

BUHL PARK

AVALON GOLF AND COUNTRY CLUB

ALLERGY MENU



VEGETARIAN/VEGAN

THE HEPBURN SALAD 15

iceberg and arcadian lettuce blend, strawberries, mandarin oranges, candied pecans, gorgonzola and golden balsamic vinaigrette

THE GRILLED SALAD 13

iceberg and arcadian lettuce blend, cherry tomatoes, cucumbers, red onions, black olives and fresh-cut fries

SOUTHWEST QUINOA SALAD 14

quinoa and seasoned black beans, with chili lime corn, bell peppers, tomatoes and green chilis with lime vinaigrette

DAIRY FREE

CHICKEN WINGS 21

nine plump and juicy chicken wings tossed in your choice of sauce: barbecue, bayou barbecue, dry ranch, garlic parmesan, garlic, buffalo or hot
add celery or carrots 1.5

SHRIMP COCKTAIL 15

served with cocktail sauce and lemon wedges

THE GRILLED SALAD 13

quinoa and seasoned black beans, with chili lime corn, bell peppers, tomatoes and green chilis with lime vinaigrette

CEDAR PLANK MAPLE SALMON 28

grilled atop a cedar plank and drizzled with pecan maple glaze

SUNDAY GRAVY 21

braised beef and pork in a rich tomato sauce with rogatoni

KOREAN BURNT ENDS 18

brisket burnt ends tossed in korean ginger bbq and served with a side of sweet and sour slaw

SOUTHWEST QUINOA SALAD 14

quinoa and seasoned black beans with chili lime corn, bell peppers, tomatoes and green chilis with lime vinaigrette

LO MEIN STIR FRY 24

stir fry vegetables in browning sauce with teriyaki flank steak

CHILI SPICED MAHI MAHI 30

with avocado pepper relish

PEACH TEA CHICKEN 23

chicken breast brined in peach tea, seared and served with peach salsa

GLUTEN FREE

CHICKEN CHILI CUP 5 | BOWL 7

THE GRILLED SALAD 13

iceberg and arcadian lettuce blend, cherry tomatoes, cucumbers, red onions, black olives and fresh-cut fries

HOT PEPPERS IN OIL 13

a club classic served with warm italian and rye bread

STUFFED HOT PEPPERS 14

hot hungarian hot peppers stuffed with house made sausage

SOUTHWEST QUINOA SALAD 14

quinoa and seasoned black beans, with chili lime corn, bell peppers, tomatoes and green chilis with lime vinaigrette

SHRIMP COCKTAIL 15

served with cocktail sauce and lemon wedges

THE HEPBURN 15

iceberg and arcadian lettuce blend, strawberries, mandarin oranges, candied pecans, gorgonzola and golden balsamic vinaigrette

POWER SALAD 15

blend of kale and spinach with chickpeas, avocados, hard boiled egg, red onion, chevre cheese, marcona almonds with lemon tahini dressing

KOREAN BURNT ENDS 18

brisket burnt ends tossed in korean ginger bbq and served with a side of sweet and sour slaw

PEACH TEA CHICKEN 23

chicken breast brined in peach tea, seared and served with peach salsa

CEDAR PLANK SALMON 28

grilled atop a cedar plank and drizzled with pecan maple glaze

THAI RED CURRY SHRIMP 28

over cilantro lime rice with blistered tomatoes and broccoli

CHILI SPICED MAHI MAHI 30

with avocado pepper relish

TWIN MEDALLIONS 38

beef tenderloin medallions with grilled balsamic baby portabellas and house made steak sauce