

# **GLUTEN FREE MENU**

# "A Casual Cafe in the Heart of Idaho" BREAKFAST & LUNCH SERVED ALL DAY

WELCOME TO OUR FAMILY OPERATED & LOCALLY OWNED CAFE

**BREAKFAST & LUNCH AMONG FRIENDS!** 

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# **BREAKFAST SERVED ALL DAY**

### HOMEMADE

# BREAKFAST FAVORITES

With your choice of two: hash browns • fruit cup • cottage cheese • sliced tomatoes • homefries Add an egg +2.00

## Chicken Apple Sausage & Two Eggs

Chicken and diced apples, slightly sweet and spiced just right. Your choice of link or patty. Lower in fat 14.50

### **Italian Joe's Special**

Our housemade Italian sausage with three scrambled eggs, mushrooms, spinach, and onions topped with parmesan cheese 14.00 Traditional Joe's with burger 11.95 Italian Sausage & Two Eggs A traditional Italian sausage 14.50

# 🕳 Mexican Chipotle Sausage & Two Eggs

Spicy sausage with great Mexican flavor 14.50

# OMELETS

With your choice of two: hash browns • fruit cup • cottage cheese • sliced tomatoes • homefries Add: diced ham, bacon, country sausage or avocado +2.00 • additional cheese +.95 vegetables, sour cream or salsa +.75

### Meat & Cheese Omelet

Your choice of: **bacon**, **ham** or **sausage** or choose any two with cheddar cheese 13.95

### **Garden Omelet**

Fresh sautéed spinach, tomato, onions, olives, and cheddar cheese topped with avocado 13.50

### **Denver Omelet**

Ham, bell pepper, and onions with cheddar cheese 13.95

### **Salmon Omelet**

Sautéed tomatoes and mushrooms with wild Alaskan salmon, lemon dill cream cheese sauce and Swiss cheese 15.50

### **TABS Omelet**

Turkey, avocado, bacon and Swiss cheese 13.95

### **Taco Omelet**

Taco meat, tomatoes, olives, and cheddar cheese topped with avocado and served with salsa and sour cream 14.50

### **Shrimp Omelet**

Shrimp with warmed lemon dill cream cheese and melted jack cheese, topped with avocado 15.50

### Homemade Chili & Cheese Omelet

Our housemade chili with cheddar cheese and diced onions 13.95

### **Cheese Omelet**

Choice of cheddar, jack, pepper jack, Havarti, Swiss, or American cheese 10.75

### **Mushroom Swiss Omelet**

Fresh sautéed mushrooms and Swiss cheese 13.25

# TWO EGGS ~ YOUR WAY

With your choice of two: hash browns • fruit cup • cottage cheese • sliced tomatoes • homefries Add an egg +2.00

### Two Eggs Your Way with Choice of Meat

Your choice of: ham steak, four slices of bacon, Canadian bacon, three link sausages or one large sausage patty 13.25

### **New York Steak**

Choice, hand cut 8 oz. New York steak grilled your way and lightly seasoned 18.95

# Eggs Any Style

Anyway you want them 9.95

### **Elk Patty**

1/3 lb. ground elk patty 16.50 **Burger Patty** 1/3 lb. patty of pure ground beef 11.50

Ham Scramble

Diced ham and three scrambled eggs 11.75

### **Three Meat Scramble**

Diced ham, bacon and sausage with three scrambled eggs 12.75

Eggs and steaks are cooked to order. NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

Substitute Egg Beaters or Egg Whites +2.00 Split Any Meal +1.00



# GLUTEN FREE PANCAKES OR WAFFLES

### Gluten Free Pancakes Full Stack

Full Stack (3) 10.00 | With two eggs 12.00 With ham, bacon, or country sausage 13.25 With two eggs and choice of ham, bacon, or country sausage 14.50

### **Gluten Free Pancakes Short Stack**

Short Stack (2) 8.00 | With two eggs 9.75 With ham, bacon, or country sausage 11.75 With two eggs and choice of ham, bacon, or country sausage 12.50

# **Gluten Free Waffle**

Waffle 9.00 | With two eggs 11.00 With ham, bacon, or country sausage 13.00 With two eggs and choice of ham, bacon, or country sausage 15.00 Add huckleberries +4.00 | Add strawberries and whipped cream +2.75

We use Bob's Red Mill Gluten Free Pancake Mix. We add eggs, milk and oil. If you prefer us to use water only, please let your server know when ordering. We use Udi's Gluten Free Classic Hamburger bun for all of our great burgers and sandwiches.

We serve some gluten free products, but this is not a gluten free facility due to our many menu items. Our desire at Terri's Cafe is to help those who have allergies to gluten find menu choices that they would enjoy. Please, feel free to ask us questions if you have any concerns. Most of our dishes are prepared from scratch and we have been told by guests with sensitivities that these are ones they would choose. We do not use any nuts unless it is specified on a menu item.

# LUNCH SERVED ALL DAY!

# BURGERS

Our 1/3 lb. pure beef burgers are lightly seasoned and served on a toasted Gluten Free bun. Served with choice of side salad • cup of soup • fruit cup • cole slaw

# **BBQ Bacon Cheese Burger**

Topped with cheese, bacon, and a side of BBQ sauce with lettuce, tomato, pickles, and onion 13.95

# Burger / Cheese Burger

With lettuce, tomato, pickle and onion 13.25 With choice of cheese 13.75

# ★ 1/2 lb. Double Bacon Cheese Burger

Two 1/4 lb. patties, bacon, and two slices of cheese, lettuce, tomato, pickles, and onion 15.95

## Add to any burger or sandwich:

Two strips of bacon or avocado +2.00 Jalapeños +1.00 Double Any 1/3 lb. Burger +3.50

# **Mushroom Swiss Burger**

Topped with sauteed mushrooms, lettuce, tomato, pickles, onion, and Swiss cheese 14.25

# **Chili Burger**

Open faced, smothered in our house made chili and served with shredded cheddar cheese and onions 14.95

# Substitute an elk burger +3.95

**Cheeses:** Cheddar, Jack, Swiss, Pepper Jack, Bleu, Mozzarella, American, Havarti

# CHICKEN SANDWICHES

A tender chicken breast, seasoned and grilled. Served on a grilled Gluten Free bun. Mayo on request. Served with choice of side salad • cup of soup • fruit cup • cole slaw • cottage cheese

# **Chicken Cordon Bleu**

Topped with ham and melted Swiss cheese with lettuce, tomato, pickles, and onion 15.25

# Seasoned & Grilled Chicken Breast

With lettuce, tomato, pickles and onion 13.95

## **Buffalo Chicken**

Dipped in our buffalo sauce with jack cheese, lettuce, and tomato with a side of bleu cheese or ranch dressing 15.25

# **California Chicken**

Topped with avocado, bacon and jack cheese with lettuce, tomato, pickles, and onion 15.95

# SANDWICHES & LUNCH FAVORITES

Served with choice of side salad • cup of soup • fruit cup • cole slaw • cottage cheese

## French Dip Au Jus

Warm thin sliced roast beef served on a grilled gluten free bun, au ju for dipping 13.95 With grilled onions and your choice of cheese 15.00

## **Philly Steak**

Sliced roast beef with grilled mushrooms, peppers, onions, and melted mozzarella cheese on a grilled gluten free bun 14.50

# **Grilled Haddock Lunch**

Lightly seasoned and grilled haddock fillet, served with cole slaw and one side, with tartar sauce and lemon 16.25

# BBQ Pulled Pork Sandwich with Slaw

Tender slow roasted pork, shredded and covered in our house made red BBQ sauce and served on a grilled gluten free bun 14.00

## **Deli Sandwich**

Your choice of turkey, roast beef, ham, or warmed house made corned beef and cheese with mayo, lettuce, tomato, and pickles on a grilled gluten free bun 13.50

## **New York Steak**

Choice, hand cut 8 oz. New York steak grilled your way and lightly seasoned 18.95

# SALADS

Dressing choices: Ranch • 1000 Island • Bleu Cheese • Italian • Balsamic Vinegar & Olive Oil • Honey Mustard Non-Fat Huckleberry Vinaigrette, unless specified.

# Taco Salad

Fresh lettuce served topped with taco meat, cheddar cheese, tomatoes, and olives. Served with sour cream and salsa 11.75

# Shrimp or Salmon Salad

Shrimp or salmon served on a bed of fresh lettuce with a garnish of tomato wedges and sliced egg, with your choice of dressing. Small 12.75 | Large 14.95

# **Chef Salad**

Strips of lean ham, turkey, jack and cheddar cheese, egg and tomato wedges on a bed of fresh lettuce. With your choice of dressing. Small 11.75 | Large 13.95

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