



IRON HORSE

· TAVERN ·

GLUTEN FREE MENU

SALADS

- Caesar Salad***
romaine, shaved parmesan cheese
NO CROUTONS
- Farm Salad***
field greens, cranberries, creamy herb vinaigrette
NO BLEU CHEESE
- Sante Fe Chicken Salad**
black beans, corn, peppers, onions, red cabbage, jicama, avocado, pepper jack cheese, chipotle ranch dressing
- Luau Shrimp Salad**
mixed lettuces, mango, mandarin oranges, carrots, red cabbage, green onions, toasted almonds, plum vinaigrette
- Salmon Niçoise***
roasted salmon, herb vinaigrette, potatoes, green beans, tomatoes, mixed greens, niçoise olives, egg
NO COUS COUS
- Thai Skirt Steak Salad***
mixed greens, cabbage, tomatoes, cilantro, mint, carrots, scallions, mango, almonds, thai dressing
NO RAMEN NOODLES, SUB GRILLED CHICKEN OR SHRIMP

SANDWICHES

Served as lettuce wrap. Served with choice of housemade sea salt potato chips, mixed greens or fries
sweet potato fries 1.95

- Tavern Burger***
thousand island dressing, tomatoes, lettuce, onions, pickles
add bacon, egg, cheese, avocado, mushrooms 1.95, double patty 5.25
LETTUCE WRAP
- Cubano**
black forest ham, thick cut bacon, pickles, pepperoncini, whole grain mustard, gruyère cheese
LETTUCE WRAP
- Turkey Sandwich**
honey roasted turkey, mixed greens, tomatoes, bacon, smoked gouda cheese
LETTUCE WRAP, NO MENDOCINO MUSTARD
- Prime Rib Sandwich***
sliced prime rib, gruyère cheese, garlic butter, creamy horseradish, au jus
LETTUCE WRAP
- Chicken Burger**
buffalo sauce, bleu cheese mayonnaise, tomatoes, jalapeño slaw
LETTUCE WRAP, SUB GRILLED CHICKEN
- Impossible Burger**
pickled carrots and cucumbers, jalapeños, avocado, cilantro
LETTUCE WRAP, NO ASIAN BBQ SAUCE

TAVERN PIZZAS

ALL PIZZAS GLUTEN FREE, SUB CAULIFLOWER CRUST

SMALLER

- Chicken Wings**
buffalo sauce, celery, ranch
NO FLOUR
- Sweet and Spicy Shrimp**
honey-mayonnaise, sriracha mayonnaise
NO BREADING
- Tuna Poke Nachos***
sweet onions, nori, avocado, wasabi cream, sriracha mayonnaise, tomatoes, rice
SUB WHITE RICE, NO SOY SAUCE, NO CRISPY WONTONS

BIGGER

- Korean Fried Chicken***
spicy pickled vegetables, sunny side up eggs, kim chee, jalapeños, white rice
SUB GRILLED CHICKEN
- Loco Moco***
seasoned hamburger patties, sunny side up eggs
SUB WHITE RICE, NO GRAVY
- Brick Chicken**
pan seared chicken, roasted sweet potato, brussels sprouts, natural jus
- Pan Seared Atlantic Salmon***
jasmine rice, baby carrots
NO BLACK GARLIC DEMI GLAZE
- Hawaiian Style Ribeye Steak***
sriracha fingerling potatoes, spicy green beans, chili flakes
NO SOY SAUCE

BRUNCH

- Breakfast Board***
egg, fruit, bacon, fresh peanut butter, greek yogurt
NO CROSTINI
- Breakfast Sandwich***
maple bacon, scrambled eggs, cheddar cheese, garlic aioli, chorizo salsa, chives, toasted brioche bun
NO BUN, LETTUCE WRAP
- Two Egg Breakfast***
breakfast potatoes, toast and your choice of thick cut bacon, maple brown sugar bacon sausage, smoked chicken apple sausage or black forest ham
NO POTATOES SUB FRUIT, NO TOAST
SUB CORN TORTILLAS \$2 UPCHARGE
- Shakshuka Verde***
tomatillo and poblano sauce, poached eggs, aleppo yogurt, avocado, feta cheese, toasted pepita, cilantro, grilled flatbread
- Huevos con Chile Relleno***
black beans, tomatillo salsa, pepper jack and mozzarella cheese, crispy corn tortilla
- Eggs Benedict***
crispy potato cake, spinach, tomatoes, poached eggs, sriracha hollandaise

DESSERTS

Vanilla Ice Cream

* Served raw or undercooked or contains raw or undercooked ingredients
* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
Items are cooked in the same fryer as other menu items

