

# Gluten Free Menu

## Soup & Salads:

**Homemade dressings:** citrus vinaigrette | white balsamic | creamy shallot  
poppy seed | 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** tossed in house vinaigrette, topped with chicken, bacon, onions, tomatoes & cheese curd finished with creamy shallot dressing 13.99 (**please order with no egg**)

**Berries and Chevre** Fresh berries, raisins, chevre, spinach, kale, red cabbage, tossed in poppy seed dressing & topped with house made granola 10.49 (**please order with no croutons**)

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

**Beet Salad** Halloumi cheese, beets, smoked almonds, arugula & watermelon radishes 10.49

**Ahi Tuna Niçoise**† Rare seared tuna with green beans, beets, Kalamata olives, marinated potatoes, spinach, tomatoes & cucumber in our house vinaigrette 14.49

**Salmon Salad** Salmon & grilled asparagus tossed in lime vinaigrette with Edamame, peppadew, radish, shallot & fennel. Finished with olive oil (**please order with grilled salmon no crust**) 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

Udi's Gluten free bread available for \$1.50

**WL Reuben**<sup>M</sup> slow cooked corned beef (or turkey), sauerkraut, thousand island & melted Swiss 13.29

**Bison Burger** Locally sourced bison with sharp cheddar, onion, grilled tomato, pickle, shredded lettuce and garlic aioli 14.79 | Add bacon 2.00

**WL The Minnesota Burger** Locally pasture-grazed beef, Fini sharp cheddar, LTO, pickles 13.29 Add bacon 2.00

**WL Pot Roast Sandwich** Tender roast beef with Havarti pickled vegetables & Fresno pepper aioli 13.99

**Herb Marinated Chicken Sandwich** grilled zucchini & red pepper with chipotle gouda & spicy gouda 13.29

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

**Wee Lunch** available option (Monday-Friday 11-2pm)

## The Local's Specialties & Pub Classics

**Shrimp & quinoa** grilled shrimp atop summer squash, quinoa pilaf and almond romesco 15.49

**House Curry** Seasonal vegetables simmered in a mild yellow curry sauce with basmati rice and assortment of garnishes (**please order with no papadum**) 14.29

Add chicken or Tofu \$2.00

**Chicken Pub Pie** Roasted chicken in an herbed cream sauce with peas, leeks, & carrots (**please order with no pastry crust; sub mashed potatoes**) 14.49

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

**Pub Steak** 6oz beef tenderloin served with thick cut fries & heirloom tomato butter 24.99

**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.

Summer/ Fall 2017

# Gluten Free Appetizers:

*Udi's Gluten free bread available for \$1.50*

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

*Baked Artichoke Dip* Creamy artichokes, garlic, red peppers & parmesan (**sup potato crisps**) 10.49

*Hummus Trio* Three types of hummus; carrot, Edamame, white bean and vegetables (**order no bread**) 10.49

*Cauliflower Shatta* Fried cauliflower, Lebanese Shatta sauce, Lemon, Parsley 9.99

*Mushroom Caps* Spinach, onions, peppers, fresh herbs & feta 9.99

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

## Dessert:

**Vanilla Crème Brulee**

Served with Lime & Blueberry compote 3.29

# Gluten Free Drinks

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

## Non-Alcoholic Specialty Beverages

### JAMES CULLEN COLLINS

Cucumber, lime, San Pellegrino Limon | 4

### THEOBALD MATHEW FIZZ

Vanilla, lemon, soda & orange | 4

### THE BIG GINGER™ & 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

### BOULEVARDIER

Knob Creek Bourbon, Tempus Fugit, vermouth | 10

### BLOOD & SAND

Scotch, maraschino liqueur, orange juice, vermouth | 11

### NEGRONI

Greenall's Gin, Tempus Fugit, vermouth | 10

### THE LAST WORD

Tattersall Gin, Chartreuse, maraschino lime cordial | 10

**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** 12 oz. bottle 6.00 GR

**STRONGBOW CIDER** Served over ice. 20 oz. draught 6.50