

Wheat/Gluten Free Guide

Starters

NACHOS GRANDE 13 **VEGETARIAN NACHOS 10**

White corn tortilla chips topped with taco beef, tomatoes, onions, salsa, jalapenos and cheese sauce. Served with a side of sour cream.

Request chips that are non-fried.

FISH TACOS 12

Mahi-mahi served grilled or fried in a soft, toasted tortilla shell layered with cabbage, onion, cheese salsa and chipotle mayo. **Request grilled.**

Request corn hard shells tacos (only available on Mexican night).

Soups

BAKED TOMATO SOUP CUP 4 BOWL 6

Our chef's spin on old fashioned tomato soup. Topped with croutons, provolone, and Swiss cheese then baked until golden. **Request no croutons.**

BAKED FRENCH ONION SOUP 6

Sweet onions slow roasted with fresh herbs and wine. Topped with a baguette crouton, provolone and Swiss cheese and baked until golden.

Request no croutons.

Sides

Salad (**Request no croutons**) • Grilled Asparagus • Steamed Broccoli • Creamy Coleslaw • Baked Potato • Mashed Potatoes • Roasted Red Potatoes • Applesauce

Disclaimer: *Please keep in mind that any items prepared without gluten or animal products are made in a facility that handles many other wheat, gluten, and animal products. During normal kitchen operations, there is a possibility for food items to come into contact with wheat gluten/animal products. However unlikely, we are unable to guarantee that any menu item is completely gluten-free or vegan.
****Please alert your server of any allergies.

Salads

Request no croutons or garlic bread.

Gluten free dressings: Caesar, French, Balsamic, Sweet & Sour Poppy seed, Parmesan Peppercorn, Honey Mustard, Thousand Island, Ranch, Bleu Cheese, Mango Citrus Vinaigrette

Add to any salad —

Chicken \$4 *Steak \$7 Shrimp \$7 *Salmon 8

HOUSE SALAD SMALL 5 LARGE 8

Fresh mixed greens with onions, cucumbers and tomato.

Choice of dressing.

Request no croutons or garlic bread.

CAESAR SALAD 9

Fresh Romaine lettuce, Romano cheese, seasoned croutons and black pepper with Caesar Dressing.

Request no croutons or garlic bread.

CHEF SALAD 12

Our in-house baked ham and turkey are served a top a bed of fresh mixed greens with cheese, hard boiled egg, onion, cucumber, tomato and croutons. Choice of dressing.

Request no croutons or garlic bread.

CRANBERRY WALNUT SALAD 10

Mixed greens, tomatoes, cucumbers, dried cranberries, candied walnuts, and bleu cheese crumbles make this a satisfying salad. Choice of dressing.

Request no croutons or garlic bread.

SEVEN PEPPER STEAK SALAD 12

Fresh mixed greens, chopped tomato, onion, cucumber and cheddar cheese are topped with 7-pepper dusted flat iron steak. **Request no croutons or garlic bread.**

TACO SALAD 12

Fresh greens with our taco seasoned ground beef, cheddar cheese, chopped tomato salsa and sour cream.

Served in a crunchy tortilla bowl. **Request no tortilla bowl.**

Sub non-fried corn chips.

SPINACH SALAD SMALL 7 LARGE 10

Fresh spinach greens with hard boiled egg, onions, bacon, tomato, and parmesan cheese. Choice of dressing.

Request no croutons or garlic bread.

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Sandwiches

All sandwiches are served with a pickle and potato chips.
ADD— Swiss, Provolone, or Cooper's sharp \$1 Bacon \$1.50

Request no bun and/or wrapped in lettuce.

*HAND CRAFTED BEEF BURGER ¼ lb. 7 ½ lb. 9

Your choice of a ¼ pound or ½ pound burger hand-formed and topped with lettuce, tomato, onion and mayo.

Served on a sesame seed bun.

Request no bun and/or wrapped in lettuce.

MUSHROOM SWISS BURGER ¼ lb. 8 ½ lb. 10

Our juicy burger grilled to your liking and topped with sautéed mushrooms and melted swiss on a toasted sesame seed bun. **Request no bun and/or wrapped in lettuce.**

*PATTY MELT 10

Hand crafted burger topped with grilled onions and melted swiss cheese. Served on your choice of grilled bread.

Request no bread and/or wrapped in lettuce.

GRILLED CHICKEN SANDWICH

BUFFALO STYLE 10

Char-grilled chicken topped with lettuce, tomato, and mayo. Buffalo Style adds bleu cheese dressing and hot sauce.

Request no bun and/or wrapped in lettuce.

CHICKEN PARMESAN SANDWICH 9

Crispy chicken, mozzarella cheese, marinara sauce and pesto on a sesame seed bun.

Request grilled chicken. Request no bun and/or wrapped in lettuce.

Kids Menu

HOT DOG 6

All beef hot dog in a bun. Choice of one side.

Request no bun.

KID'S CHEESEBURGER 6

4 oz. beef burger on a toasted bun with American cheese.

Choice of one side. **Request no bun.**

KIDS SIDES

Applesauce Potato Chips Mashed Potatoes

Side Salad (**Request no croutons**)

Steamed Broccoli Oranges Wedges

Entrees

KEY WEST CHICKEN BREAST 12 TWIN BREASTS 16

Char-grilled, herb seasoned chicken breast with a hint of citrus. Choice of two sides.

WISCONSIN CHICKEN 15 TWIN BREASTS 19

Grilled chicken breast topped with onions, peppers, and melted cheddar cheese. Choice of two sides.

PARMESAN CRUSTED ATLANTIC COD 18

Moist, delicate cod is topped with a flavor packed crunchy crust. Choice of two sides.

Request no breading: Prepared with white wine, butter, old bay, salt & pepper in place of panko breading.

*HERB INFUSED SALMON 20

Fresh Salmon filet is topped with a medley of fresh herbs and spices, then baked until moist and flakey.

Choice of two sides.

FLAT IRON STEAK 23 PETITE SIZE 17

The second most tender cut of steak aside from filet. 10 oz. hand cut flat iron steak grilled to your liking and served with herb butter. Choice of two sides.

Add Sautéed Mushrooms and Onions \$2

Add Grilled Shrimp \$7

FILET MIGNON 27

Juicy 8 oz. filet mignon straight from the grill served with our herb butter. Choice of two sides.

Add Sautéed Mushrooms and Onions \$2

Add Grilled Shrimp \$7

BONE-IN PORK CHOP WITH HONEY MUSTARD 16

Twin grilled bone-in pork chops finished with a honey mustard cream sauce. Choice of two sides.

Dessert

CHOCOLATE LAVA CAKE 7

Warm chocolate cake with a chocolate gooey center.

*Swing would like to remind you that consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness especially if you have certain medical conditions.