

GLUTEN WISE MENU

APPETIZERS

THE WING STATION 18

lightly breaded with rice flour so still gluten free! frank's hot, tongue ripper hot, shuswap rub, salt & pepper or naked

MEDITERRANEAN FLATBREAD 23

on a gluten wise cauliflower crust with pesto, roasted tomatoes, kalamata olives, spinach, red onion and parmesan cheese

SPINACH & ARTICHOKE DIP 22

artichoke hearts, spinach, parmesan cheese, red onions, sour cream, mayo, green chili peppers, tomatoes, green onions; served with gluten free baguette for dipping

MALAYSIAN CURRY PRAWNS 20

sautéed prawns tossed in our housemade malaysian red curry sauce and garnished with pickled onions; served with a gluten free bun for dipping

SPICED WATERMELON AND PRAWNS 17

watermelon and feta crumble finished with honey, chili oil and green onions

WARM OLIVES AND HOLLOUMI 19

grilled halloumi cheese, roasted tomatoes, warm olives, tzatziki with a gluten free bun

SALADS

SANTA FE CHICKEN SALAD 24

mixed greens, feta cheese, tomatoes, herb marinated 100% natural chicken, corn salsa, black beans, guacamole with choice of dressing on side

GLORY BOWL 23

arugula and mixed greens, quinoa, pumpkin seeds, feta cheese, carrots, beets, apples, cashews; served with choice of dressing on side

WILD SALMON SALAD 25

spinach, cucumber, strawberries, red onion, carrots feta cheese, candied pecans and house filleted wild salmon dusted with cajun spice; served with a creamy chive dressing on side

HARRISA AND DUKKAH SALAD 22

roasted butternut squash and tomatoes, beets, ninja radish, red onion, pumpkin seeds on mixed greens with dukkah sprinkle on top; served with housemade harissa sauce on side

GLUTEN WISE DRESSINGS

Haskap Vinaigrette, Creamy Chive, Ranch, Blue Cheese

CELIAC & CROSS CONTAMINATION

Please inform your server if you are Celiac.

Some items are done in our deep fryer which is not a gluten free fryer. If you prefer to have them baked please instruct your server (this will require extra time for cooking).

*Please remember that we are a commercial kitchen, **cross contamination may occur.***

BURGERS

MOROCCAN LAMB BURGER 26

spiced with the flavors of the mediterranean, feta cheese, olives, tomato, red onions, shredded lettuce and tzatziki on a gluten free bun

MUSHROOM SWISS BURGER 23

mushrooms, red onions, garlic mayo, shredded lettuce and swiss cheese on top of a beef burger patty on a gluten free bun

MEDITERRANEAN CHICKEN BURGER 25

marinated chicken breast, pesto mayo, arugula, apple, halloumi cheese and red onions on a gluten free bun

BISON HASKAP BURGER 27

haskap BBQ sauce from locally grown haskap berries, red onions, maple bacon, garlic mayo, arugula, tomato and white cheddar on a gluten free bun

BARLEY STATION BEEF BURGER 24

beef patty, lettuce, tomato, white cheddar, bacon, onions and garlic mayo; served on a gluten free bun

SALMON BURGER 26

cajun salmon, house made tzatziki, lettuce, tomato and red onion on a gluten free bun

HALIBUT BURGER 26

poached in white wine; lettuce, tomato, pickled red onions and lime aioli

BOWLS & SANDWICHES

GREEK CHICKEN RICE BOWL 24

marinated chicken, mixed greens, cucumbers, peppers, roasted tomatoes, feta, olives, tzatziki and Greek dressing; served over rice

CHICKEN GUACAMOLE SANDWICH 25

grilled chicken marinated with herbs and topped with white cheddar cheese, guacamole, tomato, lettuce and bacon; served on a gluten free bun

STEAK SANDWICH 27

6 oz. certified angus sirloin, charbroiled and served on a gluten free bun; side of garlic mushrooms and crispy arugula

ADD PRAWNS - \$7