

# 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.

<b>"APPETIZERS"</b>	Cup 5.65	<b>"SOUP"</b>	6.75
<b>Tamale</b> 1 <b>Beef Tamale</b> w/Chili and Corn Chips <b>OR</b> <b>7.49</b> <b>Appetizer</b> 1 <b>Veggie Tamale</b> a w/Cheese Dip and Corn Chips		<b>Made fresh by Izzy's everyday</b> <i>*Please ask you Server to leave off the crackers*</i>	
<b>Cheese Dip with chips</b> <b>Small 8.29</b> Old Fashioned, with tomatoes, spices, (fresh-made) <b>Large 10.49</b>		<b>Tomato Basil Soup</b> <b>Chili</b>	<b>Golden Potato Soup</b> <b>Otli Black Bean Soup</b>
<b>Guacamole with chips</b> <b>Small 8.85</b> <b>Large 10.85</b>		<b>Nachos (Mucho Grande)</b> Served smothered with fresh made chili, our fresh-made cheese dip, real sour cream, green peppers, purple onions & black olives. Want Jalapeños, just ask! <b>10.99</b>	
<b>Salsa with chips (Chunky &amp; Fresh)</b> <b>Small 5.95</b> Tomatoes, fresh cilantro & spices <b>Large 6.75</b>		<b>Greek Hummus *Please order with Corn Chips*</b> With Tomatoes, Cucumbers & Kalamata Olives <b>10.99</b>	
<b>Dip Sampler:</b> Cheese Dip, Salsa & Guacamole w/corn chips <b>11.85</b>			
<b>"SALADS"</b>			
<i>**Please ask your Server to leave off the Crackers or Bread**</i>			
<b>WE MAKE OUR OWN DRESSINGS: Gluten Free</b> - Balsamic Honey, House Vinaigrette, Izzabella, Greek, Sesame Ginger, Ranch			
<b>Seasonal Spinach Salad - Changes with the Seasons.</b> Ask your waiter for details			<b>\$ Seasonal</b>
<b>Chicken Chef</b> Marinated grilled chicken breast, mixed lettuce, lotsa mozzarella cheese, tomato wedges, cucumbers, Sunflower nuts, green peppers, purple onions.			<b>12.75</b>
<b>Chicken Salad Jubilee (Grilled Breast Meat Only)</b> Fresh-made chicken salad, lotsa fresh fruit salad, cheese, sunflower nuts, yogurt-poppy seed dressing. A full meal.			<b>12.75</b>
<b>Salmon Nicoise (Poached in Herb Garlic Butter)</b> Fresh poached salmon, mixed lettuce, mozzarella cheese, tomato wedges, cucumbers, black olives, purple onions, hard boiled egg, w/House Vinaigrette.			<b>16.49</b>
<b>Taco Super Salad (Served w/Fresh Salsa)</b> 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			<b>12.15</b>
<b>Izzabella Salad (Voted Best Salad - A Healthy Choice)</b> Fresh mixed lettuce with a Izzabella Light Vinaigrette, sprinkled with almonds, sesame seeds & mandarin oranges.			Chicken 12.75 Salmon 16.45 Plain 9.49
<b>Kale Quinoa Salad (Grown on Izzy's Farm when in season)</b> Fresh chopped kale, quinoa, dried cranberries and cherry tomatoes tossed in an our Orange Citrus Vinaigrette. Amazing!			Chicken 12.15 Salmon 16.45 Plain 9.49
<b>Original Caesar Salad</b> Romaine lettuce tossed with traditional made from scratch Caesar dressing.			Chicken 12.15 Salmon 16.45 Plain 9.49
<b>San Francisco "Slug" Salad (inspired by the San Francisco Fire Department)</b> Fresh mixed lettuce topped with mandarin oranges (the oranges are the "slugs"), cucumbers, almonds, and tomato wedges & <b>Goat Cheese</b> . Served with a Balsamic Vinegar Olive Oil & Honey dressing.			Chicken 13.25 Salmon 16.79 Plain 10.25
<b>Sesame Ginger Asian Salad (It's the dressing that makes this salad!)</b> 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 13.25 Salmon 16.79 Plain 10.25
<b>Greek Salad (with Lemon Citrus Greek Vinaigrette)</b> Fresh mixed lettuce topped with cucumbers, purple onions, green peppers, kalamata olives, <b>Goat Cheese</b> , and tomato wedges. Served with a Lemon Citrus Greek Vinaigrette.			Chicken 13.25 Salmon 16.79 Plain 10.25
<b>Small Side Greek, San Francisco Slug, or Sesame Ginger Asian Salad</b>			Plain <b>7.99</b>
<b>House Salad (With our famous House Vinaigrette)</b> Fresh mixed lettuce, tomatoes, lotsa mozzarella cheese, peppers & onions.			<b>6.95</b>
<b>Le' Petite Salad (Izzy's creation)</b> Alternated layers of tomato slices and cream cheese, peppers, purple onions, covered with our famous vinaigrette.			<b>6.95</b>
<b>Fruit Salad (Fresh Fruits and Melons in Season)</b> w/ yogurt-poppy seed dressing (A Healthy Choice) Honey Dew, cantaloupe, green apples, grapes & pineapple			Large <b>9.95</b> Small <b>7.75</b>

## “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 12.60**

**“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 3.70**  
**ONE “Beef” or “Veggie” TAMALES all by it’s lonesome.**

## “LITE PLATE”

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

<b>Chicken Breast</b> (Marinated and Grilled)	<b>13.50</b>
<b>Salmon</b> (Poached in Herb Garlic Butter)	<b>20.55</b>
<b>Hamburger Steak</b> (Fresh Certified Black Angus Beef)	<b>13.50</b>
<b>Veggie Corn Cake</b> (We make ‘em ourselves!)	<b>13.50</b>

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

<b>Fiesta Potato (Twice baked)</b> Mixed w/lotsa goodies, garlic butter, cheese	<b>6.55</b>
<b>Fresh Streamed Veggies</b> Zucchini, squash, tomatoes, onions, green peppers & parsley, prepared with fresh garlic, spices & olive oil	<b>6.25</b>

## “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: \$3.55, Bowl \$5.15**

**We’ve Got Fries!**  
 Regular \$2.99  
 SWEET Potato \$3.99  
 with Sandwich  
 \$3.95 & \$5.79 A La Carte

Cup of Fruit \$3.25

**Made with Toasted Gluten Free Bread**

<b>Nutty Bird (famous for 24 years)</b> w/ chips Sliced turkey breast, cream cheese, sunflower nuts, leaf lettuce, tomato, Miracle Whip on Gluten Free Bread	<b>12.05</b>
<b>Super BLT (A little messy, but good!)</b> w/ chips Made with lotsa smoked bacon, our fresh-made cheese dip, leaf lettuce, Miracle Whip, tomato, on toasted Gluten Free Bread	<b>12.05</b>
<b>Old Fashion Chicken Salad (Grilled Breast Meat Only)</b> w/ chips Fresh-made chicken salad, leaf lettuce, tomato on Gluten Free Bread	<b>12.05</b>
<b>Rueben (The Original)</b> w/ chips Thin sliced corned beef brisket, Muenster cheese, fresh crisp kraut, 1000 Island, grilled on buttered Gluten Free Bread	<b>13.05</b>
<b>Grilled Cheese</b> w/ chips Made with all three cheeses - American, Muenster, Jalapeno - on grilled buttered Gluten Free Bread	<b>8.79</b>
<b>Veggie Melt (Grilled on garlic buttered toasted Gluten Free Bread)</b> w/ chips Slices of Muenster cheese, fresh spinach, sliced zucchini, mushrooms, fresh Guacamole, sunflower nuts, and tomato	<b>11.75</b>

**“THE” HAMBURGER** w/ chips & Gluten Free Bun **11.59**  
 7 OZ. Old Fashioned, Hand Pattied **Fresh Black Angus Certified Beef**

**The Grilled VEGGIE Burger (A Healthy Alternative & Gluten Free)** **11.59**  
 We make these ourselves! Veggie & Black Bean Burger & w/chips & Gluten Free Bun

**Grilled Chicken Breast (None Better)** w/chips & Gluten Free Bun **13.69**  
 Marinated grilled chicken breast, leaf lettuce, tomato, Dijon Honey Dressing

**Add Ons:**

Regular Fries .....	\$2.99
SWEET Potato Fries w/ Honey Mustard Sauce.....	\$3.99
Smoked Applewood Bacon .....	\$1.95
Cheese: American, Muenster, Jalapeno, Cheddar	\$.129
Grilled Mushrooms.....	\$.95
Grilled Zucchini .....	\$.95
Grilled Onions .....	\$.95
Avocado Slices.....	\$1.69
Spinach.....	\$.95

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



## DESSERT



**Cheesecake**  
**\$7.25**

**MILK SHAKES \$6.85**

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

**IZZY’S All American \$8.99**  
 Warm Chocolate brownie, 2 scoops of vanilla ice cream,  
 covered w/ Hot Fudge & topped w/ whipped cream!

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

## Gluten Free Beer

**\$4.55**

**RED BRIDGE  
 ANGRY ORCHARD**