



IRISH PUB • FINE FOOD & DRINK

GLUTEN-FREE MENU

SALADS & SOUP

Homemade dressings: citrus vinaigrette | basil-white balsamic | creamy shallot poppy seed | bleu cheese | house vinaigrette | honey chive | caesar

Caesar Salad Romaine hearts, tomatoes, freshly grated parmesan, crouton *(please order with no croutons)* 4.99/7.99

Mixed Greens with grape tomatoes, bell peppers, & cucumbers with honey chive 4.99/7.99

The Local's Chopped Salad Gem & Bibb lettuces tossed in house vinaigrette, topped with chicken, eggs, bacon, onions, tomatoes & white cheddar finished with creamy shallot dressing 13.99

Chevre & Berries Season berries, raisins & chevre on a spring mix tossed in poppy seed dressing *(please order with no granola)* 10.49

Quinoa Salad Quinoa, sweet potatoes, broccoli, bell peppers, basil, capers, spinach & avocado with lime vinaigrette *(please order with no tofu)* 10.20

Steakhouse* Pub steak, caramelized onion, sweet potato, gorgonzola, pickled peppers on mixed greens in our house vinaigrette 14.99

Ahi Tuna Niçoise† Rare seared tuna with green beans, beets, Kalamata olives, potatoes & tomatoes on greens with radish, cucumber & basil-white balsamic vinaigrette 14.49

Salmon & Asparagus Whiskey honey glazed salmon & grilled asparagus; served with a cucumber salad tossed with herbs, shallot and peppadew peppers 16.49

Hot & Fresh Soup Choice of baked cheddar & tomato *(please order with no crouton)* or soup of the day *(ask server)* cup 3.79 | bowl 5.79

SANDWICHES

Choose fries*, mashed potatoes (*no gravy*), mixed greens, truffle crisps* or soup | sub Caesar (*no croutons*) 1.00

Gluten free bread available for \$1.50

Reuben slow cooked corned beef, sauerkraut, thousand island & melted swiss 13.29

The Raquel slow-roasted turkey, havarti, slaw, pickles & bistro sauce 13.45

BBQ Pork Slow-roasted pork in spicy BBQ sauce, served with lettuces and slaw 12.49

Silver Bison Ranch Burger Locally sourced bison with sharp cheddar, pickles, onions, grilled tomato, shredded lettuce & garlic aioli 13.99 | Add bacon 2.00

The Local Burger Pasture-grazed beef, white cheddar, LTO, pickles 13.29 Add bacon 2.00

Pot Roast Sandwich Tender roast beef with marinated caramelized onions & *Black River* gorgonzola 13.99

2 Gingers Chicken Sandwich grilled with bacon & Pepper jack *(please order with no whiskey sauce)* 13.29

Club Local Candied pepper bacon & roasted turkey with red wine-dressed spinach, tomatoes & mayonnaise 12.99

THE LOCAL'S SPECIALTIES & PUB CLASSICS

Curry House Chicken Chicken breast with bell peppers & onions in a mild curry sauce over basmati rice with traditional garnishes *(please order with no popadum)* 14.79

Chicken Pub Pie Roasted chicken in an herbed cream sauce with peas, leeks, & carrots *(please order with no pastry crust; sub mashed potatoes; no flatbread)* 14.29

Pot Roast Dinner Piled high with cipollini onions, carrots & mushrooms over mashed potatoes au jus 16.99

Pub Steak Grilled tomato, with thick cut French fries & finished with charred tomato butter *(please order with no onions)* Market Price

The Local is not an allergen-free environment. Guests with a special food sensitivity or dietary need should not rely solely on this information as the basis for deciding whether to consume a particular menu item and are individually responsible for ensuring that any such menu item meets their individual dietary requirements.

**We do our best to ensure a dedicated fryer for our French fries & Crisps; however, please be aware that the possibility of cross-contamination is present.*

†Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry or shellfish reduces the risk of food-borne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.

GLUTEN-FREE DRINKS

*Our whiskey is made from malted barley; however,
the distillation process removes any residual cereal protein.*

MAGNERS CIDER ORIGINAL or PEAR 12 oz. bottle 5.50 GF

CRISPIN CIDER Served over ice. 16 oz. can 6.50 GF

CRISPIN HONEYCRISP Unfiltered apple cider. 22 oz. bottle GF

ESTRELLA DAMM DAURA Spanish lager. 12 oz. bottle 6.00 GR

OMISSION PALE ALE or IPA From Widmer Brewery, OR 12 oz. bottle 6.00 GR

STRONGBOW CIDER Served over ice. 20 oz. draught 6.50

THE BIG GINGER™ & THE SKINNY GINGER

2 Gingers Whiskey, ginger ale (or diet), lemon & lime | 7.5

CUCUMBER COLLINS

Greenall's Gin, lime, cucumber, & a hint of spice | 7

BORIS & THE BEAN

Vodka, vanilla bean, lemon zest, soda & orange | 8

BLUE BERRY THYME MARGARITA

Served on the rocks with a sugar rim | 10

BOULEVARDIER

Knob Creek Bourbon, Tempus Fugit, vermouth | 10

BLOOD & SAND

Scotch, maraschino liqueur, orange juice, vermouth | 10

NEGRONI

Greenall's Gin, Tempus Fugit, vermouth | 10

THE LAST WORD

Tattersall Gin, Chartreuse, maraschino lime cordial | 10

NON-ALCOHOLIC COCKTAILS

JAMES CULLEN COLLINS

Cucumber, lime, San Pellegrino Limon | 4

THEOBALD MATHEW FIZZ

Vanilla, lemon, soda & orange | 4

GLUTEN-FREE APPETIZERS

Gluten free bread available for \$1.50

Baked Artichoke Dip Creamy artichokes, garlic, red peppers & parmesan (no bread/crackers) 10.49

Stuffed Mushrooms With wild rice, parmesan & champ (no garlic breadcrumbs) 9.99

Wee Burgers Three sliders with cheddar, smokey tomato jam, bistro sauce, & pickles (order on gluten-free bread) 9.99 | Bacon 2.00

BBQ Pork Sliders Three mini pork sliders in spicy BBQ with slaw (order on gluten-free bread) 9.99

Hummus Plate Roasted garlic hummus with Kalamata tapenade & vegetables (no pita) 9.79

Sriracha Wings Crispy chicken wings tossed in Sriracha sauce with bleu cheese crumbles & scallions 10.49

Just Plain Chips* House fries served hot & crispy 3.49 | 5.49

Corned Beef Croquettes Potato crusted, slow roasted beef, cabbage, scallions and cheese (order with no sweet & sour) 9.99

GLUTEN-FREE DESSERTS

Vanilla Crème Brulee

Served with fresh berries 3.29

Mango Pudding

Cream Mango pudding with
fresh mango & toasted coconut 3.29