



Gluten-Free Menu

We have prepared this suggested menu based upon our supplier information, but it is possible that these items may contain wheat, either from supplier or during the course of normal kitchen preparation due to cross-contamination. We have made every effort to be accurate when screening for gluten; however, we cannot be held responsible for individual reactions to any products. There may also be occasions where the manufacturer has changed ingredients in their product. In addition, while products may not contain gluten ingredients, many are processed on shared equipment or in a shared plant that processes gluten. Selma's has not investigated these sources of cross contamination. **Please inform your server that you have a dietary restriction so that we can help make your experience extra special!**

Soups & Salads: (please request dressing on side)

House Salad Romaine lettuce, tomatoes, garbonzo beans and choice of Ranch, Cilantro Ranch, Honey Mustard, Italian, Fat-Free Italian, or Oil & Vinegar. (Please request no croutons or roll) 4.25

Caesar Salad Romaine, parmesan cheese & our homemade Gluten-Free Caesar dressing. (Please request no croutons or roll) Reg. 4.75 Lg. 7.75

Tomato Bisque Homemade goodness... (Please request no roll) Reg. 3.95 Lg. 5.95

Pizzas:

Gluten-Free Pizzas you pick the toppings and we will bake it up on our 10" thin crust. All of our toppings are Gluten-Free except Meatballs!



Gourmet Salads: (please request dressing on side)

Buck's Bbq Chicken Chopped Salad Our most popular salad! Romaine lettuce, tomatoes, provolone cheese, cilantro, green onions, black beans, corn, and grilled chicken served in our Gluten-Free Bbq Ranch dressing. (Please request no tortilla strips or roll.) Reg. 7.75 Lg. 10.75 add avocado for \$1

Sassy Santa Fe Chicken Chopped Salad Romaine lettuce, tomatoes, provolone cheese, red onions, black beans, corn, and blackened chicken served in our Gluten-Free Santa Fe Dressing. (Please request no tortilla strips or roll.) Reg. 7.75 Lg. 10.75 add avocado for \$1

Greek Chopped Salad Romaine lettuce, Kalamata olives, feta cheese, artichoke hearts, red onions, tomatoes, and cucumbers served with our Gluten-Free Feta dressing. (Please request no roll) Reg. 7.75 Lg. 10.75



Chicken Caesar Salad Romaine lettuce, parmesan cheese, chicken and our homemade Gluten-Free Caesar dressing. (Please request no croutons or roll.) Reg. 7.55 Lg. 10.35

California Club Salad Romaine, bacon, cucumbers, green onions, provolone cheese, chicken, avocado, tomatoes served with Gluten-Free Ranch. (Please request no roll.) Reg. 7.75 Lg. 10.75

Italian Chopped Salad Romaine, tomatoes, provolone cheese, olives, artichoke hearts, green onions, garbonzo beans, and Genoa Salami served with our Gluten-Free Italian dressing. (Please request no roll) Reg. 7.75 Lg. 10.75

Shrimp Caesar Salad Romaine lettuce, parmesan cheese, sautéed shrimp & our homemade Gluten-Free Caesar dressing. (Please request no croutons or roll.) Reg. 8.95 Lg. 10.95

Side Orders:

Grilled Chicken or Blackened Chicken 2.95/ 3.95

Italian Sausage in Marinara Sauce 2.95

Desserts:

Any day Sundae Gluten-Free Vanilla bean ice cream with gourmet Gluten Free Chocolate Sauce and Raspberry drizzle topped with Gluten-Free Whipped Cream and a cherry. 3.95



Beer:

Green's Gluten-Free Amber Ale (16.9oz). All- natural ale imported from Belgium. 8

