries, sunflower seeds, feta cheese w/Choice of dressing

**APPLE GORGONZOLA  
SALAD** 16

Grilled Chicken, greens, red onions, granny smith apples, sunflower seeds gorgonzola cheese, dried tart cherries with house dressing

**SHRIMP COBB** 17

Grilled Shrimp, greens, avocado, bacon, feta cheese, red bell peppers, hard boiled egg w/choice of dressing

**GRILLED CHICKEN  
SALAD** 16

Grilled chicken, Greens, Bacon, red bell pepper, red onion, cheddar jack cheese, tomatoes and grilled pineapple.

## CHICKEN

### CHICKEN PICATTA 16

Sauteed chicken in a lemon butter caper sauce served with rice and one side

### CHICKEN ALFREDO 16

Pan seared chicken breast, broccoli, red bell peppers, mushrooms tossed in a creamy alfredo sauce w/Penne Pasta

### MS. PATRICIA'S CHICKEN SALAD 15

Tender chicken breast salad with celery, red grape slivers, hint of curry topped with sunflower seeds and dried cranberries served w/choice of soup or side/Cesar salad

### CHICKEN BITES 16

Hand breaded or grilled chicken bites with choice of plain, honey fire or buffalo sauce. Served w/ two sides

## SIDES 6

LOADED MASHED POTATOES  
WAFFLE FRIES  
SWEET POTATO WEDGES  
SEASONAL VEGETABLE(ASK)  
BROCCOLI  
CAULIFLOWER MAC-N-CHEESE  
COLESLAW  
SEASONED RICE  
SIDE SALAD  
CEASAR SALAD

## BURGERS

### BACON BLISS BURGER 16

Seasoned grilled beef patty with cheddar cheese, caramelized onions, smoked bacon and bacon aioli

### CLASSIC BURGER MELT 15

Seasoned grilled beef patty with yellow and white American cheese, caramelized onions and garlic aioli

### MUSHROOM SWISS BURGER 16

Seasoned grilled beef patty, swiss cheese, mushrooms, caramelized onions and garlic aioli

### CALIFORNIA BURGER 16

Seasoned grilled beef patty, pepper jack cheese, sliced avocado, smoked bacon, on a bed of lettuce, tomato w/bacon aioli

## SALAD DRESSINGS

*Balsamic, Ranch, Blue Cheese, Strawberry vinaigrette, House dressing, creamy honey mustard, thousand Island, Caesar, Oil and vinegar*

# SANDWICHES

WITH CHOICE OF ONE SIDE

## SOUP AND GRILLED CHEESE COMBO

14

Choice of soup or Vegetarian chili with grilled cheese on sourdough.  
(American, pepper jack, provolone, swiss, cheddar)

## CBT SANDWICH

15

Hand breaded or grilled chicken breast w/ smoked bacon, swiss cheese, tomato and garlic aioli

## ITALIAN SANDWICH

15

Italian sub sandwich with Smoked ham, capicola, pepperoni, genoa salami, provolone cheese, lettuce, tomato, red onion served with one side and our house dressing

## GRUNOW'S PHILLY

15

Choice of grilled sirloin beef steak or house made chicken with grilled green bell peppers, grilled onions topped with white American cheese on a hoagie roll

## CLASSIC REUBEN

14

Grilled corned beef, Sauerkraut, swiss cheese, thousand island dressing on sourdough

## GRUNOW'S CLUB

14

Smoked ham, smoked turkey, bacon, white a yellow American cheeses, Lettuce, tomatoes and honey mustard on sourdough

# PIZZAS

## VEGETARIAN PIZZA

16

10 inch Gluten free pizza crust with pesto, Italian cheese blend, mushrooms, caramelized onions and balsamic reduction served w/ choice of soup or salad

## MARGHERITA PIZZA

16

10 inch Gluten free pizza crust with tomato sauce, sliced tomatoes, mozzarella w/choice of soup or salad

## KID'S MEALS

WITH CHOICE OF ONE SIDE

<b>GRILLED CHEESE</b>	<b>9</b>	<b>KIDS PASTA WITH MEAT SAUCE</b>	<b>10</b>
<b>ALFREDO PASTA</b>	<b>11</b>	<b>CHEESE OR PEPPERONI PIZZA</b>	<b>10</b>
Penne pasta tossed in alfredo topped with parmesan cheese			
<b>CHICKEN BITES</b>	<b>9</b>		
Plain hand breaded chicken			

## DRINKS

<b>SWEET/UNSWEET TEA</b>	<b>3.50</b>	<b>LEMONADE</b>	<b>3.50</b>
<b>RASPBERRY OR PEACH FLAVORED TEA</b>	<b>4</b>	<b>RASPBERRY OR PEACH FLAVORED LEMONADE</b>	<b>4</b>
<b>FRESH BREWED COFFEE</b>	<b>3</b>	<b>NESPRESSO COFFEE</b>	<b>4</b>

## BOYLANS SUGAR CANE SODAS

Cane sugar cola, Ginger ale, Black Cherry, Orange and Creme flavors	<b>4</b>
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## DESSERTS

<b>FLOURLESS CHOCOLATE TORTE</b>	<b>10</b>	<b>BLUEBERRY CHEESECAKE TRIO</b>	<b>10</b>
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