

# Gluten Restricted Diet Menu

Although Bugaboo Creek does not have a Gluten Free kitchen, we will make every attempt to meet your Gluten Free needs. Bugaboo Creek Steak House, in cooperation with the Gluten Intolerance Group ([www.gluten.net](http://www.gluten.net)) is currently publishing a Gluten Free menu. The items listed on the Gluten Free menu are gluten free or can be ordered gluten free with minor changes. To ensure that your meal is prepared gluten free, please request that all items are prepared in separate containers and on clean food contact surfaces.

## Starters

Grilled Shrimp (*order without cilantro ranch dressing*)

\*Kobe Beef Sliders (*order without sauce or buns*)

## The Creek's Salads

Request NO croutons on salads. Request that salads are prepared in separate bowl from other salads.

Alpine Chicken Salad

Chicken Caesar Salad

Grilled Chicken Salad

\*Bleu Mountain Steak Salad (*order un-marinated steak only and without onion strings*)

Salad Dressings: Caesar, Thousand Island, Balsamic Vinaigrette, Blue Cheese Dressing, Parmesan Peppercorn and Lite Olive Oil Vinaigrette

## Bugaboo Steaks

\*Timber Creek T-Bone Steak

\*Mountain Man Strip

\*Prime Rib (*order without Au Jus sauce*)

\*Black Magic Steak

\*Lodge Center Cut Filet

## Fish from the Grill

Grilled Rainbow Trout

At Bugaboo Creek you'll find your very own Canadian Rockies Retreat, just like the warm, rustic mountain lodge at the end of an adventurous day on a rugged trail on the Bugaboos. Like Conrad Kain, we have passion and determination in everything we do at Bugaboo Creek. Your food will always be fresh and made to order, and we strive to accommodate all nutritional needs.

\*COOKED TO ORDER: CONSUMING RAW OR UNDER-COOKED FOODS SUCH AS MEAT, FISH, POULTRY, SHELLFISH AND EGGS, WHICH MAY CONTAIN HARMFUL BACTERIA, MAY CAUSE SERIOUS ILLNESS OR DEATH, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. WE GRILL OUR BURGERS MEDIUM, AT 155° F, MEDIUM WELL OR WELL DONE.

## Combo Platters

\*Lodge Center Cut Filet + Grilled Shrimp (*order without cilantro ranch dressing*)

Cedar Plank Salmon & Scallops (*order without sauce*)

## Mountain Outfitters' Specials

Smoked Baby Back Ribs (*order without french fries*)

Spit-Roasted Half Chicken

\*Moosebreath Burger (*order without bun or french fries*)

Smothered BBQ Chicken (*order without french fries*)

Campfire Cheesesteak (*order without bun or french fries*)

## Sides

Charlie's Smashed Potatoes

Fresh Steamed Vegetables

Mountain Loaded Baked Potato (*real bacon only*)

Sautéed Mushrooms

Grilled Onions

Baked Beans

## Specialty Drinks

All Moose Juices

Rocky Mountain Mudslide

Glacier Freeze Smoothies

All others



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