



## Gluten Free Menu

At Bugaboo Creek you'll find your very own Canadian Rockies Retreat, just like the warm, rustic mountain lodge at the end of an adventurous day on a rugged trail on the Bugaboos. Like Conrad Kain, we have passion and determination in everything we do at Bugaboo Creek. Your food will always be fresh and made to order, and we strive to accommodate all nutritional needs.

Although Bugaboo Creek does not have a Gluten Free kitchen, we will make every attempt to meet your Gluten Free needs. Bugaboo Creek Steak House, in cooperation with the Gluten Intolerance Group ([www.gluten.net](http://www.gluten.net)) is currently publishing a Gluten Free menu. The items listed on the Gluten Free menu are gluten free or can be ordered gluten free with minor changes. To ensure that your meal is prepared gluten free, please request that all items are prepared in separate containers and on clean food contact surfaces.

### **Starters:**

- Broccoli Cheese Soup
- Blackened Shrimp (*order without Chili Morita Sauce*)

### **The Creek's Salads:**

*Request NO croutons on salads. Request that salads are prepared in separate bowl from other salads.*

- Chicken Caesar Salad
- Grilled Chicken Salad
- Kain's Chicken Cobb Salad (*order without fried onion strings*)
- Bleu Mountain Steak Salad (*order un-marinated steak only*)
- **Salad Dressings:** Caesar, Thousand Island, Low Fat Zinfandel, Balsamic Vinaigrette, Blue Cheese Dressing, Parmesan Peppercorn, Lite Olive Oil Vinaigrette

### **Bugaboo Steaks:**

- Timber Creek T-Bone Steak
- Mountain Man Strip
- Prime Rib (*order without Au Jus sauce*)
- Honey Pepper Ribeye
- Black Magic Steak
- Lodge Filets

### **Combo Platters:**

- Lodge Filet + Blackened Shrimp (*order without Chili Morita Sauce*)
- Black Magic Steak + Smoked Baby Back Ribs
- Spit-Roasted Chicken + Smoked Baby Back Ribs

### **Fly Fisherman's Favorites:**

- Grilled Rainbow Trout

### **Mountain Outfitters' Specials:**

- Smoked Baby Back Ribs
- Spit-Roasted Half Chicken
- Moosebreath Burger (*order without bun or french fries*)
- Smothered BBQ Chicken (*order without french fries*)
- Campfire Cheesesteak (*order without bun or french fries*)
- Pesto Chicken Club (*order without bun or french fries*)

### **Sides:**

- Charlie's Smashed Potatoes
- Fresh Steamed Vegetables
- Mountain Loaded Baked Potato (*real bacon only*)
- Sautéed Mushrooms
- Grilled Onions

### **Specialty Drinks:**

- All Moose Juices
- Rocky Mountain Mudslide
- Glacier Freeze Smoothies
- All others