

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!**

Starters

House Salad Romaine lettuce, tomatoes, garbanzo beans and choice of GF Ranch, GF Cilantro Ranch, GF Honey Mustard, GF Lo-cal Sun-Dried Tomato, GF Raspberry Vinaigrette, GF Balsamic Vinaigrette or Oil & Vinegar. (Please request no croutons or roll.)
Reg. 5 Lg. 8 add mozzarella Reg. \$1 Lg. \$2

Caesar Salad Romaine lettuce, parmesan cheese & our homemade Gluten-Free Caesar dressing. (Please request no croutons or roll.)
Reg. 5 Lg. 8

Tomato Bisque Homemade goodness... (Please request no roll) Reg. 4 Lg. 6

Gluten-Free Pizzas

You pick the toppings and we will bake it up on our 10" or 14" gluten-free thin crust. All of our toppings are gluten-free except our homemade meatballs.

10" \$13.25 (toppings \$1.55 ea.) and 14" \$19.75 (toppings \$2.65 ea.)

Choice of Meats:	Pepperoni	Italian Sausage	Ham	Chicken	Andouille Sausage
Blackened Chicken	Anchovies				
Choice of Veggies:	Mushrooms	Green Peppers	Artichoke Hearts	Pineapples	
Black Olives	Fresh Spinach	Fresh Basil	Fresh Garlic	Onions	
Fresh Tomatoes	Fresh Broccoli	Red Onions	Kalamata Olives	Pepper Rings	
Cilantro	Jalapeños	Extra Sauce	Extra Cheese		
+Goat Cheese	+Feta Cheese	+Fresh Mozzarella	+Avocado	+extra charge	

Gourmet Salads

Buck's Bbq Chicken Chopped Salad Romaine lettuce, tomatoes, provolone cheese, cilantro, green onions, black beans, corn & chicken served in our Gluten-Free Bbq Ranch dressing. (Please request no roll or tortilla strips.) Reg. 9 Lg. 12 add avocado for \$1 (\$2 for large)

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 roll or tortilla strips.) Reg. 9 Lg. 12 add avocado for \$1 (\$2 for large)

Greek Chopped Salad Romaine lettuce, Kalamata olives, feta cheese, artichoke hearts, red onions, tomatoes, and cucumbers served in our Gluten-Free Feta dressing. (Please request no roll.) Reg. 9 Lg. 12

Chicken Caesar Salad Romaine lettuce, parmesan cheese, chicken and our homemade Gluten-Free Caesar dressing. (Please request no croutons or roll.) Reg. 8 Lg. 11.50

The Fetalicious Baby spinach, candied walnuts, artichoke hearts, cucumbers, feta cheese, sliced red grapes, Roma tomatoes, tossed in our Gluten-Free Raspberry Vinaigrette. (Please request no roll.) Reg. 9 Lg. 12 add chicken \$2 (\$2.95 for large)

California Club Salad Romaine lettuce, bacon, cucumbers, green onions, provolone cheese, chicken, avocado, tomatoes served with Gluten-Free Ranch. (Please request no roll.) Reg. 9 Lg. 12

Italian Chopped Salad Romaine lettuce, tomatoes, provolone cheese, olives, green peppers, artichoke hearts, green onions, garbanzo beans, and Genoa Salami served with our Gluten-Free Italian dressing. (Please request no roll.) Reg. 9 Lg. 12

Shrimp Caesar Salad Romaine lettuce, parmesan cheese, sautéed shrimp & our homemade Gluten-Free Caesar dressing. (Please request no croutons or roll.) Reg. 11 Lg. 14

Pastas

Choose any pasta dish and we will substitute it with our gluten-free penne pasta for \$1 (ravioli and lasagna not available)

Side Orders

Grilled Chicken or Blackened Chicken 2.95/ 3.95 Italian Sausage in Marinara Sauce 2.95

Desserts

The GF Mothership fresh-baked Gluten-Free chocolate chip cookie with G-F vanilla ice cream 5.95

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