



Black Bear Gluten Free Guidelines:

Soup & Salads:

Bear Patch / *no bread*
Caesar Salad / *no croutons*
Stuffed Avocado / *no bread*
Chop Chop / *no bread & noodles*

Small Bites / Sharing plates:

Dry Garlic Ribs
Crab Asparagus Dip
Pound of Wings
Thai Noodles

Sandwiches & Favorites:

Pulled Pork / *no bread*
Steak Sandwich / *no bread*
Salmon Neptune
Thai Mussels / *no bread*
Indo / *no noodles*

Burgers: Only Chicken & Ostrich

Jerk Chicken / *no bread*
The Coney Island / *no bread*
The Matterhorn / *no bread*
The Smokehouse / *no bread*
Tuna / *no bread*

GF Side Orders:

Bear Salad, Fat Boy Fries, Caesar [*no croutons*], Garlic Mashed Potatoes & Rice.

GF Dips:

Chipotle mayo, Jerk mayo, Garlic mayo, Pesto mayo, Wasabi mayo, Tzatziki, Plum, Salsa, Guacamole, Honey Mustard, Sour Cream, Hot sauce & Dry spice.

GF Sauces / Dressings:

House dressing, Chop Chop, BBQ, Coleslaw, Ranch, Blue Cheese, Gorgonzola cream, Burger sauce, Caesar, Curry and Red curry & Red pepper aioli