



# Gluten Free Menu



## APPETIZERS

### BLU WINGS 11

sauced: mild, medium, hot; served with bleu cheese and celery

### BLU NACHOS 14

tortilla chips layered with chili, cheddar jack cheese, peppadew peppers, scallions and sour cream

### LOADED WEDGES 9

seasoned potato wedges topped with chili, cheddar jack cheese, chives, sour cream

### TUNA TARTARE 13

ahi tuna and avocado, layered and served with a spicy ranch sauce

### HUMMUS 11

house-made hummus served with cucumbers, carrots, and tortilla chips



## SALADS

### BLU SALAD 8

mixed baby greens, red onions, bleu cheese crumbles, olives, and tomatoes in our house-made balsamic vinaigrette

add chicken 6 grilled shrimp 8 salmon 9 filet mignon 9

### CAESAR 9

crisp romaine lettuce tossed in house-made caesar dressing and parmesan cheese

add chicken 6 grilled shrimp 8 salmon 9 filet mignon 9

### CHILLED ASPARAGUS SALAD 12

roasted red peppers, goat cheese, candied pecans on a bed of baby arugula, tossed in our house-made sherry vinaigrette

add chicken 6 grilled shrimp 8 salmon 9 filet mignon 9

### AHI TUNA SALAD 16

seared ahi tuna over mixed greens, tossed with asian vegetables in a sesame ginger dressing

### CHICKEN MILANESE 15

grilled chicken cutlet topped with mixed field greens tossed in lemon basil dressing, shaved parmesan cheese, balsamic glaze and marinated grape tomatoes

### SEASONAL SALAD 12

baby greens tossed in champagne vinaigrette with seasonal fruit drizzled with a balsamic glaze and topped with goat cheese

add chicken 6 grilled shrimp 8 salmon 9 filet mignon 9

### CALIFORNIA COBB 15

mixed greens tossed in our ranch dressing with avocado, red onion, roasted chicken, egg, bacon, raisins, cheddar jack cheese, toasted almonds, tomatoes, cucumbers

## ENTREES

### AHI TUNA 21

pepper crusted; seared rare; served with sautéed asparagus

### SCALLOPS ROCKEFELLER 25

broiled sea scallops topped with hollandaise sauce, served over sautéed spinach

### THE HEAT 15

italian hot sausage with sautéed potatoes and italian long hot peppers

### LOBSTER RISOTTO 24

maine lobster, peas, corn tossed with our house-made risotto, finished with truffle oil

### THE RIVERDALE 16

grilled chicken breast, honey mustard, applewood bacon, mushrooms, melted cheddar jack cheese; served with mashed potatoes

### SALMON 19

honey ginger glazed salmon served over sautéed bok choy and chinese vegetables

### WILD MUSHROOM RISOTTO 17

shiitake, portabella, and button mushrooms tossed in our creamy risotto with asparagus and roasted peppers finished with truffle oil

## STEAKS & CHOPS

all steaks served with our house-made steak sauce and mashed potatoes unless otherwise noted.

add shrimp 8; au poivre 3

### HANGER STEAK 21

10oz cut

### NY STRIP 26

12oz cut

### FILET MIGNON

6oz cut 21 / 10oz cut 32

### COWBOY RIBEYE 33

20oz bone-in ribeye

### RACK OF LAMB 28

double bone-in chops

### PORK CHOP 18

10oz bone-in chop topped with lyonnaise potatoes and cherry peppers



## CHILI 9

beef and bean chili, melted cheddar jack cheese and pico de gallo, served with tortilla chips

## BURGERS

items below served on a gluten free bun with a side salad or blu chips

### AMERICAN 13

the classic with american cheese, lettuce, tomato and sliced onion

### BLU 15

topped with cheddar, bacon, and mushrooms

### JERSEY 15

topped with taylor ham, an egg over-easy and melted american cheese

### GARDEN STATE 13

jersey-grown vegetable burger with lettuce, tomato; served with a side salad

### COLORADO 17

bison burger, bleu cheese crumbles with bacon, sautéed mushrooms



## SANDWICHES & MORE

items below served on a gluten free bun with a side salad or blu chips

### GRILLED CHICKEN 14

marinated chicken breast, bacon, avocado, provolone and dijon mustard

### SOUTH BEACH 16

ahi tuna seared rare with asian cole slaw and wasabi ginger dressing; served with a mixed greens side salad

### STEAK SANDWICH 17

sliced filet mignon, mushrooms, onions, provolone cheese on toasted onion bread



## SIDES 6

SAUTÉED SPINACH

PARMESAN POTATO CHIPS

ASPARGUS-SAUTÉED OR GRILLED

LONG HOT PEPPERS AND POTATOES

BALSAMIC GLAZED GREEN BEANS

GARLIC MASHED POTATOES

BAKED POTATO



Denotes Blu Alehouse Favorites

\*\*consuming raw or undercooked meats, poultry, and seafood may increase your risk of foodborne illness