The TRAIL HOUSE

·EAT·MEET·DRINK·

Gluten Free Menu

(Please let your server know if you are Celiac/highly sensitive)

Trail House Salad - mixed greens, grilled chicken, grapes, apples, blue cheese, pecans, balsamic dressing. 12.95

Chicken Salad Sandwich - House made chicken salad, lettuce, tomato, GF bun with one side 10.95

Grilled Chicken Sandwich - grilled chicken, lettuce, tomato, onions, pickles, GF bun with one side 10.95

Fish Taco - grilled white fish, cabbage, pico de gallo on corn tortilla 4.95

Shrimp Taco - grilled shrimp, lettuce, pico de gallo on corn tortilla 4.95

The Classic Burger* - lettuce, tomato, onion, pickles, GF bun with one side. 10.95

Grilled Salmon - simply grilled with asparagus. 17.95

SIDES

Broccoli
Green Beans
Baked Potato (+1)
House Salad (+1)
Asparagus (+1)

BUILD YOUR OWN SALAD - 8.95

Pick 6 Items
Additional Items 50 cents

VEGETABLES

Cherry Tomatoes
Cucumbers
Carrots
Mushrooms
Green Beans
Black Olives
Banana Peppers
Jalapeños
Avocado +1

NUTS/FRUITS

Pecans
Apples
Grapes

CHEESE

Mozzarella
Blue Cheese
Goat Cheese

PROTEIN

Diced Eggs
Shrimp $5
Salmon* $6

Dressings - Oil and Vinegar, Honey Mustard, Thousand Island, Balsamic

We offer gluten free items but our kitchen is not a 100% gluten free facility. While we make an effort to not cross-contaminate, we cannot guarantee your order will not touch gluten somewhere in the process.

**Contains (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*