



BACKTRACK

SINCE 1883

GLUTEN FREE MENU

TO START & SHARE

SOUP DE JOUR •

Chef prepared everyday

*Changes daily

Bowl • 9.5 Cup • 5.5

CRISPY CHICKEN WINGS* • 19.5

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

with Celery, Carrots, & Parmesan Dip

THE TRACK NACHOS* • 23

Half Order • 19

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

Add: Spicy Beef, Cajun Chicken or Pulled Pork \$7

SALT & PEPPER BONE IN DRY RIBS* • 16.5

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

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 • 19.75

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

STEAK SANDWICH • 24

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

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

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 • 19.75

Grilled Rosemary Chicken, Swiss Cheese, Dijonase, 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* +\$3

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 • 20.5

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

BAKED MAC'N CHEESE • 18.5

Gluten Free Noodles, Cheddar Cheese Sauce
Add: Bacon \$3.5 • Chicken \$6

TUNA POKE BOWL • 22

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

BAKED CAJUN COD • 25

Two pieces of Cajun Seasoned Cod Fish. Served with Mango Salsa, Rice Pilaf & Coleslaw

GREEK CHICKEN • 25

Juicy Chicken Thighs served with Rice Pilaf, Tzatziki and Chef Seasonal Vegetables

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.