



BACKTRACK

SINCE 1883

GLUTEN FREE MENU

TO START & SHARE

SOUP DE JOUR •

Chef prepared everyday

*Changes daily

Bowl • \$9 Cup • \$5

CRISPY CHICKEN WINGS* • \$17

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

with Celery, Carrots, & Parmesan Dip

THE TRACK NACHOS* • \$19

Half Order • \$15

Tricolored Corn Tortilla, formagio, pickled jalapeno, Pico de Gallo, Silvered Scallions, Cheese Sauce, Taco Sauce

Add: Spicy Beef or Cajun Chicken \$6

Pulled Pork \$5

ASIAN CHICKEN LETTUCE WRAP • \$14

Romaine Lettuce, P.F Changs Chicken, Green Onion, House Ranch

SALT & PEPPER BONE IN DRY RIBS* • \$15

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

CUCUMBER SHRIMP BITES • \$13

Sauteed Shrimp stacked on Cucumber Rounds with Guacamole & Ranch Dressing

SALADS

CAESAR SALAD • \$15

Charred Vegetable Caesar Dressing, Smoked Bacon, Grana Padano Cheese

TRACK HOUSE SALAD • \$14.5

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

ADD:

GRILLED CHICKEN • \$6

SHRIMP • \$7

SALMON • \$7

HEIRLOOM TOMATO SALAD • \$16

Bocconcini Cheese and Tricolore Tomatos, Fresh Basil, drizzled with Extra Virgin Olive Oil & Baby Balsamic

TACO SALAD • \$15

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* • \$18

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 • \$20.5

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

ROASTED TURKEY CLUB • \$17

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

BEEF DIP • \$16.5

Thinly sliced Roast Beef served on a Gluten Free Bun with Au Jus

Add on: Cheese • \$1

Bell Peppers - Mushrooms -

Onions • \$1 each

PULLED PORK • \$16

BBQ Pulled Pork on a Gluten Free Bun with Coleslaw, Sliced Pickles, Old Cheddar

CHOICE OF SIDE: CAESAR SALAD • HOUSE SALAD • FRENCH FRIES* • YAM FRIES*

NOODLES/RICE/GRILLED

Please be aware that Gluten Free pasta has a cook time of 20 minutes

Gluten Free Noodles +\$2.5

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

THAI GRILLED CHICKEN BOWL • \$19

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

CREAMY CARBONARA • \$16

Gluten Free Noodles, Bacon, Sliced Mushrooms and Creamy Parmesan Sauce

PAD THAI • \$16

Traditional Recipe with Rice Noodles, Shredded Carrots, Green Scallion Bean Sprouts, Beaten Egg and House Made Pad Thai Sauce. Topped with Peanuts

SAUSAGE & PEPPER PASTA • \$19

Peppers, Onion, Sausage, Marinara Sauce. Topped with Chili Flakes, Parmesan Cheese and Parsley

Add: Shrimp \$7 • Chicken \$6

POKE BOWL • \$18

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

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.