



Gluten-Free Menu

***Please keep in mind that any items on this menu that are prepared without gluten products are made in a kitchen that handles many other wheat products. During normal kitchen operations, there is a possibility for food items to come into contact with wheat gluten/proteins. However unlikely, we are unable to guarantee that any menu item is completely gluten-free. PLEASE MENTION YOU ARE GLUTEN-FREE WHEN ORDERING.*

Appetizers

GLUTEN-FREE CHEESE PLATE | \$13

Artisan cheeses, meats and fresh fruits served with a gluten-free roll

GLUTEN-FREE HUMMUS & CRUDITÉ | \$10

Roasted red pepper hummus served with carrots, celery, cucumbers and house-made tortilla chips

BMB NACHOS | \$10

House-made tortilla chips topped with our pepper jack nacho cheese, black bean and corn salsa, salsa roja, sour cream, and jalapenos

HOT SPINACH & ARTICHOKE DIP | \$9

Chopped artichokes, cream cheese, Romano cheese, sour cream, spinach, and sun-dried tomatoes served warm with house-made tortilla chips

Salads

GLUTEN-FREE CAESAR | \$5 SM / \$8 LG

Crisp romaine lettuce, Caesar dressing and aged Parmesan cheese

GLUTEN-FREE HOUSE | \$5 SM / \$8 LG

Fresh mixed greens topped with shredded carrots, Roma tomatoes, red onions and aged Parmesan

KALE POWER SALAD | \$13

Diced apples, roasted red peppers, red onions, blue cheese, and spice-toasted pumpkin seeds on a bed of shredded kale mix drizzled with balsamic vinaigrette

CHILLED ROOT VEGETABLE SALAD | \$13

Roasted and chilled beets, parsnips, carrots, sweet potatoes, and red peppers on a bed of quinoa and kale topped with goat cheese and honey-thyme vinaigrette

Add grilled tofu from Twin Oaks - \$4

Add organic grilled chicken breast - \$5

Choice of dressings:

Bleu Cheese, Honey Mustard, Ranch, Chipotle Ranch, Caesar and Balsamic Vinaigrette

Sandwiches

Please specify **GLUTEN-FREE** bun when ordering.

All sandwiches are served with choice of Potato Salad, Cole Slaw, or Side Salad.

GLUTEN-FREE 'REUBEN' | \$14

Shaved corned beef, aged Swiss cheese, sauerkraut and Russian dressing served on a gluten-free roll

**Twin Oaks Tofu Available by Request*

GLUTEN-FREE SKYLINE TURKEY CLUB | \$12

All natural sliced turkey breast topped with provolone cheese, crispy bacon, mixed greens, tomato, and chipotle ranch served on a gluten-free roll

GLUTEN-FREE GRILLED CHICKEN SANDWICH | \$15

Shenandoah Valley Organic chicken breast on toasted gluten-free roll with Swiss cheese, bacon, baby spinach, tomato, and honey mustard

Pizzas

Please specify **GLUTEN-FREE** crust when ordering.
Each gluten-free pizza is 13" (Serves 1-2) and comes with a House Salad and your choice of dressing.

CILANTRO VEGGIE | \$18

Cilantro pesto sauce, zucchini, squash, roasted mushrooms, caramelized red onions, goat cheese, mozzarella and fresh cilantro

LOCAL SAUSAGE | \$18

Spicy sausage from Double H Farms (Nelson Co.) with red & green bell peppers, mushrooms, mozzarella and marinara

MARGHERITA | \$18

Roma tomatoes, fresh and shredded mozzarella, minced garlic and fresh basil on marinara

GREEK GARDEN | \$18

Grilled eggplant, artichoke hearts, black olives, red onions, tomato, basil, parsley, feta cheese, marinara and mozzarella. (Add Local Sausage or Organic Grilled Chicken Breast for \$4)

THE REAL DEAL | \$18

Local spicy sausage, pepperoni, salami, banana peppers, black olives, spinach, mozzarella and marinara

Burgers

Please specify **GLUTEN-FREE** bun when ordering.
All burgers are served with choice of Potato Salad, Cole Slaw, or Side Salad.

CHOICE OF CHEESE: AMERICAN, CHEDDAR, PROVOLONE, PEPPER JACK OR SWISS

GLUTEN- FREE CHEESEBURGER | \$14

7oz ground chuck burger served medium-well with your choice of cheese on a gluten-free roll and topped with fresh greens, tomatoes, red onion and our special basil mayo

GLUTEN- FREE A.M. FOG MUSHROOM & SWISS BURGER | \$15

7oz ground chuck burger served medium-well on a gluten-free roll, topped with caramelized onions, basil mayo, Swiss cheese and shiitake & oyster mushrooms from A.M. Fog (Nelson Co.)

SUBSTITUTE "BEYOND BEEF" VEGAN BURGER | ADD \$3

Dessert

FLOURLESS CHOCOLATE TORTE | \$8

Decadent chocolate topped with berry compote and powdered sugar and served with an orange wheel

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