

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!



BREAKFAST SERVED ALL DAY

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 16.95

Italian Joe's Special

Our housemade Italian sausage with three scrambled eggs, mushrooms, spinach, and onions topped with parmesan cheese 16.95

Traditional Joe's with burger 13.95

Italian Sausage & Two Eggs

A traditional Italian sausage 16.95

Mexican Chipotle Sausage & Two Eggs
Spicy sausage with great Mexican flavor 16.95

OMELETS

With your choice of two: hash browns • fruit cup • cottage cheese • sliced tomatoes • homefries Add: diced ham, bacon, country sausage or avocado +4.00 • additional cheese +2.00 vegetables, sour cream or salsa +2.00

Meat & Cheese Omelet

Your choice of: bacon, ham or sausage or choose any two with cheddar cheese 15.95

Garden Omelet

Fresh sautéed spinach, tomato, onions, olives, and cheddar cheese topped with avocado 14.95

Denver Omelet

Ham, bell pepper, and onions with cheddar cheese 15.95

Salmon Omelet

Sautéed tomatoes and mushrooms with wild Alaskan salmon, lemon dill cream cheese sauce and jack cheese 17.95

TABS Omelet

Turkey, avocado, bacon and Swiss cheese 15.95

Taco Omelet

Taco meat, tomatoes, olives, and cheddar cheese topped with avocado and served with salsa and sour cream 16.95

Shrimp Omelet

Shrimp with warmed lemon dill cream cheese and melted jack cheese, topped with avocado 17.95

Homemade Chili & Cheese Omelet

Our housemade chili with cheddar cheese and diced onions 15.95

Cheese Omelet

Choice of cheddar, jack, pepper jack, Havarti, Swiss, or American cheese 12.95

Mushroom Swiss Omelet

Fresh sautéed mushrooms and Swiss cheese 14.95

TWO EGGS ~ YOUR WAY

With your choice of two: hash browns • fruit cup • cottage cheese • sliced tomatoes • homefries

Add an egg +3.00

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 15.95

New York Steak

Choice, hand cut 8 oz. New York steak grilled your way and lightly seasoned 20.95

Eggs Any Style

Anyway you want them 11.95

Elk Patty

1/3 lb. ground elk patty 17.95

Burger Patty

1/3 lb. patty of pure ground beef 13.95

Ham Scramble

Diced ham and three scrambled eggs 13.95

Three Meat Scramble

Diced ham, bacon and sausage with three scrambled eggs 14.95



★ Gluten Free Pancakes Full Stack

Full Stack (3) 14.95
With two eggs 16.95
With ham, bacon, or country sausage 18.95
With two eggs and choice of ham, bacon, or country sausage 20.95

★ Gluten Free Pancakes Short Stack

Short Stack (2) 11.95
With 2 eggs 13.95
With ham, bacon, or country sausage 15.95
With two eggs and choice of ham, bacon, or country sausage 17.95

GLUTEN FREE PANCAKES OR WAFFLES

Gluten Free Pancakes Full Stack

Full Stack (3) 11.95 | With two eggs 13.95
With ham, bacon, or country sausage 15.95
With two eggs and choice of ham, bacon, or country sausage 17.95

Gluten Free Pancakes Short Stack

Short Stack (2) 9.99 | With two eggs 11.95 With ham, bacon, or country sausage 13.95 With two eggs and choice of ham, bacon, or country sausage 15.95

Gluten Free Waffle

Waffle 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
Add huckleberries +4.95 | Add strawberries and whipped cream +4.00

We use Bob's Red Mill Gluten Free Pancake Mix. We add eggs, milk and oil. 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 16.95

Burger / Cheese Burger

With lettuce, tomato, pickle and onion 14.95 With choice of cheese 15.95

★ 1/2 lb. Double Bacon Cheese Burger

Two 1/4 lb. patties, bacon, and two slices of cheese, lettuce, tomato, pickles, and onion 16.95

Mushroom Swiss Burger

Topped with sauteed mushrooms, lettuce, tomato, pickles, onion, and Swiss cheese 15.95

Chili Burger

Open faced, smothered in our house made chili and served with shredded cheddar cheese and onions 16.95

Substitute an elk burger +3.95

Add to any burger or sandwich:

Two strips of bacon or avocado +4.00 Jalapeños +2.00

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 16.95

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 16.95

California Chicken

Topped with avocado, bacon and jack cheese with lettuce, tomato, pickles, and onion 17.95

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 15.95 With grilled onions and your choice of cheese 16.95

Philly Steak

Sliced roast beef with grilled mushrooms, peppers, onions, and melted mozzarella cheese on a grilled gluten free bun 17.95

Grilled Haddock Lunch

Lightly seasoned and grilled haddock fillet, served with cole slaw and one side, with tartar sauce and lemon 19.95

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 15.95

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 14.95

New York Steak

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

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 13.95

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 14.95 | Large 16.95

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 13.95 | Large 15.95

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.