



GLUTEN-FREE LUNCH - DINNER

Regular Entrees

Blackened Chicken Breast
Grilled Chicken with Mango Salsa
Blackened, Grilled & Poached* Salmon
Hoppin' John, Jack & Jerry *rice & bean entrees*
Jambalaya Cajun Stew
N.C. Pulled Pork
Smoked Beef Brisket *NOT with horseradish sauce*
Shrimp & Grits & Cajun Shrimp & Grits
Blackened Shrimp
Blackened ("Dirty") Catfish
Vegetable Platter *see vegetable choices*
Black Bean Cakes* *with mango salsa only*
N.C. Crab Cakes
Peppercorn Steak

Crawfish and Salmon Cakes contain some flour

Special Entrees - when available

We offer 3 - 6 featured entrees at every meal. The following is a list of popular main dishes that contain no gluten.

All BLACKENED, GRILLED or BAKED foods are gluten-free.

Yardbird *specify NO sweet red pepper sauce*
Grilled or Roast Turkey *specify NO stuffing or gravy*
Grilled Bone-in-Ham *with honey mustard sauce*
Stuffed Eggplant
Catfish or Tilapia Tacos
Tilapia *blackened--NOT herb crusted*
Salmon Papillot *cooked in parchment with shrimp*
Garlic Rosemary Chicken
Ratatouille over Rice *NOT couscous*
Roast Pork Loin or Grilled Chops

Sauces

Tartar Sauce	Remoulade
Mango Salsa	Spicy Mayonnaise
Wishbone BBQ	Lemon Butter
Lexington BBQ	Cilantro Salsa
Wishbone Hot Sauce	Pico de Gallo

Breads

We now offer Wheat's End gluten-free English Muffins, Focaccia and Bagels on request with an additional up-charge.

Note: Our Corn Muffins DO contain wheat flour in addition to corn meal! Our corn tortillas do not contain flour.

Salads

Aside from the CROUTONS in the Wishbone Special Salad, ALL our salads are gluten free.

Note: Lemon Tahini Dressing does contain SOY SAUCE., but we use a gluten free Tamari.

Soups

For all soups, it is best to get an answer directly from the Kitchen that day.

Our Seafood Chowder contains a flour roux . . . but Gumbos do not.

Black Bean and Lentil Soups are gluten-free as is the Chicken & Rice, Chicken Chipotle, Gaspacho and most of the broth-based vegetable soups.

Sandwiches & Sliders

When ordered on Wheat'sEnd English Muffins, Focaccia or GF Bagel.

ALL REGULAR sandwiches and po' boys are gluten free EXCEPT:

Fish Creek, Cajun Shrimp Po' Boy (the fried version) and the Fried Green Tomato/Bacon slider.

You may also request our corn tortillas.

Side Dishes

ALL, except the Mac & Cheese, are gluten-free.

Note that French Fries are cooked in fryers where wheat may be present. Home fries in separate skillets.

(All Grits do NOT contain gluten).

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GLUTEN-FREE BREAKFAST

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Eggs & Omelets

Substitute sliced tomato for bread or pay the adder for Wheat's End muffin, bagel or roll.

Eggs "any style"

Steak & Eggs *hormone free Ball Tip*

Avocado Beach Omelet

Wishbone Omelet

Denver Omelet

Spinach Omelet

Jambalaya Omelet

Ham or Sausage Omelet

Lox (smoked salmon) Omelet

Kentucky Scrambled Eggs

Yankee Scrambled Eggs

Eggs Benedict **on g-f English Muffin*

Eggs Florentine **on g-f English Muffin*

Red Eggs **sub for tortilla*

Red Eye Benedict **w/ g-f English & Hollandaise*

Pancakes

Buckwheat Pancakes *when available*

Regular Features

Shrimp & Grits or Cajun Shrimp & Grits

Bowl of Grits & Ham

Black Bean Cakes **Mango salsa or Hollandaise*

Crab Cakes *Lemon butter or Hollandaise*

Brisket Hash **on g-f English Muffin*

Daybreak Burger **with gluten-free focaccia*

Chicken Sandwich **with gluten-free muffin*

ALL Salads *hold croutons with Special salad*

Blackened Chicken Breast

Blackened Catfish or Salmon

Red Beans & Rice *contains meat stock*

Smoked Salmon **with W heats End bagel*

Oatmeal Steelcut

Breads

We now offer Wheat's End gluten-free English Muffins, Bagels & Focaccia on request with an up-charge for substitution.

With W heats End English Muffins, our BENEDICTS can be gluten free with Hollandaise sauce--not with gravy or sweet red pepper sauce.

Note: Our Corn Muffins DO contain wheat flour and dairy; burger rolls contain egg and milk.

Side Dishes

Only French Fries cooked in fryers where wheat may be present.

Home Fries *cooked in separate cast iron skillet*

Cheese, plain or jalapeno Grits

Sauteed Spinach

Black Beans

Red Beans *contains meat*

Brown Rice

Sliced Tomato

Fresh Cut Fruit

Breakfast Meats

Hickory smoked Bacon

Special Bacons

Grilled Bone-in-ham

Patty Sausage (natural)

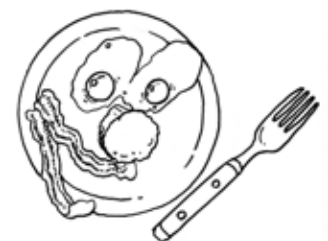
Pork Links (natural)

Turkey Sausage (natural)

Blackened Shrimp, Chicken, Fish toppings

BBQ Brisket and Pulled Pork

**See our other
BRUNCH
SPECIALS
Every Weekend**





for VEGANS

For vegetarians who eat foods with dairy, we have listed some additional items with a “d.” For oils we use canola, corn and olive--and deep fryer cooks no meat or fish. No trans fats or MSG used. * *not every day.*

Appetizers

- Fried Okra
- Cajun Tots
- Fried Green Tomatoes d
- Hush Puppies d
- Stuffed Mushrooms * d

Salads *request different ingredients and dressings*

- House Salad Balsamic vinaigrette, Ranch d or Lemon Tahini
- Asheville Salad blue cheese d
- Fresh Fruit
- Yankee Cole Slaw

Salad Specials* *At least 1 special per day*

- Kale Salad
- Brown Rice Salad blackeyed peas, carrots
- Carrot Raisin Salad d
- Beet Vinaigrette
- Tomato Cucumber Vinaigrette
- Succotash Salad
- Waldorf Salad d contains walnuts and mayo
- Midwestern Potato d contains mayo
- Potato Vinaigrette d contains parmesan
- Vegetable Pasta Vinaigrette balsamic

Entrees

- Black Bean Cakes mango salsa
- Vegetable Platter choose 3 vegetables
- Hoppin' Jack/John hold the cheese
- Vegetable Burrito hold the cheese/sour cream
- Beyond Burger™ we don't make it, but really a "fake meat"

Special Entrees

- Stuffed Eggplant hold the parmesan topping*
- Stuffed Zucchini/Squash hold the parmesan*
- Eggplant Elegant hold the cheese topping*

Desserts

- Raspberry Champagne Sorbet organic, g-f

Soups

One Soup of the Day Special may be vegetarian OR vegan. ASK!



Regular Sides

- Brown Rice organic short grain
- Sauteed Spinach olive oil
- Hoppin' John/Jack request no cheese
- Black Beans or Blackeyed Peas
- Yankee Cole Slaw
- Plain Grits morning and brunch only
- Cheese Grits d
- Mashed Sweet Potato contains pecans d
- Macaroni & Cheese no egg, 5 cheese d
- Home Fries potato, onion & garlic
- French Fries & Sweet Potato Fries
- Steamed Broccoli
- Mashed Potato d*
- Fresh Cut Fruit

Special Sides * *At least 2 per day*

- Grilled Asparagus *
- Sauteed Beans or Brussels Sprouts or Mixed Vegetables Specify oil *
- Corn on the Cob seasonal *
- Fried Corn request olive oil *
- Sauteed Zucchini & Onion seasonal *
- Grilled Zucchini
- Ratatouille on cous cous *
- Roasted Butternut Squash d*
- Baked Acorn Squash d*
- Spaghetti marinara *
- Broccoli/Cauliflower au gratin d*
- Turnip Greens tomato base *
- Succotash tomato base *

pies and cakes contain no lard or gelatin