

IZZY'S GLUTEN FREE MENU

Because we have gluten in the building we consider our Gluten Free menu **DIETARY ONLY**. If you have a high risk gluten allergy please consider this when ordering from our menu. All of our food items are prepared in one kitchen and although we take as many precautions as we can there is a chance of cross contamination.

"APPETIZERS"	Cup 5.65	"SOUP"	6.75
Tamale <i>1 Beef Tamale</i> w/Chili and Corn Chips OR 7.15 Appetizer <i>1 Veggie Tamale</i> a w/Cheese Dip and Corn Chips		Made fresh by Izzy's everyday <i>*Please ask you Server to leave off the crackers*</i>	
Cheese Dip with chips Small 7.89 Old Fashioned, with tomatoes, spices, (fresh-made) Large 9.99		Tomato Basil Soup Chili	Golden Potato Soup Otli Black Bean Soup
Guacamole with chips Small 8.40 Large 10.35		Nachos (Mucho Grande) Served smothered with fresh made chili, our fresh-made cheese dip, real sour cream, green peppers, purple onions & black olives. Want Jalapeños, just ask! 10.39	
Salsa with chips (Chunky & Fresh) Small 5.60 Tomatoes, fresh cilantro & spices Large 6.35		Greek Hummus *Please order with Corn Chips* With Tomatoes, Cucumbers & Kalamata Olives 10.75	
Dip Sampler: Cheese Dip, Salsa & Guacamole w/corn chips 11.25			
"SALADS" **Please ask your Server to leave off the Crackers or Bread**			
WE MAKE OUR OWN DRESSINGS: Gluten Free - Balsamic Honey, House Vinaigrette, Izzabella, Greek, Sesame Ginger, Ranch			
Seasonal Spinach Salad - Changes with the Seasons. Ask your waiter for details			\$ Seasonal
Chicken Chef 12.15 Marinated grilled chicken breast, mixed lettuce, lotsa mozzarella cheese, tomato wedges, cucumbers, Sunflower nuts, green peppers, purple onions.			
Chicken Salad Jubilee (Grilled Breast Meat Only) 12.15 Fresh-made chicken salad, lotsa fresh fruit salad, cheese, sunflower nuts, yogurt-poppy seed dressing. A full meal.			
Salmon Nicoise (Poached in Herb Garlic Butter) 15.75 Fresh poached salmon, mixed lettuce, mozzarella cheese, tomato wedges, cucumbers, black olives, purple onions, hard boiled egg, w/House Vinaigrette.			
Taco Super Salad (Served w/Fresh Salsa) 11.55 Fresh mixed lettuce, chili, our fresh-made cheese dip, black olives, green peppers, purple onions, tomato wedges, sour cream. Served w/corn chips & salsa on the side			
Izzabella Salad (Voted Best Salad - A Healthy Choice) Fresh mixed lettuce with a Izzabella Light Vinaigrette, sprinkled with almonds, sesame seeds & mandarin oranges.		Chicken 12.15 Salmon 15.75 Plain 8.99	
Kale Quinoa Salad (Grown on Izzy's Farm when in season) Fresh chopped kale, quinoa, dried cranberries and cherry tomatoes tossed in an our Orange Citrus Vinaigrette. Amazing!		Chicken 12.15 Salmon 15.75 Plain 8.99	
Original Caesar Salad Romaine lettuce tossed with traditional made from scratch Caesar dressing.		Chicken 12.15 Salmon 15.75 Plain 8.99	
San Francisco "Slug" Salad (inspired by the San Francisco Fire Department) Fresh mixed lettuce topped with mandarin oranges (the oranges are the "slugs"), cucumbers, almonds, and tomato wedges & Goat Cheese . Served with a Balsamic Vinegar Olive Oil & Honey dressing.		Chicken 12.60 Salmon 15.75 Plain 9.85	
Sesame Ginger Asian Salad (It's the dressing that makes this salad!) Our fresh made ginger and toasted sesame dressing top fresh mixed lettuce, mandarin oranges, cucumbers, almonds, tomato wedges, cilantro & sesame seeds. Served w/crackers.		Chicken 12.60 Salmon 15.75 Plain 9.85	
Greek Salad (with Lemon Citrus Greek Vinaigrette) Fresh mixed lettuce topped with cucumbers, purple onions, green peppers, kalamata olives, Goat Cheese , and tomato wedges. Served with a Lemon Citrus Greek Vinaigrette.		Chicken 12.60 Salmon 15.75 Plain 9.85	
Small Side Greek, San Francisco Slug, or Sesame Ginger Asian Salad		Plain	7.65
House Salad (With our famous House Vinaigrette) Fresh mixed lettuce, tomatoes, lotsa mozzarella cheese, peppers & onions.			6.55
Le' Petite Salad (Izzy's creation) Alternated layers of tomato slices and cream cheese, peppers, purple onions, covered with our famous vinaigrette.			6.55
Fruit Salad (Fresh Fruits and Melons in Season) w/ yogurt-poppy seed dressing (A Healthy Choice) Honey Dew, cantaloupe, green apples, grapes & pineapple		Large Small	9.45 7.35

"HOT TAMALES"

Our Tamales are hand made & rolled in Corn Shucks
"BEEF" or Arkansas' only "VEGGIE" Tamale

Hot Tamale Platter (Voted Best) 2 Big Tamales!
Platter 11.99

"Beef" - Tender Roast

Smothered w/fresh chili, corn chips & cheese dip

"Veggie" - The Kitchen Sink

Smothered w/cheese dip, corn chips & salsa

"Mixed" - Best of Both World

Beef smothered w/fresh chili, Veggie smothered w/cheese dip, corn chips & salsa

Tamales A La Carte 3.50
ONE "Beef" or "Veggie" TAMALES all by it's lonesome.

"LITE PLATE"

****Please ask your Server to leave off the Rolls****

- Chicken Breast** (Marinated and Grilled) **12.85**
- Salmon** (Poached in Herb Garlic Butter) **19.55**
- Hamburger Steak** (Fresh Certified Black Angus Beef) **12.85**
- Veggie Corn Cake** (We make 'em ourselves!) **12.85**

**With your choice of
 Fresh Steamed Veggies or Twice Baked Fiesta Potato or
 any of our Small Side Salads**

- Fiesta Potato (Twice baked)** **6.25**
 Mixed w/lotsa goodies, garlic butter, cheese
- Fresh Streamed Veggies** **5.95**
 Zucchini, squash, tomatoes, onions, green peppers & parsley, prepared with fresh garlic, spices & olive oil

"SANDWICH PLATTERS" ~ Dietary Gluten Free ONLY

**** NOT safe for those with severe gluten allergies. Prepared/Toasted/Grilled on surfaces that gluten touches ****

Soup & Sandwich Platter (best of both worlds)

for a small up charge, add any of our famous soups *instead of chips* to your sandwich

Soups: Potato, Tomato Basil, Black Bean, Chili
Cup: \$3.45, Bowl \$4.90

We've Got Fries!
 Regular \$2.73 or
SWEET Potato \$3.78
 with Sandwich
\$3.57 & \$4.62 A La Carte

Made with Toasted Gluten Free Bread

- Nutty Bird (famous for 24 years) w/ chips** **11.35**
 Sliced turkey breast, cream cheese, sunflower nuts, leaf lettuce, tomato, Miracle Whip on Gluten Free Bread
- Super BLT (A little messy, but good!) w/ chips** **11.35**
 Made with lotsa smoked bacon, our fresh-made cheese dip, leaf lettuce, Miracle Whip, tomato, on toasted Gluten Free Bread
- Old Fashion Chicken Salad (Grilled Breast Meat Only) w/ chips** **11.35**
 Fresh-made chicken salad, leaf lettuce, tomato on Gluten Free Bread
- Rueben (The Original) w/ chips** **12.45**
 Thin sliced corned beef brisket, Muenster cheese, fresh crisp kraut, 1000 Island, grilled on buttered Gluten Free Bread
- Grilled Cheese w/ chips** **8.45**
 Made with all three cheeses - American, Muenster, Jalapeno - on grilled buttered Gluten Free Bread
- Veggie Melt (Grilled on garlic buttered toasted Gluten Free Bread) w/ chips** **11.05**
 Slices of Muenster cheese, fresh spinach, sliced zucchini, mushrooms, fresh Guacamole, sunflower nuts, and tomato

"THE" HAMBURGER w/ chips & Gluten Free Bun 10.89
 7 OZ. Old Fashioned, Hand Pattied **Fresh Black Angus Certified Beef**

The Grilled VEGGIE Burger (A Healthy Alternative & Gluten Free) 10.89
 We make these ourselves! Veggie & Black Bean Burger & w/chips & Gluten Free Bun

Grilled Chicken Breast (None Better) w/chips & Gluten Free Bun 11.89
 Marinated grilled chicken breast, leaf lettuce, tomato, Dijon Honey Dressing

Add Ons:

- Regular Fries \$2.73
- SWEET Potato Fries w/ Honey Mustard Sauce.....\$3.78
- Smoked Applewood Bacon \$1.45
- Cheese: American, Muenster, Jalapeno, Cheddar . \$1.29
- Grilled Mushrooms..... \$.75
- Grilled Zucchini \$.75
- Grilled Onions \$.75
- Avocado Slices..... \$1.29
- Spinach..... \$.75

*Can be made with your choice of: Ketchup, Mustard, Miracle Whip, Real Mayo, Lettuce, Tomato, Onion, Pickle *BBQ Sauce Available too!*



DESSERT



Cheesecake
\$6.75

MILK SHAKES \$6.50

Made with Yarnell's Real Vanilla Ice Cream
 Served in Mix Can

**Chocolate, Strawberry, Vanilla,
 Green Tea, & Black Tea**

IZZY'S All American \$8.29

Warm Chocolate brownie, 2 scoops of vanilla ice cream,
 covered w/ Hot Fudge & topped w/ whipped cream!

Gluten Free Beer

\$4.55

**RED BRIDGE
 ANGRY ORCHARD**