

Gourmet Girls Gluten Free Bakery/Bistro

Lunch Menu ~ Served All Day

~ SALADS ~

Organic Mixed Greens House Made Fig Balsamic Vinaigrette 13.95

Brie, Toasted Pumpkin Seeds, Cranberries, Pears, Baguette

Add Grilled Chicken, Chicken Salad or Tuna Salad 5.75

~ SANDWICHES, ETC ~ Served with Your Choice of Side

French Fries, House Made Potato Chips, Cole Slaw, Cucumber Salad, Organic Mixed Greens

Fresh Fruit or Sweet Potato Fries Add \$2 Bacon Ranch Fries or Onion Rings Add \$3

D' Italiano 16.95

Shaved Ham, Pepperoni, Roasted Red Peppers, Pickled Onion, Grilled Mozzarella, Lettuce, Tomato,
Mayo on Italian Ciabatta Bun

Sonoran Sandwich or Wrap on Flatbread or Tortilla 16.95

Turkey, Bacon, Avocado, Tomato, Lettuce, Rosemary Mayo, Pesto

Double Decker Grilled Cheese Carrot Sunflower Bread 14.95

Mozzarella, Swiss, Cheddar, Bacon, Avocado, Tomato

Chicken Salad Sandwich, Wrap or Pita Pocket On Focaccia, Tortilla or Pita 14.25

Rosemary and Toasted Walnuts, Lettuce, Tomato, Sprouts

Cold Tuna Salad Wrap or Pita Pocket on Tortilla or Pita 14.25

Wild Caught Albacore, Red Onion, Celery, Relish, Mayo, Lettuce, Tomato, Sprouts

Tuna Melt Wild Caught Albacore 16.25

Grilled Multi Grain, Cheddar, Avocado, Pickled Onion

***Fish Sandwich** Wild Caught Cod 14.95

Tri Color Peppers, Red Onions, Lettuce, House Made Tartar Sauce on Focaccia Roll

Reuben on "Rye" 15.95

Pastrami, Sauerkraut, Swiss, House Made Thousand Island

***Grass Fed Beef Burger** 1/3 Pound Lettuce, Tomato, Onion, Pickle 14.25

Add Avocado or Cheddar \$1.50 each Chiles or Grilled Onion or Sprouts \$1 each

***Fish and Chips** Wild Caught Cod 16.95

Cider Batter Fried Fish, House Made Potato Chips, Cole Slaw, Tartar Sauce

Tucson Tuscan 14.25

Turkey, Spinach Artichoke Spread, Roasted Red Peppers, Red Onions on Pretzel Bun

Chicken BLT 16.95 Spice it Up Buffalo Style

Chicken Tenders, Bacon, Lettuce, Tomato, Bleu Cheese Ranch Dressing on Pretzel Bun

Grilled Ham & Cheese Shaved Ham, Melted Cheddar on Ciabatta Bun 13.95

Chicken Marinara 15.75

Chicken Tenders, Pesto, Marinara, Grilled Mozzarella, Fried Capers on Italian Ciabatta Bun

Chicken Cordon Bleu 16.95

Chicken Tenders, Shaved Ham, Melted Swiss, Dijon Mayo on Ciabatta Bun

Western 16.95

BBQ Pulled Pork, Bacon, Onion Rings on a Ciabatta Bun

BBQ Pork 15.75

BBQ Pulled Pork, Cole Slaw on Ciabatta Bun

Chicken Fried Steak Sandwich 16.95

Chicken Fried Steak, Cheddar Cheese, Lettuce, Tomato, Pickle, Mayo on Flatbread

Please Feel Free To Discuss Special Needs with Your Server