



GF MENU OPTIONS

Updated 10/31/11

Item	GF Status	Notes
Starters		
World Famous Wings, Naked or Dippers	GF	Request cooked in fry fryer and sauced in separate container. *See info on sauces at bottom.
Onion Rings	Not GF	
Hand Breaded Chicken Strips	Not GF	
Potato Skins	GF	Request skins cooked in fry fryer
Sticky Finger Quesadilla	Not GF	
Sticky Fingers	Not GF	
Ultimate & Chicken Nachos	GF	Request tortilla chips cooked in fry fryer
Wings & Things Sampler	Not GF	
Zucchini Sticks	Not GF	
Salads		
BBQ Chopped Salad	GF	Request no BBQ sauce
Crispy Chicken Salad	GF	Request no croutons and cooked in fry fryer
House Salad	GF	Request no croutons
Char-Grilled Chicken Salad	GF	
Sticky Finger Salad	Not GF	
Winger's Cobb Salad	GF	Request no BBQ sauce
Dressings:		
Balsamic Vinaigrette	GF	
Bleu Cheese	GF	
Caesar	GF	
Cilantro Lime	GF	
Creamy Amazing Dressing	GF	
Ranch	GF	
Sides		
Baked Potato	GF	
Fries	GF	Request no Fry Salt
Rice	GF	
Mashed Potatoes	GF	
Baked Beans	GF	
Coleslaw	GF	
Soups and Combos		
Broccoli and Cheese	Not GF	
Chicken Noodle	Not GF	
Clam Chowder	Not GF	
Tortilla Soup	Not GF	

Burgers are not 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		
Cashew Chicken Salad Sandwich	Not GF	
Turkey Bacon Melt	Not GF	
Deluxe Chicken Sandwich	Not GF	
Philly Cheesesteak Sandwich	Not GF	
Sticky Finger Wrap	Not GF	
Turkey BLT Sandwich	Not GF	
Dinners		
Double Sauced Ribs	GF	Request no BBQ sauce
Ground Round Steak	GF	
Blackened Chicken Alfredo	Not GF	
Blackened Chicken Tacos	GF	Request corn tortillas and no Fry Salt
Chicken Pot Pie	Not GF	
Cilantro Lime Chicken	GF	Request no fajita glaze
Fish and Chips	Not GF	
Blackened Fish Tacos	GF	Request corn tortillas and no Fry Salt
Blackened Tilapia	GF	
Rib & Finger Combo	Not GF	
Rib & Wing Combo	GF	See note above about Wings, no BBQ
Fajitas (ALL)	Not GF	
Half BBQ Chicken	Not GF	
Steak Tacos	Not GF	Request corn tortillas and no Fry Salt
Sticky Finger Rice Bowl	Not GF	
Sticky Fingers Dinner	Not GF	
Teriyaki Rice Bowl	GF	Request no Island Teriyaki
Wing Dinner		See note above about Wings
Wing & Finger Combo	Not GF	
Kids Menu		
Alfredo	Not GF	
Chicken Fingers & Fries	Not GF	
Corn Dog Nuggets and Fries	Not GF	
Grilled Cheese & Fries	Not GF	
Kid Burger and Fries	Not GF	
Mac & Cheese	Not GF	
Quesadilla & Rice	GF	Sub for corn tortillas
Turkey Sandwich & Fries	Not GF	
Grilled Chicken Sandwich	Not GF	

Junior Menu		
Junior Alfredo	Not GF	
Junior Double Cheeseburger	Not GF	
Junior Fingers	Not GF	
Junior Ribs	GF	Request no BBQ sauce and no Fry Salt
Junior Wings		See note above about Wings and Fries
Desserts		
Asphalt Pie	Not GF	
Concrete Pie	Not GF	
Cookie Zookie	Not GF	
Beverages		
Flavored Sodas	GF	
Flavored Lemonades/Teas	GF	
Sodas- All flavors	GF	
Miscellaneous		
Bacon	GF	
BBQ Sauce	Not GF	
Buffalo Sauce	GF	
Blackening Seasoning	GF	
Fajita Seasoning	Not GF	
Fry Salt	Not GF	
Original Amazing Sauce	GF	
Popcorn	GF	
Rebel Sauce	GF	
Island Teriyaki	Not GF	

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