



620 EAST 18th St.
Cedar Falls, IA
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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 and celery for dipping. 11.00

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 and celery for dipping. 11.00

GRILLED CHICKEN STRIPS (5): 13.00 / Hot 14.00

Salads

Please ask for no croutons or breadsticks.

GLUTEN FREE DRESSINGS: Balsamic Vinaigrette, Ranch, Oil & Vinegar, 1000 Island, French.

GARDEN SALAD Fresh greens with cucumber, sliced egg, cherry tomatoes, red onion and cheddar jack cheese. 9.50
Add grilled chicken breast 4.00
Add .grilled lemon pepper chicken breast 4.00
Add grilled Buffalo chicken breast 4.50

STEAK OR CAJUN CHICKEN COBB SALAD Fresh greens with marinated steak or char-grilled Cajun chicken breast with crisp bacon, avocado, diced egg, tomato, black olives and fresh mushrooms. 15.00
(please inform server "no bleu cheese")

CLUB HOUSE SALAD Fresh greens topped with ham, turkey, cheddar cheese, bacon, cucumber, red onion, egg and tomato. 13.00

TOSTADA SALAD Seasoned beef over fresh greens, cheddar-jack cheese, tomato and green onion. Served with salsa and sour cream. 13.00



Platters

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

SMOTHERED CHICKEN Large fire-grilled chicken breast loaded with sautéed bell peppers, fresh mushrooms, onion and melted pepper jack cheese. 17.00

SHRIMP Large sautéed shrimp. 16.00



Desserts

ICE CREAM SUNDAE Two healthy scoops of real vanilla ice cream topped with rich chocolate sauce whipped cream and a cherry. 4.00



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.

Gluten free bun add \$1

Try a turkey burger as a healthy alternative!

ALL AMERICAN BURGER Classic half-pounder. 12.50
Cajun Style. 12.75

BACON CHEESE BURGER Crisp bacon and American cheese. 14.00

SWISS MUSHROOM BURGER Grilled mushrooms & Swiss cheese. 14.00

HICKORY BACON BURGER BBQ sauce, cheddar cheese and bacon. 15.00

PATTY MELT Grilled onions, American and Swiss cheese. 15.00

PEPPER'S STACK Grilled sliced turkey, ham, bacon, lettuce, tomato & Swiss cheese piled on toasted bread. 13.50

GRILLED PORK TENDERLOIN Pepper's famous tenderloin sandwich. 14.00

GRILLED CHICKEN BREAST 13.00

CHICKEN SUPREME Grilled chicken breast covered with crisp bacon, Swiss cheese and 1000 Island dressing. 14.50

BUFFALO CHICKEN Grilled and dipped in Pepper's Buffalo Hot Sauce or Hot Honey-BBQ with lettuce. 14.50
(please inform server "no bleu cheese")

GRILLED ATLANTIC COD North Atlantic cod filet 14.00

GRILLED CHEESE STEAK Sliced steak or chicken sautéed with fresh onions and topped with American cheese. 13.50



Fire Grilled Favorites

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

PEPPERS SIRLOIN 10 oz Prime grade master cut. 20.00

PEPPER'S SIGNATURE RIBEYE A Cedar Valley favorite. 20.00

BACON WRAPPED PORK LOIN Hand-cut pork loin, bacon-wrapped and char-grilled to perfection. 17.00

BBQ RIBS One pound of meaty, slow-cooked pork ribs glazed with Pepper's own barbeque sauce. 23.00

BLACKENED TILAPIA Broiled filet seasoned with cajun spices. 17.00