

Gluten Free Sharables

Bone-in or Boneless Wings 17

Seven (7) gluten free corn mash battered wings tossed in your choice of Buffalo, Sweet Thai Chili, Spicy Garlic Teriyaki, or Honey BBQ sauce served with carrots & celery

Nachos 17

Tri color tortilla chips, nacho & shredded cheese, black beans, jalapenos, black olives, pico de gallo, topped with sour cream and green onions with your choice of chicken or ground beef. Served with side of salsa *Substitute steak - 5

Urban Fries / Tots Side -5 / Large - 7

Served with choice of dipping sauce

Chicken Lettuce Cups 15

Chicken, apple, onion, cranberry, almond, parmesan, house made aioli in fresh iceberg cups

Hummus Plate V 16

Traditional hummus served with carrots, celery, tomato, cucumber, marinated tri color olives and Corn chips.

Quesadilla 16

A fajita style Gluten Free Tortilla stuffed with sauteed onions & peppers and cheddar jack cheese with choice of chicken, ground beef, or veggie. Served with side of salsa & sour cream *Substitute steak - 5



A message from the Chef:

At Urban Elk, we can work around most dietary needs. The Gluten Free options are based on our current menu with some minor modifications to fit the Gluten Free title or vegetarian or vegan.

As for nut allergies, most all of our menu items are nut free with exceptions of ones that are noted, that can have any form of nut or nut based product removed.

While we can accommodate most dietary requests, we do have our limitations and cannot accommodate for Celiac or Kosher requests, based on facilities and operation constraints.

In addition to our Gluten Free food offerings, there are beverages that are gluten free for our guests to enjoy.

Gluten Free Greens

The Garden V 8

Romaine lettuce, red onion, cucumber, tomato, cheddar jack, and choice of dressing

Chicken Caesar Salad 20 (Starter 8)

Crisp romaine, char-grilled or crispy chicken, parmesan Cheese, tossed in creamy Caesar dressing *Substitute salmon or steak - 5

Southwest Chicken Salad 21

Grilled chicken, romaine lettuce, avocado, tomato, black beans, roasted corn, cucumber, bacon, cheddar jack cheese, served with a chipotle ranch *Substitute salmon or steak - 5

Urban Chef Salad N 21

Turkey, ham, bacon, hard boiled eggs, cheddar jack cheese, tomato, onion, cucumber, sliced almonds, served with choice of dressing

Spring Strawberry Chicken Salad 22

Marinated chicken, Romaine, Feta, onion, tomato, cucumber, almonds, strawberries, served with house strawberry vinaigrette



Gluten Free Soup options may be available based on our restaurant soup program, please ask your service person for availability.

Please allow additional preparation time for special requests.
*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness; especially if you have certain medical conditions.
V=Vegetarian, but ask your service person about other vegetarian or vegan options

Groups of 10 or more will have a 20% gratuity added to their bill.

Gluten Free Sandwiches

All of our sandwiches items are converted to a lettuce wrap or gluten free tortilla.

Gluten Free breads are maintained in limited supply, please ask your service person for the availability.

*Sandwiches & burgers served with choice of: fries or tots
Add on: avocado or bacon - 2*

Allenmore B.L.T. 18

Candied bacon, iceberg lettuce, mayo, and tomato.

Urban Elk Club 20

Black forest ham, smoked turkey, bacon, iceberg lettuce, tomatoes, red onion, mayo, and cheddar Cheese.

Prime Rib Dip 21

Slow roasted prime rib, Swiss cheese, and caramelized onions with au jus.

Turkey Bacon Avocado 20

Smoked turkey, bacon, Swiss cheese, iceberg lettuce, red onion, tomatoes, mayo, and avocado.

Chicken Sandwich 19

Grilled chicken breast topped with Swiss Cheese, iceberg lettuce, red onion, tomatoes with charred scallion aioli

T-Town Cod Tacos 22

Blackened Wild Alaskan Cod, coleslaw, cheddar jack cheese, Pico de Gallo, and sriracha aioli on gluten free tortillas and served with corn chips & salsa.

*Classic Burger 19

8oz Certified Angus patty topped with cheddar cheese, red onion, iceberg lettuce, tomatoes, and burger aioli.

*Jalapeno Smash Burger 21

8oz Certified Angus patty topped with Cheddar cheese, caramelized onions, fried jalapenos (corn starch), onion aioli.

Coming Soon! - Impossible & Black Bean substitutes to beef patties!

Gluten Free Entrées

*T-Town Steak Dinner 26

8 oz Strip Loin Steak topped with Black Garlic Truffle butter served with garlic mashed potatoes & seasonal vegetable

*Skirt Steak 25

8 oz Marinated Skirt Steak topped with Chimichurri and served with mashed potatoes & seasonal vegetable.

*Flat Iron Steak 25

8 oz hand cut steak topped with green peppercorn cream sauce and served with mashed potatoes & seasonal vegetable.

*Chef Doug's Salmon Dinner 25

Pan seared Salmon topped with herbed Vermouth butter, served with garlic mashed potatoes & seasonal vegetable.

Chicken Carbonara 22

Caramelized onions, bacon, cream, garlic, Parmesan cheese & gluten free penne pasta, topped with grilled chicken

URBAN RICE BOWLS...

The Mediterranean Bowl V N 18

A bed of white or brown rice, topped with tomato, cucumber, Feta, olives, red onion, lentils, fig, pine & pistachio nuts, pepperoncini with extra virgin olive oil & balsamic vinegar.

*Northwestern Rice Bowl N 20

A bed of white or brown rice, topped with fresh carrots, cucumber, onion, chick peas, fried shallots, candied walnuts, apple, and topped with sesame vinaigrette and grilled chicken

***Add salmon or steak - 5**

Ask your server for current selection of Gluten Free dessert options:

Ice Cream One Scoop 4 | Two Scoop 6

Grit City Root Beer Float 10

Flourless Chocolate Torte 10

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