

GLUTEN-FREE LUNCH MENU

For more information, visit gluten.net

TASTY APPETIZERS

SELMON BROTHERS' WINGS

Our wings are marinated for 24 hours and slow smoked to tenderness, then grilled to perfection with our spicy Oklahoma sauce.

10 WINGS

25 WINGS

SALADS

SELMON'S CHOPPED SALAD

Crisp iceberg lettuce and romaine hearts, tossed with grilled chicken, applewood smoked bacon, Monterey Jack cheese, diced tomatoes, red cabbage, red peppers, carrots and fresh cilantro. Mixed with our honey mustard vinaigrette.

SMOKED CHICKEN SALAD

A mountain of pulled smoked chicken with Kansas City sauce, surrounded by applewood smoked bacon, corn and diced tomatoes. Served on a bed of crisp iceberg lettuce and romaine hearts, Monterey Jack and cheddar cheese and fresh basil. Mixed with our spicy ranch dressing.



GRILLED SHRIMP SALAD

Seasoned and grilled shrimp on a bed of crisp iceberg lettuce and romaine hearts, applewood smoked bacon, bleu cheese crumbles, candied pecans, diced eggs, roasted red peppers, tomatoes and fresh cilantro. Mixed with our sweet cane vinaigrette.

CHICKEN OR SHRIMP CAESAR SALAD

Romaine hearts tossed with Lee Roy's original caesar dressing, grilled chicken breast or grilled shrimp and freshly grated Parmesan cheese.

FRESH GARDEN SALAD

Straight from the garden. Crisp iceberg lettuce and romaine hearts, Monterey Jack and cheddar cheese, carrots, cucumbers and grape tomatoes. Served with your choice of our homemade dressings.

CAESAR SALAD

Crisp romaine hearts tossed with Lee Roy's original caesar dressing and topped with freshly grated Parmesan cheese.

Salad Dressings: Smokey Bacon Ranch, Bleu Cheese, Honey Mustard Vinaigrette, Cane Vinaigrette and Caesar.

SELMON'S SPECIALTY SERIES

Add a Garden or Caesar salad

BACKYARD BBQ CHICKEN

The best version of a backyard favorite. A 14 ounce bistro-style smoked chicken breast grilled and basted with Kansas City or Oklahoma sauce. Served with your choice of side.

Half Bistro or Whole Bistro



SOUL-GOOD PULLED PORK

A mountain of tender mouth-watering pulled pork slow smoked for 12 hours and topped with Kansas City or Oklahoma sauce. Served with your choice of side.

SOUL-GOOD COMBO

A smokin' pair! Soul-Good Pulled Pork and Backyard BBQ Chicken breast served with Kansas City or Oklahoma sauce and your choice of two sides.

SIDELINES

APPLE-JACK COLESLAW

SMASHED POTATOES

FRESH SEASONAL VEGETABLE

Please reference in-store lunch menu for pricing.

For parties of six or more a 18% gratuity will be added.

Consuming raw or uncooked meats and seafood may increase your risk of food-borne illness.

PREMIUM CUTS AND CATCHES

Our USDA "Choice" cut steaks are prepared to your liking and served with your choice of side and a Garden or Caesar salad.

10 OZ SIRLOIN

8 OZ FILET

14 OZ NY STRIP

GRILLED SALMON

Fresh Atlantic Salmon fillet lightly seasoned and grilled over an open flame. Served with your choice of side.

FRESH CATCH OF THE DAY

A fresh fish fillet lightly seasoned and grilled over an open flame. Served with your choice of side.

GREAT ADDITIONS TO ANY ENTRÉE

GRILLED SHRIMP

GRILLED CHICKEN BREAST

BIG GAME BURGERS AND SANDWICHES

All burgers and sandwiches are served without a bun and with apple-jack coleslaw on the side.

Add grilled onions or mushrooms

Add applewood smoked bacon or substitute smoked cheddar or Asiago cheese

Add a Garden or Caesar salad

HALL OF FAME BURGER

A half pound of USDA "Choice" ground beef grilled over an open flame topped with applewood smoked bacon and cheddar cheese. Served on a bed of lettuce, dill pickles and tomato. Mayonnaise served on the side.

ALL-AMERICAN CHEESEBURGER

A half pound of USDA "Choice" ground beef grilled over an open flame topped with cheddar cheese. Served on a bed of lettuce, dill pickles and tomato. Mustard served on the side.



SMOKED STACK BURGER

A half pound of USDA "Choice" ground beef grilled over an open flame topped with applewood smoked bacon, smoked cheddar cheese and mouth-watering pulled pork. Finished off with a drizzle of Kansas City or Oklahoma sauce. Served on a bed of lettuce and tomato.

GRILLED CHICKEN SANDWICH

Chicken breast grilled over an open flame topped with spicy Oklahoma sauce, Swiss cheese and applewood smoked bacon. Served on a bed of lettuce and tomato. Smokey bacon ranch dressing served on the side.

SWEET VICTORY

SELMON'S SUPER SUNDAE

Blue Bell® vanilla ice cream with chocolate sauce, whipped cream and a cherry on top!

SAUCY HIGHLIGHTS

KANSAS CITY

Thick, dark, molasses-based with a rush of sweetness.

OKLAHOMA

Spicy and full of pep.

GLUTEN FREE BEER

RED BRIDGE

Enjoy a GF beer with your meal!



Selmon Family Favorites