

the Blue Owl

RESTAURANT & BAKERY

Gluten Free Menu

Breakfast

Blue Owl Breakfast Three (3) slices of Bacon or Two (2) Sausage Patties, Two (2) Eggs: any style. \$13.29

Country Breakfast Two (2) Scrambled Eggs, Country Ham, American Fried Potatoes. \$15.29

French Toast (made with Gluten Free Bread) Two (2) pieces of French Toast dipped in an Egg & Cinnamon mixture, sprinkled with Powdered Sugar and served with Warm Syrup. \$10.99*
*Add Strawberry Glaze or Blueberries \$1.75

Breakfast Sandwich Bacon, Sausage or Ham, Egg (any style), your choice of Cheese (American, Cheddar, Swiss or Provolone), served on Gluten Free Bread with American Fried Potatoes. \$14.99

Additional Sides Available:

Sausage (2)	\$4.29	Eggs (1)	\$1.99
Bacon (3)	\$4.29	Eggs (2)	\$3.98
Ham	\$4.79	American Fries ...	\$3.99
Fresh Fruit Cup	\$4.99		

Lunch

Roast Beef Dinner with Gravy Tender slices of Roast Beef with Our Homemade Brown Gravy. Served with Salad, Homemade Mashed Potatoes & Choice of Steamed Broccoli or Green Beans. \$18.99

Grilled Chicken Dinner Grilled Chicken Breast topped with Cheddar Cheese, Swiss Cheese, and Bacon. Served with Salad, Homemade Mashed Potatoes & Choice of Steamed Broccoli or Green Beans. \$18.99

Open Faced Roast Beef Tender slices of top round of beef over sliced white, gluten free, bread and smothered in our rich brown gravy. Served with our homemade mashed potatoes and gravy. \$18.99

Soups

Cup: \$6.49 **Bowl:** \$8.49
Cream of Broccoli, Vegetable Beef, Canadian Cheese, or White Chili

Terrific Trio!

Choose Three (3) of Your Favorites \$18.99

Salad: ½ Tropical Chicken
½ Strawberry Salad
½ Cobb Salad
Tossed Salad

Soup: Cream of Broccoli
Vegetable Beef
Canadian Cheese
White Chili

Sandwich: (Sandwiches are made with Gluten Free Bread)
Mini Chicken Salad Sandwich
Mini Turkey Club Sandwich
Mini Egg Salad Sandwich

Salads

Tropical Grilled Chicken Salad Crisp Iceberg and Romaine Lettuce topped with Fresh Strawberries, Mandarin Oranges, Pineapple Tidbits, Blueberries, Pecans and Grilled Chicken. Served with Our Famous Poppyseed Dressing. \$14.99

Tossed Strawberry Salad Crisp Iceberg and Romaine Lettuce topped with Fresh Strawberries, Cheddar & Monterey Jack Cheese, and Our Delicious Candied Almonds. Served with Our Famous Poppyseed Dressing. \$13.29

Cobb Salad Crisp Iceberg and Romaine Lettuce topped with chunks of Grilled Chicken, Monterey Jack & Cheddar Cheese, Fresh Crumbled Bacon, Black Olives, Tomatoes, Chopped Eggs & Crumbled Bleu Cheese. \$14.99

Salad Dressings: Our Famous Sweet n' Sour Italian, Poppyseed, Ranch, Thousand Island, Balsamic Vinaigrette, French, Honey Bacon Dijon, Honey Dijon, Bleu Cheese

Desserts

Deluxe Vanilla Ice Cream 1 scoop / \$3.49
Homemade Turtle Candies \$7.29
Coconut Macaroons \$2.29

the Blue Owl

RESTAURANT & BAKERY

Keto Menu

Breakfast

Blue Owl Breakfast

Three (3) slices of Bacon or Two (2) Sausage Patties, Two (2) Eggs: any style. \$12.29

Breakfast Sides:

Sausage (2) \$4.29
Bacon (3)..... \$4.29
Ham \$4.79
Eggs (1)..... \$1.99
Eggs (2)..... \$3.98

Lunch

Chicken Salad without Croissant

Moist tender Chicken Breast, Mayonnaise, crunchy Celery, Onions, Pecans & Seasonings on a bed of Fresh Lettuce. Served with a Vegetable side. \$13.99

Egg Salad without Croissant

The perfect combination of Hard Boiled Eggs, Mayonnaise, Dill Pickles & Seasonings on a bed of Fresh Lettuce. Served with a Vegetable side. \$12.99

Chicken Breast with Bacon & Cheese

Grilled Chicken Breast with Bacon & Cheese on a bed of Lettuce. Served with Green Beans or Steamed Broccoli. \$ 14.99

Roast Beef Dinner with Au Jus

Tender slices of Top Round of Beef served with your choice of two (2) Vegetable sides. \$16.99

Burger Plate

½ lb. Hand pressed Ground Chuck patty garnished with Lettuce, Tomato, Onion & Pickles served on a bed of lettuce with (1) vegetable side. \$13.99*

*Add American, Cheddar, Provolone or Swiss Cheese \$0.99

Turkey Melt Plate

Tender slices of Smoked Turkey with your choice of Swiss, Provolone or Cheddar Cheese served on a bed of Lettuce and a Vegetable side. \$13.99

Lunch Sides

Broccoli \$4.69
Green Beans..... \$4.69
Dinner Salad \$4.69
½ Tossed Salad \$8.28

Salad Dressings:

Ranch, Bleu Cheese (2 Carbs Net),
Oil & Vinegar, Balsamic Vinaigrette (1 Carbs Net)