

# Gluten free at BozWellz

Please keep in mind that any items prepared without gluten products are made in a facility that handles many other wheat products. During normal kitchen operations, there is a possibility for food items to come into contact with wheat gluten/proteins. However unlikely, we are unable to guarantee that any menu item is completely gluten-free.

## Salads

**All dressings are served on the side. Extra dressing: \$.35 We make most of our dressings in house. Mixed greens are spinach, iceberg and romaine.**

**Steak 'n bleu:** Warm strips of prime rib tossed with bleu cheese crumbles, mixed greens and red onions \$10.95

**Seafood Salad:** A mix of salad greens with a bountiful portion of imitation crab, shrimp, cheddar cheese, black olives, tomatoes and green onions. \$7.95 Lg \$9.45

**Chicken Salad:** Plain, Lemon Pepper or Cajun grilled 5oz. chicken breast, mixed greens, red onions, cheddar cheese and tomatoes. \$8.95

**Taco Salad:** Ground beef or shredded chicken served on a bed of mixed greens with cheddar cheese, black olives, green onions and tomatoes. \$7.95

**Super Chef Salad:** Made with smoked turkey, ham, green onions, egg, cheddar cheese, bacon, tomatoes and black olives piled high salad greens. \$7.95 Lg \$8.45

**Salad Platter:** A generous helping of mixed salad greens, cheddar cheese, red onions and tomatoes. \$4.75

**Tuscan Chicken Salad:** A juicy 5oz chicken breast served on greens with green peppers, sautéed mushrooms and mozzarella cheese \$9.45

**Dressings:** Hidden Valley Ranch, Fat Free Dorothy Lynch, Honey Dijon, French, 1000 Island, Caesar, Red Raspberry Vinaigrette, French, Bleu Cheese

## Sandwiches

**All of our sandwiches come with salad or cottage cheese. Served without a bun.**

Build a burger: 1/3lb burger built the way you want it. Choose up to 4 ingredients. \$8.45 Extra ingredients .50  
Sauces: Cajun seasoning, horseradish, mayo, bbq  
Meats: ham, bacon  
Cheeses: American, Swiss, Cheddar, Mozzarella, Pepperjack  
Veggies: lettuce, pickle, tomato, onion, mushrooms, green peppers, onions, jalapenos

**Big Willy Burger:** Two ¼ lb burgers stacked high with American and mozzarella cheese, bacon, lettuce, pickles, tomato and onion. \$8.95

**Patty Melt:** 1/3lb burger with Swiss and American cheese with sautéed onions. \$8.95

**Jim Bob Melt:** Our delicious patty melt but with mushrooms and bacon added. \$9.45

**Texas Burger:** 1/3lb burger with Cajun seasoning, pepperjack cheese and sautéed onions. \$8.95

**Smokey Burger:** Everyone's favorite! Topped with cheddar cheese, bacon and bbq sauce. \$8.95

**Pesto Chicken Sandwich:** A tender chicken breast flame grilled and basted with basil pesto, topped with roasted red peppers and mozzarella. \$8.95

**Chicken Breast Club:** Chicken breast with ham, bacon, tomato, lettuce, mozzarella and Swiss. \$8.95

**Design-a-Chicken Sandwich:** Tender and juicy chicken breast with your choice of three toppings. \$8.95

Meats: Bacon or ham

Sauce: Cajun, bbq, marinara

Cheese: American, Cheddar, Swiss, Mozzarella, Pepper Jack

Veggies: mushrooms, onions, green peppers, jalapenos, pepperoncini, red peppers, black olives

**Clubhouse Deli:** Ham, Turkey, crumbled bacon, seasoned lettuce, tomato, Swiss and mozzarella stacked high. Served hot or cold. \$8.95

**Design-a-Deli:** Your choice of hot or cold \$8.95  
You may choose up to two meats and 4 other ingredients.

Meats: ham, bacon, turkey, roast beef, corned beef

Cheese: American, Cheddar, Swiss, Mozzarella, Pepper Jack

Veggies: mushrooms, onions, green peppers, jalapenos, pepperoncini, red peppers, black olives, tomatoes, cucumbers

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**Reuben:** World famous! Lean corned beef topped with our marinated kraut, Swiss cheese and homemade 1000 Island dressing. \$8.95

Try it with turkey instead! \$8.95

**Dunk it:** Tender, carefully selected roast beef slices piled high, au jus on the side. \$8.95

Add cheese \$9.45 Add mushrooms \$9.95

**½ Deli and Side:** Try our Dunk it, Clubhouse Deli, Reuben or Design a Deli without the bread, served with a side salad or cottage cheese. \$7.95

## Entrees

**Entrees include your choice of baked potato and salad, soup or cottage cheese. You can substitute steamed vegetables for an extra \$1.50**

**Flatiron Steak:** Carefully selected Iowa beef. Naturally aged and hand cut.

8 oz. \$14.95

**Top Sirloin:** Hand trimmed and flavorful, this steak will melt in your mouth. 7oz. \$13.95 13oz. \$17.95

**Ground Sirloin Steak:** 8oz, choice ground sirloin topped with sautéed mushrooms and onions. \$11.95

**Prime Rib:** Available Friday and Saturday evenings. A thick boneless cut of prime rib, aged and slow-cooked to perfection. Hand rubbed with our own seasoning. 10-12oz \$19.95 15-17oz \$22.95

**Grilled Shrimp:** Six peeled Gulf shrimp served with our homemade cocktail sauce. \$15.95

**Marinated Chicken Breast:** Grilled chicken breast, choice of lemon pepper, plain, BBQ or Cajun. \$10.95

## Sides:

Dinner Salad: \$2.75

Baked Potato: \$2.25

Steamed Veggies: \$3.25

Soup: \$2.00 cup or \$3.25 bowl – not all soups are gluten free, please ask your server.

**Because the safety of our guests is of utmost importance to us, we try to make every effort to accommodate guests with specific allergen and dietary needs. Please inform your server of any concerns.**

**Disclaimer:** While we offer gluten-free menu options, we are not a gluten-free kitchen. Cross-contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens. Please consult with your health care practitioner before consuming any food or drink.