



HOULIHAN'S

MENU ITEMS WITH GLUTEN-FREE INGREDIENTS

Houlihan's is not a gluten-free environment. Several menu items are breaded to order on the cook line, using wheat based flours. Additionally, the majority of our menu items are prepared from scratch on site in our prep kitchen, where wheat flours and other wheat based products are used throughout the day. Particles of flour are therefore present in our kitchen and dining areas. **The following items are low in gluten, but we cannot guarantee that they are gluten free due to changes in brand or supplier and/or cross contamination in our cooking environment.**

Please note that menu items do vary by location and the availability of produce and other ingredients. You can view any specific restaurant's menu via the drop down within the 'Eats' section of our website.

SMALL PLATES

PARMESAN FRITES with a trio of sauces

AMERICAN FRIES straight up with ketchup

MADE TO ORDER GUACAMOLE with tortilla chips and salsa
(Only available in select restaurants)

GRILLED 4 OZ. ATLANTIC SALMON over honest gold mashers & today's vegetable

SEARED SEA SCALLOPS over honest gold mashers & today's vegetable

GRILLED 4 OZ. FILET MIGNON with parmesan garlic sauce, french fries & today's vegetable

ENTREES

ATLANTIC SALMON fire grilled with honest gold mashers & today's vegetable
(Request that vegetables be cooked in olive oil or butter and seasoned with salt & pepper only)

9 OZ. PRIME TOP SIRLOIN grilled and basted with red wine butter and served with choice of potato and today's vegetable
(Request that vegetables be cooked in olive oil or butter and seasoned with salt & pepper only)

12 OZ. NEW YORK STRIP STEAK choice of potato, today's vegetables
(Request that vegetables be cooked in olive oil or butter and seasoned with salt & pepper only)

GRILLED ROSEMARY CHICKEN today's vegetable, honest gold mashers
(Request that vegetables be cooked in olive oil or butter and seasoned with salt & pepper only)

BBQ BABY BACK RIBS with french fries and today's vegetable
(Request this item without the ginger-peanut slaw)

HEARTLAND GRILLED CHICKEN SALAD smoked bacon, aged cheddar, spicy pecans, red onions, croutons, garlic ranch
(Request this item without the croutons and focaccia roll)

FIRE GRILLED BBQ SALMON SALAD mandarin oranges, spicy pecans, tortilla straws, red onions, sweet citrus vinaigrette
(Request this item without the tortilla straws and focaccia roll)

SIDES

FRENCH FRIES | GRILLED ASPARAGUS | SAUTEED GREEN BEANS | 'HONEST' GOLD MASHED POTATOES

† We use nuts and nut-based oils in these menu items. If you are allergic to nuts or any other foods, please let us know.