



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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terriscafeidaho.com**

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 15.95

Italian Joe's Special

Our housemade Italian sausage with three scrambled eggs, mushrooms, spinach, and onions topped with parmesan cheese 15.95

Traditional Joe's with burger 12.95

Italian Sausage & Two Eggs

A traditional Italian sausage 15.95

➤ Mexican Chipotle Sausage & Two Eggs

Spicy sausage with great Mexican flavor 13.95

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 14.95

Garden Omelet

Fresh sautéed spinach, tomato, onions, olives, and cheddar cheese topped with avocado 13.95

Denver Omelet

Ham, bell pepper, and onions with cheddar cheese 14.95

Salmon Omelet

Sautéed tomatoes and mushrooms with wild Alaskan salmon, lemon dill cream cheese sauce and jack cheese 16.95

TABS Omelet

Turkey, avocado, bacon and Swiss cheese 14.95

Taco Omelet

Taco meat, tomatoes, olives, and cheddar cheese topped with avocado and served with salsa and sour cream 14.95

Shrimp Omelet

Shrimp with warmed lemon dill cream cheese and melted jack cheese, topped with avocado 16.95

Homemade Chili & Cheese Omelet

Our housemade chili with cheddar cheese and diced onions 14.95

Cheese Omelet

Choice of cheddar, jack, pepper jack, Havarti, Swiss, or American cheese 11.95

Mushroom Swiss Omelet

Fresh sautéed mushrooms and Swiss cheese 13.95

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 14.95

New York Steak

Choice, hand cut 8 oz. New York steak grilled your way and lightly seasoned 19.95

Eggs Any Style

Anyway you want them 10.95

Elk Patty

1/3 lb. ground elk patty 16.95

Burger Patty

1/3 lb. patty of pure ground beef 12.95

Ham Scramble

Diced ham and three scrambled eggs 12.95

Three Meat Scramble

Diced ham, bacon and sausage with three scrambled eggs 13.95

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

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.



HUCKLEBERRY -OR- MARIONBERRY GLUTEN FREE PANCAKES



★ **Gluten Free Pancakes Full Stack**

Full Stack (3) 13.95

With two eggs 15.95

With ham, bacon, or country sausage 17.95

With two eggs and choice of ham, bacon, or country sausage 19.95

★ **Gluten Free Pancakes Short Stack**

Short Stack (2) 10.95

With 2 eggs 12.95

With ham, bacon, or country sausage 14.95

With two eggs and choice of ham, bacon, or country sausage 16.95

GLUTEN FREE PANCAKES OR WAFFLES

Gluten Free Pancakes Full Stack

Full Stack (3) 10.95 | With two eggs 12.95

With ham, bacon, or country sausage 14.95

With two eggs and choice of ham, bacon, or country sausage 16.95

Gluten Free Pancakes Short Stack

Short Stack (2) 8.95 | With two eggs 10.25

With ham, bacon, or country sausage 12.95

With two eggs and choice of ham, bacon, or country sausage 14.95

Gluten Free Waffle

Waffle 9.95 | With two eggs 11.95

With ham, bacon, or country sausage 13.95

With two eggs and choice of ham, bacon, or country sausage 16.95

Add huckleberries +4.00 | Add strawberries and whipped cream +2.95

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 15.95

Burger / Cheese Burger

With lettuce, tomato, pickle and onion 13.95
With choice of cheese 14.95

★ 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

Mushroom Swiss Burger

Topped with sauteed mushrooms, lettuce, tomato, pickles, onion, and Swiss cheese 14.95

Chili Burger

Open faced, smothered in our house made chili and served with shredded cheddar cheese and onions 15.95

Substitute an elk burger +3.95

Add to any burger or sandwich:
Two strips of bacon or avocado +2.00
Jalapeños +1.00

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 15.95

Seasoned & Grilled Chicken Breast

With lettuce, tomato, pickles and onion 14.95

Buffalo Chicken

Dipped in our buffalo sauce with jack cheese, lettuce, and tomato with a side of bleu cheese or ranch dressing 15.95

California Chicken

Topped with avocado, bacon and jack cheese with lettuce, tomato, pickles, and onion 16.95

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 14.95
With grilled onions and your choice of cheese 15.95

Philly Steak

Sliced roast beef with grilled mushrooms, peppers, onions, and melted mozzarella cheese on a grilled gluten free bun 16.95

Grilled Haddock Lunch

Lightly seasoned and grilled haddock fillet, served with cole slaw and one side, with tartar sauce and lemon 18.95

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 14.95

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 13.95

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 12.95

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 13.95 | Large 15.95

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 12.95 | Large 14.95

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