



GLUTEN FREE MENU

620 EAST 18th St. Cedar Falls, IA 266-9394

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



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 sauteed 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