



620 EAST 18th St.  
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GRILL AND SPORTS PUB

## Pepper's Gluten Free Menu

For those needing a Gluten-Free Diet the kitchen at Pepper's Grill and Sports Pub is not gluten-free but every attempt will be made to meet your gluten-free needs. The following menu items are prepared with gluten free products. We strive to meet all dietary needs.

### Appetizers

**SPINACH-ARTICHOKE DIP** A rich blend of cheeses spinach and artichoke hearts oven baked to perfection. Served with carrots, celery, green pepper, and cauliflower for dipping. 8.95

**BUFFALO CHICKEN DIP** Just like our buffalo chicken wings with a zing! Fresh chicken, hot wing sauce, a creamy blend of cheeses. Served with carrots, celery, green pepper, and cauliflower for dipping.. 8.95

**GRILLED CHICKEN STRIPS** Regular (5): 8.95 / Hot 9.50  
Large (8): 12.50 / Hot 12.95

### Salads

Please ask for no croutons or breadsticks.

**GLUTEN FREE DRESSINGS:** Oil & Vinegar, 1000 Island, French.

**LEMON PEPPER CHICKEN SALAD** Fresh greens topped with char-grilled lemon-pepper chicken tenders, cucumber, red onion, cherry tomatoes, shredded Colby jack cheese and egg. 9.95

**STEAK OR CAJUN CHICKEN COBB SALAD** Fresh greens with marinated steak or char-gilled Cajun chicken tenders with crisp bacon, bleu cheese crumbles, avocado, diced egg, tomato, black olives and fresh mushrooms. 10.95 (please inform server "no bleu cheese")

**CLUB HOUSE SALAD** Fresh greens topped with ham, turkey, cheddar cheese, bacon, cucumber, red onion, egg and tomato. 9.95

**TOSTADA SALAD** Seasoned beef over fresh greens, cheddar-jack cheese, tomato and green onion. Served with salsa and sour cream. 9.95

### Platters

Following served with choice of side: Cottage Cheese, Coleslaw, Potato Salad, Baked Potato, Cheesy-garlic Mashed potatoes, Hash browns, Steamed Veggies, Sautéed Veggies, Served on a bed of Rice Pilaf.

**SMOTHERED CHICKEN** Large fire-grilled chicken breast loaded with sautéed peppers, onions, and mushrooms smothered in melted pepper-jack cheese. 13.50

**SHRIMP** Large sautéed shrimp. 13.95

### Desserts

**ICE CREAM SUNDAE** Two healthy scoops of real vanilla ice cream topped with rich chocolate sauce whipped cream and a cherry. 3.50



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### Sandwiches

Served with coleslaw, cottage cheese, or potato salad. Please ask for the sandwich to be served without the bun. All sandwiches served with extra lettuce substituted for bun. Try a turkey burger as a healthy alternative!

**ALL-AMERICAN BURGER** Classic half-pounder. 9.25  
Cajun Style 9.50

**BACON CHEESE BURGER** Half-pounder with crisp bacon & American cheese. 9.95

**SWISS MUSHROOM BURGER** Loaded with grilled mushrooms & Swiss cheese. 9.95

**BLACK & BLUE BURGER** Seasoned with cajun spices crisp bacon and pepper jack cheese. 10.50 (please inform server "no bleu cheese")

**HICKORY BACON** BBQ sauce, fresh cheddar cheese, crisp bacon. 10.50

**PATTY MELT** Grilled onions, American & Swiss cheese. 10.50

**PEPPER'S STACK** Grilled sliced turkey, ham, bacon, and swiss cheese piled high with lettuce and tomato. 9.95

**GRILLED PORK TENDERLOIN** A large hand-cut loin grilled to perfection! 9.95

**CHICKEN SUPREME** Grilled chicken breast covered with crisp bacon, Swiss cheese and 1000 Island dressing. 10.50

**GRILLED CHICKEN BREAST** 9.50

**GRILLED BUFFALO CHICKEN** Grilled chicken breast, dipped in Pepper's buffalo hot sauce or Hot-Honey BBQ and lettuce. 9.95 (please inform server "no bleu cheese")

**GRILLED ATLANTIC COD** 9.95

**GRILLED CHEESE STEAK** Thin slices of ribeye steak or chicken sautéed with fresh onions and topped with American cheese. 9.95



### Fire Grilled Favorites

Following served with choice of **two sides**: Cottage Cheese, Coleslaw, Potato Salad, Baked Potato, Cheesy-garlic Mashed potatoes, Hash browns, Steamed Veggies, Sautéed Veggies, Rice Pilaf.

**PEPPERS SIRLOIN** 10 oz hand-cut Sirloin. 15.95

**PEPPER'S SIGNATURE RIBEYE** A tender 12 oz. hand-cut steak, charbroiled just how you like it. Cajun style available upon request. 17.95

**BACON WRAPPED PORK TENDERLOIN** Hand-cut pork loin, bacon wrapped and char-grilled to perfection. 13.50

**BBQ RIBS** One pound of meaty, slow cooked tender pork ribs glazed with Pepper's secret barbeque sauce. 17.95

**PRIME RIB** Slow roasted beef served in au jus. (Served on Friday and Saturday nights only)  
10 oz. 17.95 14 oz. 19.95

**BLACKENED TILAPIA** A delicious pan-seared Tilapia filet. 12.95