

Gluten Free Menu

Soup & Salads:

Homemade dressings: citrus vinaigrette | white balsamic | creamy shallot
poppy seed | house vinaigrette | honey chive | Caesar

Caesar Salad Romaine hearts, tomatoes, freshly grated parmesan, crouton (**please order with no croutons**) 9.50

Mixed Greens with grape tomatoes, bell peppers, & cucumbers with honey chive 4.99/7.99

Chopped Salad romaine, kale, chicken, bacon, grilled onions, grape tomatoes, cheese curds,
Dijon vinaigrette & creamy shallot dressing 14 (**please order with no egg**)

Quinoa Salad Quinoa, sweet potatoes, broccoli, bell peppers, basil, capers, spinach & avocado
with lime vinaigrette 11.50

Ahi Tuna † Rare seared tuna, kumato, greens beans, edamame, grilled onions, arugula, pistachios & habanero vinaigrette
(**please order with no farro**) 14.75

Berries & Brie mixed greens, spiced almonds, fresh & pickled berries, brie cheese & poppy seed dressing
(**please order with no croutons**) 11

Tomato Soup

Creamy tomato basil soup, cheddar cheese
(**please order with no crouton**) cup 3.75 | bowl 6

Sandwiches:

Choose fries*, mashed potatoes (**no gravy**), mixed greens, or tomato soup | sub Caesar (**no croutons**) 1.50
Udi's Gluten free bread available for \$1.50

Reuben/Rachel slow cooked corned beef (or turkey), sauerkraut, thousand island & melted Swiss 13.50

Bison Burger Locally sourced bison with sharp cheddar, onion, grilled tomato, pickle, shredded lettuce and garlic aioli 15 | Add bacon 2.00

Minnesota Burger Fini sharp cheddar, LTO, pickles 13.50 Add bacon 2.00

Club Local Candied pepper bacon & roasted turkey, spinach, tomatoes & mayonnaise 13.50

Wee Lunch available option (Monday-Friday 11-2pm)

The Local's Specialties & Pub Classics

Chicken Pub Pie Roasted chicken in an herbed cream sauce with peas, leeks, & carrots
(**please order with no pastry crust**) 14.50

Pot Roast Dinner Piled high with cipollini onions, carrots & mushrooms over mashed potatoes au jus 16.99

Bangers & Mash bangers, mashed potatoes, seasonal vegetables & bigarade sauce 14

The Local is not an allergen-free environment. Guests with a special food sensitivity or dietary need should not rely solely on this information as the basis for deciding whether to consume a particular menu item and are individually responsible for ensuring that any such menu item meets their individual dietary requirements.

*We do our best to ensure a dedicated fryer for our French fries & Crisps; however, please be aware that the possibility of cross-contamination is present.

†Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry or shellfish reduces the risk of food-borne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.

Gluten Free Appetizers:

Udi's Gluten free bread available for \$1.50

Corned Beef Poutine fries, pulled corned beef, cheese curds, pickles, whiskey peppercorn sauce 10

Artichoke Dip artichoke hearts, sundried tomatoes, bell peppers, garlic, smoked gouda (**sub vegetables**) 11

Hummus roasted garlic, dukka, olive oil & vegetables (**order no bread**) 10

Wee Burgers Three sliders, sharp cheddar, smoked tomato jam, bistro sauce, & pickles (**order on gluten-free bread**) 10 | Bacon 2.00

Dessert:

Cappucino Crème Brulee

3.29

Gluten Free Drinks

*Our whiskey is made from malted barley; however,
the distillation process removes any residual cereal protein.*

Non-Alcoholic Specialty Beverages

JAMES CULLEN COLLINS

Cucumber, lime, San Pellegrino Limon | 4

THEOBALD MATHEW FIZZ

Vanilla, lemon, soda & orange | 4

THE BIG GINGER™ & SKINNY GINGER

2 Gingers Whiskey, ginger ale (or diet), lemon & lime | 7.5

CUCUMBER COLLINS

Greenall's Gin, lime, cucumber, & a hint of spice | 7

BORIS & THE BEAN

Vodka, vanilla bean, lemon zest, soda & orange | 8

BOULEVARDIER

Knob Creek Bourbon, Tempus Fugit, vermouth | 10

BLOOD & SAND

Scotch, maraschino liqueur, orange juice, vermouth | 11

NEGRONI

Greenall's Gin, Tempus Fugit, vermouth | 10

THE LAST WORD

Tattersall Gin, Chartreuse, maraschino lime cordial | 10

MAGNERS CIDER ORIGINAL or PEAR 12 oz. bottle 5.50 GF

CRISPIN CIDER Served over ice. 16 oz. can 6.50 GF

CRISPIN HONEYCRISP Unfiltered apple cider. 22 oz. bottle GF

ESTRELLA DAMM DAURA Spanish lager. 12 oz. bottle 6.00 GR

OMISSION PALE ALE or IPA 12 oz. bottle 6.00 GR

STRONGBOW CIDER Served over ice. 20 oz. draught 6.50

Summer/ Fall 2017