



BACKTRACK

SINCE 1883

GLUTEN FREE MENU

TO START & SHARE

SOUP DE JOUR •

Chef prepared everyday

*Changes daily

Bowl • 9 Cup • 5

CRISPY CHICKEN WINGS* • 19

Garlic Parmesan, Sriracha Hot, Salt & Pepper, House BBQ.

with Celery, Carrots, & Parmesan Dip

THE TRACK NACHOS* • 22.5

Half Order • 18.5

Tricolored Corn Tortilla, Formagio, Pickled Jalapenos, Pico de Gallo, Scallions. Drizzled with Cheese & Taco Sauce

Add: Spicy Beef, Cajun Chicken or Pulled Pork \$6

SALT & PEPPER BONE IN DRY RIBS* • 16.5

Crispy Marinated Pork Ribs, Salt, Cracked Pepper with a Side of House Ranch

TEQUILA LIME SHRIMP • 17

Shrimp Sauteed in The Track's Tequila Lime Sauce. Sprinkled with Cilantro and Served with Gluten Free Bread

BUFFALO CHEESE DIP* • 16

Shredded Chicken, Buffalo Sauce Mixed Together with Melted Cheeses. Served with Tri-Color Corn Chips & Raw Veggies

SALADS

CAESAR SALAD • 16

Charred Vegetable Caesar Dressing, Smoked Bacon, Grana Padano Cheese

TRACK HOUSE SALAD • 16

Artisan Lettuce, Carrots, Cucumber, Sun-dried Cranberries, Sunflower Seeds.

Honey Feta Vinaigrette Dressing

ADD:

GRILLED CHICKEN • \$6

SHRIMP • \$7

SALMON • \$7

SOUTHWEST CHICKEN BBQ • 20.5

Shredded Iceberg & Romaine Lettuce, Corn Kernels, Fresh Tomato, Black Beans, Basil with Cilantro & Lime Ranch Dressing

TACO SALAD • 18

Corn Tortilla Chips, Shredded Iceberg, Formagio, Pico De Gallo, Pickled Jalapeno, Avocado, Sour Cream Dressing, Scallion

Add: Spicy Beef or Cajun Chicken \$6

CITRUS SALMON SALAD • 21

4 ounces of Salmon, Artisan Lettuce, Grapefruit, Orange, Cucumber, Red Onion, Fennel, Avocado, Feta Cheese. Dressed with Dill Vinaigrette



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BURGERS & SANDWICHES

Gluten Free Bun or Bread +\$3

GRILLED CHICKEN BURGER • 19.5

Gluten Free Bun, Smoked Bacon, Cabbage Slaw, Dijonaise, Pickle, Aged Cheddar, Sriracha Aioli

BUILD YOUR OWN BURGER • 15

House Ground Beef Patty, Iceberg Lettuce, Burger Sauce, Sliced Tomato

Add on:

Swiss Cheese - Mozzarella - Old Age

Cheddar - American Cheese • \$1

Sauteed Mushroom - Sauteed Onions - Dill

Pickles - Jalapeno - Banana Peppers • \$1

Extra Patty • \$6 • Smoked Bacon • \$3

STEAK SANDWICH • 24

7 oz Alberta Prime Sirloin, Gluten Free Toast, with Dijonaise

VIETNAMESE BANH MI • 19

Served on a Gluten Free Bun with Grilled Chicken, Crispy Lettuce, Cucumber, Pickled Vegetables, Cilantro & Drizzled with Sriracha Aioli

ROASTED TURKEY CLUB • 19.5

Roasted Smoked Turkey Breast, Old Bay Remoulade, Iceberg lettuce, Tomato, Crispy Bacon, Swiss Cheese, on Triple Stacked Gluten Free Bread

ROSEMARY CHICKEN SANDWICH • 19.5

Grilled Rosemary Chicken, Swiss Cheese, Dijonaise, Crispy Iceberg Lettuce, Sliced Tomato, Bacon on a gluten free bun or bread

CHOICE OF SIDE: CAESAR SALAD • HOUSE SALAD SOUP • FRENCH FRIES* • YAM FRIES* +\$2

NOODLES/RICE/GRILLED

Please be aware that Gluten Free pasta has a cook time of 20 minutes. Gluten Free Noodles +\$2.5

THAI GRILLED CHICKEN BOWL • 20

Coconut Green Curry Sauce, Thai Chicken, Cucumber, Shredded Lettuce served on a bed of Rice Noodles

TUNA POKE BOWL • 21.5

Ahi Tuna, Edamame, Radish, Avocado & Cucumber with Sriracha Aioli all served on a bed of Sushi Rice

BLACKENED SALMON • 27

Served with Truffle Garlic Mashed Potatoes and Chef Seasonal Vegetables

BAKED MAC'N CHEESE • 18

Gluten Free Noodles, Cheddar Cheese Sauce
Add: Bacon \$3 • Chicken \$6

BASIL PESTO PASTA • 19.5

House made Basil Pesto Sauce, with Baby Spinach, Green Peppers & Sliced Zucchini on Gluten Free Noodles
Add: Shrimp \$7 • Chicken \$6

BRAISED SHORT RIB • 35

Bone-in Braised Short Rib with Merlot Au Jus. Served with Truffle Garlic Mashed Potatoes and Chef Seasonal Vegetables

Please inform your server when ordering a gluten free item to ensure all gluten free substitutions are made.

*Be informed that starred food items are cooked in same fryer as food items containing flour.