

RAINBOW GRILL

GLUTEN FREE MENU

ALWAYS LET OUR STAFF KNOW YOU ARE GLUTEN-FREE SO WE CAN TAKE NECESSARY PRECAUTIONS. WE TAKE GLUTEN-FREE, AS WELL AS OTHER ALLERGIES, VERY SERIOUSLY. OUR STAFF IS WELL TRAINED HOW TO HANDLE ALLERGIES. HOWEVER, WE ARE NOT A COMPLETE GLUTEN-FREE OR OTHER ALLERGIES RESTAURANT.

WE DO NOT HAVE SEPARATE DEEP FRYERS FOR GLUTEN FREE ITEMS

Starters & Sides

We do not have separate deep fryers for gluten free items.

POTATO SKINS

Potato skins lightly fried, topped with melted Cheddar Monterey Jack Cheese, bacon bits, tomato and onion. Served with ranch dressing

SWEET POTATO FRIES

Large platter of sweet potato fries. Ask for a side of ranch dressing or frosting for dipping!

Specialty Sandwiches

Add coleslaw for \$1.29

Add sweet potato fries for \$2.

We do not have separate deep fryers for gluten free items

Make sure to specify on gluten free bread. Additional charge of \$1.75 for gluten free bread

CLASSIC REUBEN

Shaved corn beef, sauerkraut, Swiss cheese and homemade Thousand Island

TURKEY REUBEN

Thinly sliced turkey topped with creamy coleslaw, Swiss cheese and homemade Thousand Island dressing

BLT SANDWICH

Three slices of thick bacon, lettuce, tomato and mayo

GRILLED CHEESE

CLUB SANDWICH

Ham, turkey, bacon, mayo, lettuce, tomato and Swiss cheese

SLIM JIM

Shaved ham, Swiss cheese, lettuce, tomato and mayo

CHICKEN SALAD SANDWICH

Homemade chicken salad with mayo and lettuce

BACON RANCH MELT

Chicken breast, bacon, Cheddar Monterey Jack cheese with ranch dressing

HONEY MUSTARD CHICKEN MELT

Chicken breast, bacon, Cheddar Monterey Jack cheese with honey mustard on a grilled pretzel bun

Dinner Entrees

Each dinner entrée served with two of the following choices: coleslaw, applesauce, baked potato, vegetable, cup of soup (those specified under homemade soups).

Add \$.90 for sweet potato fries or loaded baked potato

Make sure to specify no dinner roll or garlic toast. We do not have separate deep fryers for gluten free items

6 OZ. SIZZLER *

Our most popular dinner. Grilled just how you like it! Seasoned upon request. Specify no garlic toast

8 OZ. NEW YORK STRIP *

8 oz. cut New York Strip grilled how you like it! Seasoned upon request. Specify no garlic toast

STEAMED TILAPIA

Tender, flaky Tilapia seasoned with lemon pepper. Specify no dinner roll

LOADED CHICKEN BREAST

Seasoned broiled 6 oz. chicken breast topped with Swiss cheese and loaded with sautéed mushrooms and onions. Specify no dinner roll

CHICKEN MONTEREY

BBQ Chicken Breast topper with Cheddar Monterey Jack cheese and diced tomatoes

Dinner Salads

Dressings: Fat Free French, Thousand Island, Sweet n Sour, Ranch, Raspberry Vinaigrette, Spinach, Bleu Cheese, Honey Mustard and Fat Free Italian

CHERRY CHICKEN SALAD

Boneless chicken breast, dried cherries, sliced strawberries, pecans and bleu cheese crumbles on a bed of spinach, lettuce and romaine. Served with raspberry vinaigrette dressing

MINI-CHEF CHICKEN SALAD

Home cooked and peeled from the bone chicken breasts, sliced egg and Cheddar Monterey Jack cheese on a bed of lettuce and romaine

SPINACH CHICKEN SALAD

Tender white chicken, sliced egg, mushrooms, bacon bits and tomato on a bed of spinach. Served with our homemade spinach dressing

CHICKEN COBB SALAD

Grilled chicken, crumbled bacon, sliced egg, diced tomato and bleu cheese crumbles served on a bed of lettuce and romaine

Homemade Soups

OUR SOUPS ARE MADE DAILY IN OUR KITCHEN.

BROCCOLI CHEESE, CHEESY POTATO AND SPLIT PEA WITH HAM ARE GLUTEN FREE

Children's Menu

For Kids 10 and under only

Served with milk or soft drink and one of the following: baked potato, vegetable, applesauce, small dish of strawberries, small dish of vanilla yogurt

Add a small dish of ice cream with whipped cream and sprinkles for \$1

Make sure to specify on gluten free bread. Additional charge of \$1.75 for gluten free bread

HAMBURGER

3 oz. fresh ground beef patty

GRILLED CHEESE

CUP OF SOUP

See above for gluten free options

NOTICE: May be cooked to order. Consuming raw or undercooked meat may increase your risk of food borne illness.