

# GLUTEN-FREE MENU

We strive to ensure that our Gluten-Free items are prepared without gluten or wheat ingredients. Please be aware that Shari's is not a 100 % gluten-free establishment and that during normal kitchen operations involving shared preparation areas, the possibility exists for some food items to come in contact with other food items. Therefore, we are unable to guarantee that any menu entrée can be completely free of allergens. This is a suggested way for you to order to make your menu Gluten-Free.

## Breakfast

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Whit
Shari's Potato Pancakes	0	0	X	0	0	X	0	0
<b>Ordered with fruit instead of toast, french toast or pancakes</b>								
USDA Top Sirloin Steak	X	0	X	0	0	X	0	0
Center Cut USDA New York Strip Steak	X	0	X	0	0	X	0	0
Breakfast Standard Bacon & Eggs	X	0	0	0	0	X	0	0
Breakfast Standard Sausage & Eggs	X	0	0	0	0	X	0	0
Bone-in Hickory Ham and Potato Pancakes	X	0	X	0	0	X	0	0
Spring Spinach Omelette	X	0	X	0	0	X	0	0
Denver Omelette	X	0	X	0	0	X	0	0
Country Omelette	X	0	X	0	0	X	0	0
Meat Lover's Frittata	X	0	X	0	0	X	0	0
BMP Frittata	X	0	X	0	0	X	0	0
Side Stuffed Hashbrowns	0	0	X	0	0	X	0	0
Side of Bacon	0	0	0	0	0	0	0	0
Side of Sausage	0	0	0	0	0	0	0	0
Two Eggs	X	0	0	0	0	X	0	0
Bowl of Fresh Fruit	0	0	0	0	0	0	0	0
Side of Cottage Cheese	0	0	X	0	0	0	0	0
Steel Cut Oatmeal	0	0	0	0	0	0	0	0
Add Milk, Raisins, Cranberries and Pecans	0	0	X	0	0	0	X	0
Strawberry-Banana Yogurt Smoothie	0	0	X	0	0	0	0	0
Tropical Mango Smoothie	0	0	0	0	0	0	0	0

## Lunch

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Whit
<b>Dinner Salad &amp; Caesar Salad must be ordered without Croutons</b>								
Dinner Salad	0	0	0	0	0	0	0	0
Ranch Dressing	X	0	X	0	0	X	0	0
Blue Cheese Dressing	X	0	X	0	0	X	0	0
Thousand Island Dressing	X	0	0	0	0	X	0	0
Honey Mustard Dressing	X	0	0	0	0	X	0	0
Fat Free Raspberry Vinaigrette Dressing	0	0	0	0	0	0	0	0
Vinegar and Oil	0	0	0	0	0	0	0	0
Low Fat Balsamic Vinaigrette Dressing	0	0	0	0	0	X	0	0
Caesar Side Salad	X	X	X	0	0	X	0	0
Side Caprese Salad	0	0	X	0	0	X	0	0
Soup, Cup Broccoli Cheese	0	0	X	0	0	X	X	0
French Fries	0	0	0	0	0	X	0	0
Tater Tots with Chipotle Mayo	X	0	0	0	0	X	0	0
Tater Tots no sauce	0	0	0	0	0	X	0	0
<b>Salads must be ordered without the croutons or flat bread</b>								
Salmon Caesar Salad	X	X	X	0	0	X	0	0
Chicken Caesar Salad	X	X	X	0	0	X	0	0
Northwest Steak Salad	0	0	X	0	0	X	X	0
Rustic Tuscan Chicken Salad	X	0	X	0	0	X	0	0
Spinach Cobb Salad	X	0	X	0	0	X	0	0
BBQ Pulled Pork Nachos	0	0	X	0	0	X	0	0
Wings Your Way								
Original Hot Wing with Blue Cheese Dressing	X	0	X	0	0	X	0	0
Galicky Chimichurri	0	0	0	0	0	0	0	0
Hickory-Molasses BBQ	0	0	0	0	0	0	0	0
Balsamic Glaze	0	0	0	0	0	X	0	0

## Dinners

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Whit
<b>Dinners must be ordered without the onion rings or bread- vegetables may be substituted.</b>								
New York Strip Steak	0	0	X	0	0	X	0	X
Top Sirloin Steak	0	0	X	0	0	X	0	X
Stuffed Hashbrowns	0	0	X	0	0	X	0	0
Loaded Mashed Potatoes	0	0	X	0	0	0	0	0
Baked Potato	0	0	0	0	0	0	0	0
Add Butter & Sour Cream	0	0	X	0	0	X	0	0
<b>Steakhouse Sides Add On</b>								
Sauteed Mushrooms	0	0	X	0	0	X	0	0
Garlic Parmesan Tater Tots	0	0	X	0	0	X	0	0
<b>Seafood Additions</b>								
Two Shrimp Skewers	0	0	X	0	X	X	0	0
Shrimp Scampi	0	0	X	0	X	X	0	0
<b>Toppings</b>								
Garlicky Chimichurri Sauce	0	0	0	0	0	0	0	0

## Honored

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Whit
<b>Breakfast</b>								
<b>Ordered with fruit instead of toast, french toast or pancakes</b>								
Honored Bacon & Egg	X	0	0	0	0	X	0	0
Honored Sausage & Egg	X	0	0	0	0	X	0	0
Honored Ham & Ch Omelette	X	0	X	0	0	0	0	0
Honored Bacon & Ch Omelette	X	0	X	0	0	0	0	0
Honored Sausage & Ch Omelette	X	0	X	0	0	0	0	0
Honored Mexi-Skillet	X	0	X	0	0	X	0	0
<b>Dinners</b>								
<b>Dinners must be ordered without the dinner roll</b>								
Honored Sirloin Steak Dinner	0	0	0	0	0	X	0	0
Honored Lemon Pepper Grilled Salmon	X	X	X	0	0	X	0	0
Baked Potato	0	0	0	0	0	0	0	0
Add Butter & Sour Cream	0	0	X	0	0	X	0	0
French Fries	0	0	0	0	0	X	0	0
Tater Tots with Chipotle Mayo	X	0	0	0	0	X	0	0
Tater Tots no sauce	0	0	0	0	0	X	0	0
Red Skin Mashed Potato	0	0	X	0	0	0	0	0
Key West Vegetables	0	0	X	0	0	X	0	0
<b>Salads must be ordered without the croutons or flat bread</b>								
Dinner Salad	0	0	0	0	0	0	0	0
Ranch Dressing	X	0	X	0	0	X	0	0
Blue Cheese Dressing	X	0	X	0	0	X	0	0
Thousand Island Dressing	X	0	0	0	0	X	0	0
Honey Mustard Dressing	X	0	0	0	0	X	0	0
Fat Free Raspberry Vinaigrette Dressing	0	0	0	0	0	0	0	0
Vinegar and Oil	0	0	0	0	0	0	0	0
Low Fat Balsamic Vinaigrette Dressing	0	0	0	0	0	X	0	0
Caesar Side Salad	X	X	X	0	0	X	0	0
Side Caprese Salad	0	0	X	0	0	X	0	0
Honored Spinach Cobb Salad	X	0	X	0	0	X	0	0



## Product Information Disclaimer

Shari's is committed to meeting the needs of our guest by providing them with the information they need to make nutritiously wise decisions. Shari's attempts to provide nutrition and ingredient information that is as complete as possible but due to product preparation and portion size variations this information can only be viewed as approximate and not exact. The allergen analysis is compiled from data provided by product suppliers and manufacturers for ingredients furnished to Shari's in their precooked form. Although we believe these sources to be reliable, we cannot guaranty the accuracy of the product information provided to us. While the ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Further, product formulations change periodically. Some menu items may not be available at all restaurants. Test products, test formulations or regional items have not been included. Some of our products are seasoned with sea salt, paprika, Montreal or Lemon Pepper seasonings as part of the preparation process in our restaurants.

Please note there are suggestions on this menu in order to make the recipes listed Gluten Free. They are not automatic when ordered and must be substituted by you in order for the menu items to come as desired.