

# CABANA BLUE

LAKEFRONT SPORTS BAR + GRILL

## GLUTEN FRIENDLY MENU

Gluten Friendly Suggestions ...The items below are made gluten friendly to the best of our ability.

Please understand we operate with a scratch kitchen and cross contact with allergens could occur in the preparation process.

### STARTERS

#### Mon's Arti Dip

Marinated artichoke hearts with a blend of cheeses and dill, baked to perfection. Served with corn crispy tortilla chips. 12

#### Truffle Fries

Shoestring fries tossed with fresh rosemary, truffle oil and parmesan cheese, Served with parmesan lime aoli. 10

#### Chicken Wings

One pound of chicken wings flash-fried and made to your liking: BBQ, buffalo, hot, or naked. Served with ranch or blue cheese dressing. 14

#### Cabana Smokehouse Nachos

Crispy corn tortilla chips topped with smoked brisket, muenster cheddar blend, pineapple mango pico, pickled red onions, chipotle BBQ ranch and brick cheese. 17

#### Trio Dips

Guacamole, queso dip, and homemade salsa served with crispy tortilla chips 13

#### Chili Con Queso Dip

Blend of mild chiles, cheese and spices served with crispy corn tortilla chips. 9

#### Chili Cheese Fries

House chili and queso over classic fries 9

#### Chips & Salsa

Crispy tortilla corn chips and salsa. 7

#### Homemade Guacamole

Made with fresh avocados and pico de gallo. Served with crispy corn tortilla chips. 8

### ISLAND SALADS

Add grilled or fried chicken +5,  
salmon +10, avocado +2

#### 9-Layer Cabana Cobb

Mixed greens, queso fresco, hard boiled egg, pickled red onions, black olives, tomatoes, cucumber, bacon, chicken, pineapple mango pico, served with chipotle ranch dressing 16

#### Cabana Wedge

Crisp iceberg wedge topped with both blue cheese dressing & crumbles, tomato medley, bacon and pickled red onions 11

#### Caesar

Heart romaine, shaved parmesan served with house made Caesar dressing 12

#### Blue Island Harvest Salad

Mixed greens, cucumber, avocado, both fresh and dried apples, dried cherries, candied pecans and brick cheese served with apple cider vinaigrette 15

### BLUE HORSESHOE BURGERS

Add gluten free bun +2 or no bun. Served with house-made potato chips. Upgrade to classic fries or sweet potato fries for +2

#### Cabana Classic

Half pound of house-blend beef, American cheese, tomato, pickle, shredded lettuce, and Cabana sauce on a grilled bun. 14

#### The Hangover

Half pound of house-blend beef, fried egg, bacon, American cheese, lettuce, tomato, and mayo on a grilled bun. 15

#### Joe's Smash Burger

(2) 4 oz. house-blend beef patties, American cheese, lettuce, and Joe's Smash sauce on a grilled bun. 14

#### Cabana Sliders (3)

House blend beef patties, American cheese, grilled onion, and Cabana sauce, served on grilled buns. 14

### HANDHELDS

Add gluten free bun +2 or no bun. Served with house-made potato chips. Upgrade to classic fries or sweet potato fries for +2

#### Cabana Spicy Chicken Sandwich

Grilled cajun chicken breast, jalapeño bacon, pepperjack cheese, lettuce, chipotle mayo, lettuce topped with pico de gallo on a grilled bun. 14

#### Cabana Club

Ham, turkey, bacon, American/Swiss cheese, lettuce, tomato, and Cabana sauce on grilled Detroit sourdough bread. 13

#### Cayla Club

Turkey, bacon, lettuce, tomato, avocado, and pesto aioli in a toasted wrap. 13

### SOUPS

#### Chili Cup 5 Bowl 7

Ask about chowder and soup of the day

\*Ask your server about menu items that are cooked to order or served raw. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

### CABANA SIDES

House Salad Side 6 Large 12

Side Caesar Salad (no croutons) 6

House-Made Potato Chips 5 Vegetables 6

House Slaw 5

Sweet Potato Fries 6

Classic Fries 6

Mashed Redskins 7

### SIGNATURE DINNERS

#### Ribeye

12 oz. hand cut char-grilled to order. Served with 2 sides. 28

#### Dayna's Bourbon Chicken

Marinated chicken breasts' char-grilled topped with roasted apples and bourbon bacon jam 19

#### Johno's Fish Tacos

Broiled cod served on three corn tortillas packed with house slaw, shredded cheese blend, and pico de gallo. Served with chips, salsa and sour cream. 16

#### Sweet Chili Sriracha Salmon

Char-grilled salmon – glazed with our house made sweet chili sriracha sauce. Served with 2 sides. 24

### FLATBREADS

Substitute cauliflower crust for a gluten free option +3.

#### Meat Lovers Flatbread

Toasted flatbread topped with marinara, mozzarella, pepperoni, sausage, ham, and bacon. 15

#### BBQ Chicken Flatbread

Toasted flatbread topped with BBQ sauce, grilled chicken, our shredded cheese blend and red onions. 15

#### Margherita Flatbread

Marinara sauce Fresh mozzarella, tomato medley, pesto basil olive oil. 14

#### Dill Pickle Flatbread

Garlic parmesan sauce, fresh mozzarella, chopped pickles and pickled red onions. 14

#### Personalized Flatbread

Toasted flatbread topped with marinara, mozzarella cheese, and your choice of 2 toppings. 14  
Add +1 per each additional topping over 2.

Toppings: Pepperoni, sausage, chicken, bacon, ham, mushrooms, peppers, black olives, onions, tomatoes, and basil. Add cauliflower crust +3

### DESSERTS

#### Hot Fudge Sundae

Two generous scoops of vanilla bean ice cream topped with hot fudge and caramel with whipped cream and a cherry. 10

#### Root Beer Float

Vanilla bean ice cream and Barq's root beer. 6