

GLUTEN SENSITIVE MENU

State & Main kitchen & bar is not a gluten free environment. products containing gluten are prepared in our kitchens. the following items are menu suggestions that have been modified for gluten sensitive guests. please inform your server of your dietary preference & they will be happy to help guide you toward an item that will suit your specific needs. please see the main menu for item pricing & add ons.

START & SHARE

*Cooked in deep fryer with items that contain gluten.

BUCKET OF WINGS* (1lb)
buffalo, hot, salt & pepper or bbq.

SWEET POTATO FRIES*
seasoned with a house made spice blend. served with chipotle aioli, dill dip & bacon ketchup.

SPICY TUNA TARTARE
sashimi grade albacore tuna, lightly seasoned with a spicy sesame chili oil, togarashi spice & finely sliced scallions; served on crispy rice with a drizzle of sriracha mayonnaise.
ask for regular sushi rice.

HUMMUS & NAAN
traditional style hummus topped with a balsamic reduction & served with warm garlic naan bread.
ask for no bread substitute with fresh vegetables.

BUTTER CHICKEN POUTINE*
roasted chicken, curried tomato cream sauce, fresh cheese curd, spiced yogurt & fresh cilantro.

SALADS

BACON BLEU CHEESE WEDGE
crisp iceberg wedge with crumbled bleu cheese, chopped bacon, tomato, red onion, boiled egg & buttermilk bleu cheese dressing.

GRILLED CHICKEN CAESAR
6oz grilled chicken breast, house made croutons, chopped bacon, shaved parmesan & a fresh lemon wedge. **ask for no croutons.**

ROCKET
baby arugula, fresh tomato, red onion slivers, shredded carrot & crumbled goat cheese, gently tossed in a lemon-herb vinaigrette; served with a grilled chicken breast.

THAI
chopped romaine & cooled rice noodles tossed in a cilantro peanut vinaigrette; topped with citrus marinated grilled chicken, mandarin oranges, red onions, pea shoots & cashews.

SIRLOIN
7oz of marinated sirloin grilled medium & served over chopped romaine, tomato, crumbled goat cheese, grilled mushrooms, red onion & sugar snap peas. served with buttermilk bleu cheese dressing.

CALIFORNIA COBB
roasted chicken, chopped bacon, cheddar cheese, boiled egg, cucumber, fresh tomato & avocado over a bed of mixed greens. served with a balsamic bleu cheese vinaigrette.

gluten free dressings – buttermilk bleu cheese, caesar, italian, ranch, oil & vinegar, vinaigrettes; balsamic bleu cheese, red wine & lemon herb

BURGERS & BETWEEN BREAD

choose 2 sides with all burgers & between bread.

SIDES

- Mixed Greens
- Caesar Salad, no croutons
- Ginger Cilantro Slaw
- Honey Slaw
- Quinoa Salad
- Pan Seared Broccolini
- Fries* (no gravy)
- Sweet Potato Fries*
- Warm Potato Salad*
- Jalapeno Cheddar Mashed (no gravy)

THE MAIN
our signature burger served on a butter grilled brioche bun; with state sauce, shredded lettuce, tomato, pickle, red onion & melted american cheese. **ask for gluten free bread.**

GRILLED CHICKEN CLUB
seasoned grilled chicken breast served with lettuce, tomato, mayonnaise, avocado, peppered bacon & melted cheddar. **ask for gluten free bread.**

CAJUN CHICKEN CHEDDAR
pan seared blackened chicken breast with lettuce, tomato, mayonnaise, red onion & aged cheddar. **ask for gluten free bread.**

ALBERTA BISON BURGER
lean ground bison, served on a butter grilled brioche bun; with bacon ketchup, lettuce, tomato, red onion, pickle & melted cheddar cheese. **ask for gluten free bread.**

CAROLINA PULLED PORK
lean pork shoulder cooked in house, pulled then mopped in our southern style bbq sauce, topped with honey slaw & served on a fresh white bun. **ask for gluten free bread.**

APPLEWOOD SALMON CLUB
oven roasted applewood salmon, served on a toasted brioche bun with roasted red pepper aioli, lettuce, tomato, peppered bacon & fresh avocado. **ask for gluten free bread.**

We carry Gluten Free hamburger buns for all 'burgers & between bread' items offered above. Please inform your server of your allergy or intolerance to gluten so they can assure that your meal is prepared as safely as possible.

state & main cares about your experience & we'd love to hear from you! stateandmainsurvey.com

CASUAL FAVOURITES & MAINS

STEAK SANDWICH + 2 sides
our tender 7oz sirloin, lightly seasoned, brushed with a garlic herb butter & grilled to your liking. served on thick cut garlic toast.
ask for no bread.

LONG BEACH FISH TACOS (3)
lightly spiced mahi mahi, avocado, shredded lettuce, tomato, green onion, chopped cilantro, fresh lime & mild chipotle sauce, served in 3 fresh romaine boats & with a mixed green salad.

BUTTER CHICKEN
tender chicken simmered in a fragrant curried tomato cream sauce, garnished with lightly spiced yogurt & fresh cilantro. served with basmati rice & warmed garlic naan bread. **ask for no naan bread.**

RED THAI SHRIMP CURRY
pan seared vegetables & tender shrimp; fired in a spicy coconut lime curry sauce, served over sticky rice & topped with fresh cilantro.

KANSAS CITY BACK RIBS + 2 sides
tender baby back ribs, slow roasted then charbroiled & brushed with our southern style bbq sauce.

CHICKEN & RIBS + 2 sides
half a rack of our kansas city back ribs & a 6oz blackened chicken breast.

EMPIRE STATE + 2 sides
classic new york cut, juicy & incredibly flavorful.

RIBEYE 12OZ + 2 sides
generously marbled for peak flavor & tenderness.

BRUNCH

BENNY BAR
two poached eggs, served on toasted english muffins, drenched in rich hollandaise sauce. served with crisp hash browns & garnished with fresh fruit. Choose from traditional, veggie or our brunch version. **ask for no hash browns & gluten free bread.**

STATE SCRAMBLER
hash browns, red peppers, chopped ham, bacon, red onion & melted cheddar. garnished with green onions. served with toast & fresh fruit on the side. **ask for no hash browns & no toast.**

MORNING GLORY
two eggs any style, spolumbo's maple breakfast sausage, strip bacon, crisp hash browns, toast & fresh fruit. **ask for no hash browns & no toast.**

STEAK & EGGS
7oz 'aaa' angus sirloin with three eggs any style, crisp hash browns, toast & a fresh fruit garnish. **ask for no hash browns & no toast.**

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STATE & MAIN
KITCHEN * BAR