

# TBONZ GILL & GRILL

## GLUTEN FREE MENU

### STARTERS & SALADS

\***SEARED AHI TUNA** Sesame crusted, wasabi cream sauce, seaweed salad, pickled ginger **8.95**

**HOUSE SALAD** Cucumber, tomato, carrot, blended cheeses, croutons **4.95**

\***BUTCHER BLOCK STEAK SALAD** Dry rubbed sirloin, romaine mix, red onion, tomato, mushroom, bleu cheese crumbles, bacon balsamic vinaigrette **11.95**

**COBB SALAD** Chopped chicken, romaine mix, tomato, hardboiled egg, red onion, crumbled applewood smoked bacon, bleu cheese crumbles, bleu cheese dressing **10.95**

\***SALMON SALAD** Grilled north atlantic salmon, arugula · spinach mix, red onion, green onion, tomato, red & green peppers, lemon-honey vinaigrette **11.95**

\***ASIAN TUNA SALAD** Sesame crusted seared tuna, romaine mix, cucumber, shredded carrot, green onion, seaweed salad **12.95**

**HOUSEMADE CHICKEN SALAD** Chopped chicken mixed with honey, raisins, pecans and mayonnaise, served over a bed of romaine mix with tomato wedges, sliced cucumbers and sliced hardboiled egg **8.95**

## SIGNATURE STEAK BOARD



We proudly serve Certified Angus Beef® brand to provide you with the highest quality beef available. A cut above USDA Prime, Choice and Select. Ten strict standards set the brand apart.

All Signature Steaks served with choice of two Traditional Sides (Substitute Steakhouse Sides for an additional 1.50 each)

### STEAK CUTS

\***9oz FILET MIGNON** 24.95 / \***12oz NEW YORK STRIP** 21.95 / \***14oz RIBEYE** 23.95

\***6oz SIRLOIN** 12.95 / \***12oz SIRLOIN** 18.95

### ACCOMPANIMENTS

**Sautéed Onions & Mushrooms** 2.95 / **Grilled Jumbo Shrimp** 6.95 / **Sautéed Baby Shrimp** 4.95 / **Sautéed Lump Crab Meat** 8.95

**COOKING / TEMPERATURE** R red/cool • MR red/warm • M red/hot • MW pink/hot • W brown/hot

## GILL & GRILL SPECIALTIES

\***NORTH ATLANTIC SALMON** Charleston red rice, seasonal vegetable **17.95**

**GRILLED CHICKEN DINNER** Grilled chicken breast, steamed brussels sprouts & Idaho baked potato **13.95**

**GRILLED SHRIMP DINNER** Housemade cocktail sauce, white cheddar mashed potatoes & southern slaw **17.95**

## SIGNATURE SANDWICHES

Served with a traditional side

\***AHI TUNA SANDWICH** Sesame crusted, wasabi cream, seaweed salad, pickled ginger, gluten free bun **10.95**

**HOMEMADE CHICKEN SALAD SANDWICH** Chopped chicken mixed with honey, raisins, pecan, mayonnaise, lettuce, tomato, gluten free bun **7.95**

## TBONZ STEAKHOUSE BURGERS



Certified Angus Beef® Burgers  
(Chicken may be substituted for beef at no additional charge)  
Served with a traditional side

\***CLASSIC AMERICAN BURGER** American cheese, lettuce, tomato, pickle, gluten free bun **9.95**

### TRADITIONAL SIDES 2.95

**CHARLESTON RED RICE / SOUTHERN SLAW / WHITE CHEDDAR MASHED POTATOES IDAHO BAKED POTATO / SEASONAL VEGETABLE FLASH FRIED BRUSSELS SPROUTS**

### STEAKHOUSE SIDES 4.95

**SWEET POTATO CASSEROLE (without streusel topping) GRILLED ASPARAGUS / HOUSE SALAD (without croutons)**

## DESSERTS

Ask your server about today's selections of delicious desserts. Our Charleston desserts are made fresh daily by Kaminsky's Dessert Café. Items may vary by location - *Enjoy!*

\*\* TBonz Gill & Grill uses an oil olive blend 80/20 Soybean

\*\* We have prepared this suggested list of menu options based on the most current ingredient information from our suppliers and their stated absence of wheat/gluten within these items. Please be aware that during normal operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu items can be completely free of allergens, due to cross contamination.

\*These items contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish and eggs may increase your risk of food borne illness, especially if you have a medical condition. A possible health risk may exist in eating undercooked ground beef at an internal temperature less than 155 degrees. The immediate consumer or purchaser must be 18 years of age or older and notified in advance.