



H HOULIHAN'S

Gluten Sensitive Menu

We offer gluten-free buns and flatbreads as well as modifications to many menu items for guests looking to reduce gluten in their diets.

Note that while we offer gluten-free products, we are not a gluten-free environment. Our kitchens do not have a separate prep surface, cook tops or equipment to ensure gluten particles do not come in contact with gluten-sensitive dishes. Chefs prep and cook to order in common areas, and menu items may come in contact with other food products.

STARTERS

LOADED GUACAMOLE pineapple salsa, cotija cheese, seasoned tortilla chips (cal 750)

HOUSE SALAD bacon, corn, croutons, choice of bleu cheese or cheddar & ranch or balsamic vinaigrette (Request this item without croutons or cheese) (cal 200 - 300)

CAESAR SALAD chopped romaine, garlic herb croutons, romano cheese (Request this item without garlic croutons) (cal 370)

SOUPS

CHICKEN TORTILLA SOUP with naturally lean chicken & anaheim chiles (cal 240)

FLATBREADS *Sub a gluten-free crust for an upcharge*
BBQ CHICKEN FLATBREAD red onions, cilantro, pepper jack, romano and cheddar cheese, sour cream drizzle (cal 770)

MARGHERITA FLATBREAD^v tomatoes, basil, fresh mozzarella, marinara (cal 840)

FLATBREAD OF THE DAY ask your server for details (cal 740 - 1250)

HANDHELDS *Sub a gluten-free bun for an upcharge*

PRIME BLACK ANGUS BURGER* hand-formed Iowa Premium USDA Prime Black Angus beef patty, crisp lettuce, tomato & red onion on a toasted bun with choice of side (Request this item without the bun or with a gluten-free bun) (cal 720)

BRENTWOOD CHICKEN SANDWICH applewood smoked bacon, gouda cheese, dijon mayo, baby greens, tomato & red onion on a buttered, toasted bun with choice of side (Request this item without the bun or with a gluten-free bun) (cal 1120)

ENTRÉE SALADS

ORGANIC POWER GREENS SALAD^{v†} toasted almonds, blueberries, blackberries, strawberries, goat cheese, poppyseed dressing in organic baby kale-spinach-chard blend.
(cal: undressed 220 | dressing +300 | roll +200)
with grilled chicken (cal +300) - additional cost
with grilled salmon (cal +290) - additional cost

ENTRÉES

SEARED GEORGES BANK SCALLOPS wild-caught sea scallops, lemon-asparagus risotto, baby arugula, basil-infused olive oil (cal 530)

PREMIUM STEAKS*

12 OZ. KANSAS CITY STRIP (cal 860)

9 OZ. USDA TOP SIRLOIN (cal 620)

4 OZ. PETITE CENTER-CUT FILET MIGNON (cal 330)

6 OZ. CENTER-CUT FILET MIGNON (cal 480)

BUTTERNUT SQUASH AND SAUSAGE LASAGNA spiralized butternut squash 'noodles,' herbed ricotta, Italian sausage, sauteed organic kale-spinach-chard blend, marinara & mozzarella, served with a pesto zucchini 'noodle' side salad (cal 440 / 480)

GRILLED ATLANTIC SALMON* (5oz.) basted with lemon-dill butter and served with honest gold mashers and choice of vegetable (cal 820)

PAN-ROASTED CHICKEN & SPIRALIZED SWEET POTATO 'LINGUINE' with poblano crema sauce, crisp bacon dust (cal 730)

SIDES

HONEST GOLD MASHED POTATOES (cal 330)

FRESH FRUIT (cal 70) | **TORTILLA CHIPS & SALSA** (cal 120)

GARLIC GREEN BEANS (cal 720) | **BAKED POTATO** (720)

FRENCH FRIES (cal 400) | **GRILLED ASPARAGUS** (cal 70)

Meatless items are indicated with a "v".

† 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.

* Contains or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.