



# GLUTEN FREE Menu

We pride ourselves at Circus Cafe on being extremely gluten free friendly and have developed a devoted clientele who love our menu and staff expertise regarding delicious selections to choose from, safely. We have done extensive research on all of our menu items and we are more than willing to accommodate anyone with a gluten allergy. Our menu begins with the premise that simple is best! We are not big on breadings, coatings or toppings. Thus we are already ahead of the game with our approach and commitment to using fresh ingredients and seasonings to bring out flavor naturally and without compromise. What follows is a summary of our menu - highlighting those items that are gluten free.

## Starters

Market Green Salad.....	4.75
<b>Fresh Mozzarella, Tomato and Basil Salad</b> <i>Topped with red onion and drizzled with balsamic vinegar and extra virgin olive oil.....</i>	6.99
<b>Shrimp Cocktail</b> <i>Jumbo shrimp served in a martini glass with cocktail sauce.....</i>	9.99
<b>Chicken Wings</b> <i>a Circus dozen (that means 13)!</i> note: these are fried in oil that gluten items have also been fried in .....	8.99
<b>Wagon Wheel Quesadilla</b> (Please specify no tortilla) <i>Melted cheese, sautéed red onions &amp; tomatoes served with salsa, sour cream, Jack and Cheddar cheeses and shredded lettuce. Add Guacamole for .75.....</i>	7.99
add grilled chicken.....	9.99
add grilled flank steak or shrimp.....	10.99
<b>Basket of Sweet Potato Fries</b> note: these are fried in oil that gluten items have also been fried in.....	5.99

## Sandwiches

Many of our guests choose to order our sandwiches without the bread and with a market salad on the side.

See below for the house favorites!

Note: The veggie burger (on our regular menu) is not a gluten free option.

### Remember to order without the bread!

All served with a Market Salad  
Substitute Sweet Potato Fries 1.50

<b>Circus Burger</b> .....	8.99
Add a topping (.75 each item) <i>American, Cheddar, Swiss, Mozzarella, Bleu Cheese Crumbles, Guacamole, Mushrooms, Sautéed Onions, Fresh Jalapeño or Bacon</i>	
<b>Grilled Chicken Breast</b> <i>w/ roasted red peppers, mozzarella, lettuce, tomato and homemade pesto mayo.....</i>	10.99
Ⓥ <b>*Santa Fe Burrito</b> (Please specify no tortilla) <i>Grilled chicken, rice, grated Monterey jack and cheddar cheese tossed in our Chef's own Pico de Gallo &amp; Santa Fe ranch dressing (can substitute w/ Portabella mushrooms).....</i>	9.99
<b>Philly Cheese Steak</b> <i>w/ mozzarella cheese, peppers and onions.....</i>	10.50
<b>*Black Forest Ham, Vermont Cheddar &amp; Honey Dijon</b> <i>w/ lettuce &amp; tomato.....</i>	7.99
<b>*Turkey, Cheddar and Cranberry Mayo</b> <i>w/ lettuce &amp; tomato.....</i>	7.99
<b>*BBQ Chicken Wrap</b> (Please specify no tortilla) <i>with bacon, cheddar, and lettuce.....</i>	9.99
<b>*Reuben</b> <i>Grilled Corned Beef, sauerkraut, Swiss cheese &amp; Russian dressing on Rye.....</i>	8.99
<b>*Rachel</b> <i>Grilled Turkey, coleslaw, Swiss cheese and Russian dressing on Rye.....</i>	8.99
Ⓥ <b>*Portabella Veggie Wrap</b> <i>Portabella mushroom, roasted red pepper, mozzarella, lettuce and tomato w/ homemade pesto mayo.....</i>	8.99
<b>Sesame Ginger Tuna Filet Sandwich</b> <i>Grilled sesame ginger yellow fin tuna filet sandwich with ginger aioli.....</i>	10.99

\* Available for lunch only

Ⓥ These items are vegetarian or can be altered to be vegetarian

## Fantastic Salads

Our smaller portioned lunch salads!

For an entrée portion just add \$3  
Please order without the croutons!

Customize with these delicious additions:

*Grilled Chicken add \$2 • entrée portion add \$3*  
*Grilled Flank Steak add \$3 • entrée portion add \$5*  
*2 Jumbo Shrimp add \$3 • entrée portion of 3 add \$5*

- Ⓥ **Caesar Salad** *Fresh crisp romaine lettuce topped with shaved parmesan. (Caesar dressing served on the side; can be tossed if desired).....*
- 5.99
- Ⓥ **Greek Salad** *Romaine lettuce, Feta cheese, tomatoes, roasted red peppers, red onion and black olives, chopped and tossed in an herbed vinaigrette dressing.....*
- 6.99
- Ⓥ **Endive and Apple Salad** *A visual feast! Crisp apples and spears of fresh endive served on a bed of Romaine lettuce and topped with Roquefort cheese and walnuts. Served with a raspberry vinaigrette.....*
- 7.99
- Ⓥ **Spinach Salad** *Fresh spinach served with hard boiled eggs, mushrooms, bacon, tomatoes and cucumbers.....*
- 7.99

## Entrée Salads

Our larger portioned salads!

- Ⓥ **Caesar Salad** *Fresh crisp romaine lettuce topped with shaved parmesan. (Caesar dressing served on the side; can be tossed if desired).....*
- 8.99
- Circus Cafe's Cobb Salad** *A Favorite! Seasonal greens topped w/ an abundance of grilled chicken, bleu cheese, hard boiled egg, bacon, cucumbers, cherry tomatoes & topped w/a fresh avocado purée..*
- 12.99
- Grilled Flank Steak Salad** *Gently marinated strips of grilled flank steak served over a bed of seasonal greens & garnished w/ cucumbers, tomatoes & onion.....*
- 13.99
- Tuna Nicoise** *The classic! Prepared w/a grilled yellow fin tuna filet, potatoes, green beans, hard boiled egg & nicoise olives over seasonal greens. Our tuna is flash seared & served rare (unless specified)...*
- 14.99
- Grilled Salmon Salad** *A filet of fresh salmon, grilled & served atop seasonal greens, garnished w/ cucumbers, tomatoes & onion (salmon can be poached).....*
- 13.99
- Tropical Shrimp Salad** (Gluten Free by substituting the breaded Coconut Shrimp with plain Grilled Shrimp, Chicken or Steak. Homemade pineapple-coconut dressing is wheat free). *Served atop mesclun green salad with pineapple, mandarin oranges, bananas, grated coconut and cashews with our homemade pineapple coconut dressing.....*
- 12.99

### GLUTEN FREE SALAD DRESSINGS ARE:

Balsamic Vinaigrette, Italian, Ranch, Raspberry Vinaigrette, our signature Cilantro Lime Vinaigrette, and Oil and Vinegar  
(note: Peppercorn Parmesan is gluten free but does contain soy)

# Circus Cafe Signature Dishes

Classic Fare with a Bit of Flair!

**\*\*Spicy Shrimp & Chicken Veracruz**  
*Jumbo shrimp, grilled chicken and Jasmine rice tossed with a salsa of tomato, onions, jalapeno, cilantro, Tabasco and lime juice.*.....16.99

**Pan Roasted Salmon**  
*Plain or topped with warm Mango Salsa. Served with Jasmine rice & sauteed seasonal vegetables* .....18.99

**\*\*Tomato Basil Salmon**  
*Grilled salmon topped with tomato basil salsa served over garlic wilted spinach and Jasmine rice*.....18.99

**\*\*Sesame Ginger Tuna**  
*Pan seared and served w/ Jasmine rice & sautéed seasonal vegetables*.....20.99

**\*\*Tuna Provencale**  
*Pan seared yellow fin tuna topped w/ a Provencale sauce of white wine, garlic, lemon, plum tomatoes & fresh basil. Served w/ Jasmine rice & garlic wilted spinach*.....20.99

Ⓥ **Grilled Vegetable Napoleon**  
*A tiered delight of portabella mushrooms, fresh mozzarella, eggplant caponata, artichokes & roasted red peppers, drizzled w/ a balsamic reduction & served w/ mashed potatoes & seasonal vegetables or atop a bed of fresh salad greens*.....15.99

\*\* Available for dinner only

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**New York Strip Steak** *Aged, center cut and charbroiled to your taste.*

**Classic:** *Served with mashed potatoes and fresh seasonal vegetables or*

**Steak Frites:** *Served w/ curly fries & a market green salad*.....23.99

**Surf & Turf** *add 3 sautéed Jumbo Shrimp*..27.99

**\*\*Steak Marsala** *12 oz. New York Strip Steak topped with our homemade creamy Marsala sauce. Served w/ mashed potatoes & sautéed vegetables* .....24.99

Ⓥ **Sizzling Fajitas** (order with no tortilla)  
*Tender Tex Mex style steak & chicken served w/ peppers, onions & rice on a cast iron sizzle platter w/ sides of grated Monterey jack & cheddar cheese, shredded lettuce & tomato, sour cream & salsa (can substitute w/ Portabellas) Caution! Hot skillet!*.....15.99

**BBQ Ribs** (our BBQ sauce is gluten free) *A half rack of mouthwatering St. Louis style pork ribs topped with our homemade caramelized onion and bacon BBQ sauce! Served with mashed potatoes and coleslaw*.....17.99

**Yankee Pot Roast** *Hearty and simmered to perfection with carrots, potatoes, onions, and celery. Served with garlic French bread.* .....15.99

## Side Shows

Coleslaw.....2.00  
Sweet Potato Fries.....3.00  
Mashed Potatoes or Jasmine Rice.....3.00  
Sautéed Spinach.....4.00  
Sautéed Seasonal Vegetables.....4.00

## Desserts

**Decadent Chocolate Lava Cake**  
*With a warm chocolate center (with vanilla ice cream add \$1.00)*.....5.99  
**Homemade Cotton Candy**.....4.00  
**Homemade Mango Gelato**.....4.50  
**Vanilla Ice Cream** 1 scoop 1.50 2 scoops 3.00

## Bar

We have a full bar of wine, beer and specialty cocktails including a great list of martinis!  
We are proud to offer REDBRIDGE gluten free beer.

## Gluten Free Kids Menu Options!

Remember to order without the bread!

**Gluten Free Penne Pasta**  
w/ choice of marinara sauce or butter  
\$6.50

**Hamburger/Cheeseburger**  
with side market salad  
\$6.50

**Hot Dog**  
with side market salad  
\$6.50

**Yes! Our T-shirts are for sale \$18. Just ask your server! Children's T's too \$15**