



*Authentic American Dining*

TEDSMONTANAGRILL.COM

## GLUTEN-FREE MENU

The kitchen at Ted's Montana Grill is not gluten-free but every attempt is made to meet your gluten-free needs. The analysis is based on the information available at time of publication.

The following menu items are prepared with gluten-free products or can be ordered with the suggested changes to be gluten-free. Always request to speak with the manager when ordering.

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### STARTERS

**GRILLED SHRIMP** (order without bread)

### SALADS

"Eggless" Caesar, Honey Mustard, Basil Vinaigrette, Bleu Cheese, Olive Oil & Red Wine Vinegar and Thousand Island Dressings are gluten-free. Please order your salad without croutons, as these do contain gluten.

**BALSAMIC BLEU STEAK\*** (order without crispy fried onion straws)

**CLASSIC CAESAR** (chicken, cedar plank salmon\* or grilled shrimp)

**BIG SKY GRILLED** (chicken, beef burger\*, bison burger\* or cedar plank salmon\*)

**TED'S CHOPPED**

**ICEBERG WEDGE**

**HOUSE**

**CLASSIC CAESAR SIDE**

### CLASSICS (order without yeast roll)

Please refer to the listing of gluten-free sides when ordering your entrée.

**CEDAR PLANK SALMON\***

**SALT-AND-PEPPER TROUT**

**PRIME RIB\*** (in select locations) (order without au jus)

**BISON OR BEEF TENDERLOIN FILET\***

**BISON KANSAS CITY STRIP STEAK\***

**BISON OR BEEF DELMONICO\***

**ROAST TURKEY** (order without dressing and gravy)

### SIDES

Asparagus

Vine-Ripened Tomatoes

Baked Potato (after 4p.m.)

Buttered Broccoli

Coleslaw

Garlic Mashed Potatoes (order without gravy)

French-Cut Fries

Sweet Potato (after 4p.m.)

## **BURGERS\* (order without the bun)**

Choose from our naturally raised bison or Certified Angus beef® or our all-natural chicken.  
Served with our fresh-cut fries.

**NAKED** Perfectly simple

**CHEESE** American, Cheddar, Monterey Jack or Swiss

**TED'S BACON CHEESEBURGER** Cheddar or Swiss cheese, smoky bacon and grilled onions

**AVALON** Melted Gruyere with a hint of Bleu cheese, crumbled bacon and sweet caramelized onions, roasted garlic aioli and baby arugula

**PEPPERCORN** Seasoned and seared with peppercorns, Gruyere cheese, herb Dijon mustard and baby arugula

**MONTANA BREAKFAST** American cheese, grilled ham, spicy tomato jam and a fried egg\* "over-easy"

**GEORGE'S CADILLAC** Cheddar cheese, smoky bacon and bbq sauce

**BLUE CREEK** Inspired by Ted's Nebraska Blue Creek Ranch, with Bleu cheese and smoky bacon

**VERMEJO** Named after Ted's 591,000-acre ranch, with Monterey Jack cheese, grilled onions and mushrooms

**NEW MEXICO** Pepper Jack cheese, roasted Anaheim pepper, spicy tomato jam and hand-made guacamole

**SWISS & MUSHROOM** Swiss cheese, grilled mushrooms and sour cream

**AMERICA'S CUP** The only thing Ted finds more satisfying than winning the 1977 America's Cup is a burger topped with American cheese, smoky bacon, grilled onions and mushrooms

**CANYON CREEK** Cheddar cheese, smoky bacon, fresh jalapeños, blackberry jam and a fried egg\* "over-easy"

**SKINNY DIP** Avocado slices served on an oatie wheat bun with a side of fresh coleslaw

**KITCHEN SINK** American Cheese, grilled ham, smoky bacon, grilled onions and mushrooms, topped with a fried egg\* "over easy"

## **KIDS' MENU\***

Please refer to the listing of gluten-free sides when ordering your entrée.

**BAR NONE SLIDERS<sup>SM</sup>** (order without roll)

**CEDAR PLANK SALMON**

**STEAK AND FRIES**

## **DESSERTS**

**HÄAGEN-DAZS® ICE CREAM**

**HAND-MADE SHAKES**

**FLOATS (COKE®, IBC® ROOT BEER)**

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Menu items are prepared to order so slight variations may be present. Occasionally, recipes may change, ingredients altered, and products may vary by local vendor or Ted's Montana Grill Location. Allergen information was gathered by approved product manufacturers. Products may come in contact with each other during preparation.

The nutritional and dietary recommendations were prepared for Ted's Montana Grill by Registered Dietitians of EcoSure<sup>SM</sup>, a service of Ecolab® (a third-party consultation service) as a service to our customers. Ted's Montana Grill, EcoSure<sup>SM</sup> and Ecolab® assume no responsibility for its use and any resulting liability of consequential damages is denied. This information should not be considered a substitute for individualized medical advice from personal physicians or registered dietitians.

\*Note: Burgers and steaks are cooked to order. We are required to inform you that the consumption of raw or undercooked foods such as meats, seafood and eggs, which may contain harmful bacteria, may cause serious illness.

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