



GF MENU OPTIONS (3/10)

Guest Copy

Item	GF Status	Notes
Starters		
World Famous Wings	GF	GF if request fried in fry fryer and sauced in separate container *See info on sauces at bottom
Sticky Fingers	Not GF	
Sticky Finger Quesadilla	Not GF	
Sticky / Buffalo Bites	Not GF	
Wings N Things Sampler	Not GF	
Onion Rings	Not GF	
Potato Skins	GF	Request Skins be cooked in Fry fryer
Chips and Salsa	GF	Request Chips be cooked in Fry fryer
Herb Rub Fingers	Not GF	
Salads		
BBQ Chopped Salad	GF	Request non marinated chicken
Crispy Chicken Salad	GF	Request non marinated chicken, no croutons, cook in Fry fryer
Balsamic Chicken Salad	GF	Request non marinated chicken
Sticky Finger Salad	Not GF	
Original Grilled Chicken Salad	GF	Request non marinated chicken
House Salad	GF	Request no croutons
BBQ Chopped Cobb	GF	Request non marinated chicken
Asian Crunch Salad	Not GF	
Grilled Chicken Caesar Salad	GF	Request non marinated chicken, no croutons
Caesar Salad	GF	Request no croutons
Dressings:		
Ranch	GF	
Creamy Amazing Dressing	GF	
Balsamic Vinaigrette	GF	
Caesar	GF	
Cilantro Lime	GF	
Asian Plum	Not GF	
Bleu Cheese	Not GF	

Sides

Fries	GF	Request no Mesquite Seasoning
Baked Potato	GF	
Rice	Not GF	

Soups and Combos

Chicken Noodle	Not GF	
Broccoli and Cheese	Not GF	
Tortilla Soup	Not GF	
Clam Chowder	Not GF	

Burgers

Burgers are no longer Gluten Free due to seasoning containing wheat in the patty's.

Kids burger patty's are GF because they do not contain the seasoning.		
Veggie Burger	Not GF	

Sandwiches

Turkey BLT Sandwich	Not GF	
Cajun Turkey Melt	Not GF	
Deluxe Chicken Sandwich	Not GF	
BBQ Chicken Sandwich	Not GF	
Sweet BBQ Pork Wrap	Not GF	
Sweet BBQ Pork Sandwich	Not GF	
Sticky Finger Wrap	Not GF	
Philly Cheesesteak Sandwich	Not GF	

Entrees

World Famous Wing Dinner		See note above about Wings
Sticky Fingers Dinner	Not GF	
Double Basted Ribs	GF	
Rib & Finger Combo	Not GF	
Rib & Wing Combo	GF	See note above about Wings
Sticky Finger Rice Bowl	Not GF	
Glazed Salmon	GF	Substitute baked potato for rice
Chicken Skewers	GF	Request non marinated chicken, no Teriyaki, no rice
Sirloin Skewers	Not GF	Request non marinated meat
Blackened Shrimp Skewers	Not GF	Request no Teriyaki, no rice
Sizzlin Chicken Fajitas	Not GF	
Roasted Red Pepper Pasta	Not GF	
Blackened Chicken Alfredo	Not GF	
Loaded Chicken	GF	Request no Teriyaki sauce
Grilled Salmon	GF	Substitute baked potato for rice
Sizzling Chicken	GF	Request non marinated chicken
Sizzling Steak	GF	Request non marinated meat
Blackened Chicken Tacos	Not GF	
Teriyaki Rice Bowl	Not GF	
Chicken Pot Pie	Not GF	
Fish and Chips	Not GF	

Kids / Junior Menu		
Corn Dog Nuggets and Fries	Not GF	
Chicken Fingers & Fries	Not GF	
Grilled Cheese & Fries	Not GF	
Alfredo	Not GF	
Quesadilla & Rice	GF	Request corn tortillas, no rice
Grilled Chicken & Rice	Not GF	
Kid Burger and Fries	GF	Must omit bun and fry seasoning
Wing's and Fries	GF	See note above about Wings and Fries
Mac & Cheese	Not GF	
Turkey Sandwich & Fries	Not GF	
Junior Blackened Alfredo	Not GF	

Desserts		
Asphalt Pie	Not GF	
Concrete Pie	Not GF	
Cookie Zookie	Not GF	
Chocolate Avalanche	Not GF	

Beverages		
Flavored Sodas	GF	
Flavored Lemonades/Teas	GF	
Sodas- All flavors	GF	

Miscellaneous		
Bacon	GF	
Popcorn	GF	
Fajita Seasoning	Not GF	
Cajun Seasoning	GF	
Teriyaki Sauce	Not GF	
BBQ Sauce	GF	
Original Amazing Sauce	GF	
Buffalo / Hot / Atomic Sauce	GF	
**Fry Seasoning	Not GF	

*****PLEASE NOTIFY YOUR SERVER THAT YOU ARE ORDERING FOR A GLUTEN FREE SPECIFIC DIET TO AVOID ANY POSSIBLE CROSS CONTAMINATION*****