



# BACKTRACK

SINCE 1883

## GLUTEN FREE MENU

### TO START & SHARE

#### SOUP DE JOUR •

Chef prepared everyday

\*Changes daily

**Bowl • 9      Cup • 5**

#### CRISPY CHICKEN WINGS\* • 18

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

with Celery, Carrots, & Parmesan Dip

#### THE TRACK NACHOS\* • 21

Half Order • 17

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

**Add: Spicy Beef or Cajun Chicken \$6**

**Pulled Pork \$5**

#### SZECHUAN CHICKEN LETTUCE WRAPS • 16

Romaine Lettuce, Sauteed Vegetables with a Szechuan Peanut Sauce

#### SALT & PEPPER BONE IN DRY RIBS\* • 16

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

#### RICKY'S TUNA FLAIR • 17

Stacked Sushi Rice, Avocado, Mango, Shredded Radish, Ahi Tuna, Drizzled with Sriracha Aioli. Served with Crispy Prawn Crackers & Soy Ginger Sauce

### SALADS

#### CAESAR SALAD • 15.5

Charred Vegetable Caesar Dressing, Smoked Bacon, Grana Padano Cheese

#### TRACK HOUSE SALAD • 15

Artisan Lettuce, Carrots, Cucumber, Sun-dried Cranberries, Sunflower Seeds. Honey Feta Vinaigrette Dressing

#### ADD:

**GRILLED CHICKEN • \$6**

**SHRIMP • \$7**

**SALMON • \$7**

#### SOUTHWEST CHICKEN BBQ • 19

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

#### TACO SALAD • 17

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 • 19

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

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

### BUILD YOUR OWN BURGER • 14

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

### GRILLED AHI TUNA BURGER • 19

Gluten Free Bun, Iceberg Lettuce, Mango Salsa, Avocado, Sriracha Aioli

### STEAK SANDWICH • 21

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

### ROASTED TURKEY CLUB • 18

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

### ROSEMARY CHICKEN SANDWICH • 18

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  
• 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 • 19

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

### SALMON RISOTTO • 18

Pan-seared Wild Salmon, Arborio Rice, Diced Carrots, Zucchini with Basil Threads & Lemon

### POKE BOWL • 18

Marinated Ahi Tuna, Edamame, Raddish, Avocado & Cucumber with Sriracha Aioli

### BUTTER CHICKEN • 19

Basmati Rice, Creamy Made in House Butter Chicken Sauce

### BAKED MAC'N CHEESE • 16

Gluten Free Noodles, Cheddar Cheese Sauce

Add: Bacon \$3 - Chicken \$6

### KOREAN BIBIMBAP • 18.5

Steamed Rice, Sauteed Julienne Carrots, Zucchini, Mushrooms, Bean Sprouts. Served with Beef Bulgogi & topped with a Fried Egg

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.