

TBONZ GILL & GRILL

GLUTEN- FREE MENU

PRIOR TO PLACING YOUR ORDER, PLEASE ALWAYS ALERT THE MANAGER TO YOUR FOOD ALLERGY OR SPECIAL DIETARY NEEDS

SALADS

House Salad- Cucumber, chopped tomato, carrot, blended cheeses (No Croutons) **4.95**

Grilled Salmon Salad- Grilled North Atlantic Salmon, red onion, mushrooms, chopped tomato with a honey lime vinaigrette **9.95**

Grilled Chicken Cobb- Grilled Chicken, chopped tomato, hardboiled egg, green onion, crumbled bacon, blended cheese **9.95**

Butcher Block Salad- Grilled Sirloin (No Seasoning), red onion, chopped tomato, mushrooms **9.95**

Gluten Free Dressings- Honey Lime Vinaigrette, Oil & Vinegar, Bacon Vinaigrette

BURGERS

The Classic Burger- American Cheese, lettuce, tomato, pickle (Served without a bun) **8.95**

Mushroom & Swiss Burger- Swiss Cheese, grilled mushrooms, lettuce, tomato, pickle (Served without a bun) **9.95**

ENTREES

Grilled Chicken Dinner- Grilled Chicken Breast, seasonal vegetable (No Seasoning), Baked Potato **12.95**

Grilled Shrimp Dinner- Housemade cocktail sauce, Charleston rice, southern slaw **16.95**

Grilled Salmon Dinner- Grilled Salmon, Charleston Rice, seasonal vegetable (No Seasoning) **15.95**

Phil's Filet- 6oz **17.95** 9oz **20.95** (No Seasoning or crispy fried onions), baked potato

New York Strip- 12oz **18.95** (No Seasoning or crispy fried onion), Charleston Rice

Ribeye- 14oz **19.95** (No Seasoning or crispy fried onions), baked potato

Sirloin- 6oz **12.95** 12oz **16.95** (No Seasoning or crispy fried onions), Charleston Rice

Baby Back Ribs- ½ rack **12.95** full rack **18.95** baked potato, southern slaw

** Tbonz Gill & Grill uses an oil olive blend 80/20 Soybean

** We have prepared this suggested list of menu options based on the most current ingredient information from our suppliers and their stated absence of wheat/gluten within these items. Please be aware that during normal operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu items can be completely free of allergens, due to cross contamination.

* *CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH AND EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE A MEDICAL CONDITION. A POSSIBLE HEALTH RISK MAY EXIST IN EATING UNDERCOOKED GROUND BEEF AT AN INTERNAL TEMPERATURE LESS THAN 155 DEGREES. THE IMMEDIATE CONSUMER OR PURCHASER MUST BE 18 YEARS OF AGE OR OLDER AND NOTIFIED IN ADVANCE.