



# 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  
Blackened Shrimp  
Blackened ("Dirty") Catfish  
Vegetable Platter *see vegetable choices*  
Black Bean Cakes\* *with mango salsa only*  
Peppercorn Steak

*Crab, Crawfish, and Salmon Cakes ALL contain some flour in bread crumbs for binding.*

## 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.

*(Cheese Grits do NOT contain gluten).*

wheat's  
END



# GLUTEN-FREE BREAKFAST

wheat's  
END

## 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**

**Bowl of Grits & Ham**

**Black Bean Cakes** *\*Mango salsa or Hollandaise*

**Brisket Hash** *\*on g-f English Muffin*

**Daybreak Burger** *\*with gluten-free muffin*

**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 Wheats 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 Wheats 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 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 transfats or MSG used. \* *not every day.*

## Appetizers

- Fried Okra
- Texas Pizza--the Vegetarian Flatbread d
- Cajun Tots
- Fried Green Tomatoes d
- Hush Puppies or Squash Puppies \*

## Salads

- 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 may contain peanuts
- 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 \*
- 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**