

Guests with Gluten Sensitivities

Guests with gluten sensitiveness (Celiac Disease/Celiac Sprue) often contact us to find out what is safe for them to eat. Gluten is a protein found in wheat, barley and rye.

The menu items listed below have been reviewed by an independent registered dietitian and determined generally to be suitable for consumption by the Gluten Intolerant, based upon the 2000 American Dietetic Association guidelines.

Smokey Bones has made an effort to provide complete and current gluten content information; however, due to changes in recipes and the handcrafted nature of our menu, variations in the ingredient profile of a particular menu item may occur from time to time. Smokey Bones makes no guarantees regarding the gluten content of any of these items.

All stations in our kitchen do come in contact with wheat products; therefore Smokey Bones will not assume any liability of cross contamination under any circumstances.

Menu items should be ordered with recommended sides only with NO bread.

FIRESTARTERS:

- Fire Stix
- Smoked Wings
- Salsa
- Firecracker Shrimp no Pretzel

Salads and Soups:

- Side Green Salad, crisp salad greens, with grape tomatoes, red onion, cucumbers (NO Croutons)
- Side Caesar Salad (NO Croutons)
- Charbroiled Chicken Caesar Salad (NO Croutons)
- Cobb Salad
- Nutty Grilled Chicken Salad
- All dressings

Smoked BBQ:

- Smoked St. Louis Style Ribs (All sizes with Original, Brown Sugar or Memphis Spice)
- Baby Back Ribs (All sizes with Original, Brown Sugar or Memphis Spice)
- Smoked Beef Brisket
- Sliced Smoked Turkey Breast

Fire Grilled Steaks:

- 7oz Top Sirloin (NO Chipotle Marinade)
- 10 oz Top Sirloin (NO Chipotle Marinade)
- 12 oz NY Strip Steak
- Pork Tenderloin with Chipotle BBQ Glaze
- All Toppings except Mushroom Sauce

Chicken and Seafood:

- BBQ Chicken (1/4 or 1/2)
- Grilled Chicken Breast
- Flamed Seared Salmon (No Sauce)

SIDES:

- French Fries (Fried in Canola)
- Coleslaw
- Broccoli
- Apples
- Mashed Potatoes *WITHOUT* gravy
- Loaded Mashed Potatoes
- Baked Potato
- Loaded Baked Potato