



GLUTEN FREE MENU

STARTERS

urban cowboy fries (vg)	12
sweet potato fries, crispy brussels, vegan cheese, cowboy caviar, green onion	
crispy brussels	9
bacon, cherry balsamic glaze, goat cheese	
tomato basil soup (v)	6c/8b
fire-roasted tomatoes, red peppers, fresh basil, goat cheese	
chicken wings	13
6 jumbo chicken wings, brined and fried, tossed in your choice of sauce, comes with ranch or bleu cheese and celery	
<i>buffalo - nashville hot honey - bbq lemon pepper dry rub - chimichurri - cajun dry rub</i>	

SALADS

add chicken (5) or salmon (8)

urban wilderness (v)	12
mixed greens, avocado, tomato, cowboy caviar	
baker creek (v)	14
mixed greens, roasted veggies, sweet potato	
smoked buffalo salad	14
mixed greens, smoked buffalo slaw, bleu cheese crumbles, grilled chicken tossed in buffalo or no protein	

MAINS

chimichurri steak	21
7 oz. new york strip, house chimichurri, goat cheese.	
chargrilled portobello (v)	14
2 portobello caps, chargrilled and topped with zucchini, onion, pepper, sundried tomato tapenade, spinach, cherry balsamic glaze.	
tuscan chicken	19
butterflied and oven roasted 7 oz. chicken breast, spinach, parmesan, sundried tomato tapenade,	

cedar plank chilean salmon	21
8 oz. salmon, char grilled and oven roasted on a cedar plank, topped with house dill compound butter and lemon slices.	

BURGERS

add extra smash patty \$2

71 smash burger	13
3.5 oz smash patty, grilled onion, bacon, jack cheese, tomato, spinach, avocado aioli	
hangover	15
3.5 oz smash patty, house-made chipotle cream sauce, jack cheese, bacon, over-easy egg, avocado, pickled jalapeño	

SANDWICHES

grilled chicken sandwich (ngm)	14
sundried tomato tapenade, spinach, pickled red onion, goat cheese, avocado aioli	
chicken bacon ranch	14
chicken, bacon, mixed greens, tomato, red onion, chipotle cream sauce, ranch	
spicy south	13
grilled chicken, house-made smoked buffalo slaw, blue cheese crumbles	
fried egg sandwich	12
two eggs over medium, jack cheese, 2 strips of bacon, avocado aioli.	

HOUSE DRESSINGS

ranch	(vg) balsamic vinaigrette
blue cheese	italian
honey mustard	chipotle cream

SIDES

sweet potato fries	4	4	mashed potatoes
charred broccolini	4	4	side salad

(v) vegetarian (vg) vegan

**consuming raw or undercooked meats may increase your risk of foodborne illness, especially if you have certain medical conditions*