

Disclaimer: All food is prepared in a non-gluten free kitchen. We cannot guarantee that your food will not touch gluten somewhere in the process of preparation.

Haystacks Breakfast

Gluten Free Options

- Steak N' Eggs
- Shrimp N' Grits
- Breakfast Skillet - with gluten free toast and no hashbrown
- Farmer's Bowl - no hashbrown
- Dos Rancheros - no tortilla chips on side
- Avocado Torrada - on gluten free toast
- Brunch Burger - on gluten free bun and no smashed hash
- Banditos Tacos - no hash potato
- Sunshine Bruschetta - on gluten free toast

Sides:

Bacon
Sausage
Eggs
Cheddar Grits
Creme Brulee Oatmeal
Yogurt Parfait
Gluten Free Toast
Medici Salad
Refried Beans

Keto Friendly

- Quiche??
- Steak N' Eggs
- Breakfast Skillet - Sub side with choice below, no hash brown
- Farmer's Bowl - egg base, no hash, grilled chicken
- The "Do What?" Burrito
- Brunch Power Bowl - no hash, grilled chicken

Sides:

Bacon
Sausage
Eggs
Medici Salad

Haystacks Lunch & Dinner

Gluten Free

- Steak Bites
- Flight of Shrimp
- Gruyere Zucchini Bites
- Tomato Basil Soup - sub gluten free toast
- Broccoli Cheddar Soup - sub gluten free toast
- Caesar Salad - no croutons
- Cobb Salad
- Southwest Salad
- All Deli Items - on gluten free bun
 - NOT Caesar Chicken Wrap and Turkey Cheddar Wrap
- Flat Iron Steak
- Sirloin
- New York Strip
- Fajita Skillet - with corn tortillas
- Lemon Pepper Sea Bass
- Blackened Salmon
- Gamberetto Polenta - sub gluten free toast
- Lemon Herb Chicken
- The "903" - sub gluten free bun
- La Vaquera - sub gluten free bun
- The Alamo - sub gluten free bun
- StackMelt - sub gluten free bun
- The Cowboy - sub gluten free bun, no onion ring
- Over Yonder - sub gluten free bun, no onion ring
- Hannibal - sub gluten free bun, no onion rings
- Pachuco
- El Hombre
- Baja Camaron
- Miami Heat - on corn tortilla
- Black Cauldron - on corn tortilla
- Creme Brulee

Sides:

Garlic Mashed Potato

Sea Salt Fries

Garden Side Salad

Sweet Potato Fries

Sauteed Spinach & Mushrooms

Cup of Soup

Steamed Broccoli

Dirty Lime Rice

Veggie of the Day

Chicken Salad

Loaded Mash

Keto

- Steak Bites
- Flight of Shrimp
- Gruyere Zucchini Bites
- Cobb Salad
- Southwest Salad
- Flat Iron Steak
- Sirloin - sub garlic mashed potatoes with side below
- New York Strip - sub garlic mashed potatoes with side below
- Lemon Pepper Sea Bass - sub garlic mashed potatoes with side below
- Blackened Salmon - sub garlic mashed potatoes with side below
- Lemon Herb Chicken - sub garlic mashed potatoes with side below

Sides:

Garden Side Salad

Sauteed Spinach & Mushrooms

Cup of Soup

Steamed Broccoli

Veggie of the Day

Chicken Salad