



# THE BIRD CAGE

## GLUTEN FRIENDLY DINNER

Please tell your server you are ordering from the Gluten Friendly Menu



### GLUTEN FRIENDLY APPETIZERS

OCTAVIO CHIPS & SALSA 3.5

#### GUACAMOLE

Fresh avocado, jalapeños, cilantro, tomato, onion, fresh lime, chips 9

#### CHILE ARTICHOKE DIP

Tortilla Chips 11

#### CHICKEN FLAUTAS

Salsa chino, avocado, queso fresco, crema 8

#### FLOWER POWER

Fried cauliflower, crispy shallots, sriracha aioli 12

#### SCORCHED SHISHITO PEPPERS

Spicy sesame soy dip 8

#### FILTHY FRIES

Crinkle cut sweet potato fries, fried jalapenos, Chihuahua cheese, ranchero sauce, sriracha aioli, guacamole, pico de gallo, sour cream 11  
Add: *Chicken Tinga* 3

### GLUTEN FRIENDLY SALADS

#### AVOCADO SALAD

Avocado, caramelized plantains, garlic lime vinaigrette, red onion, fried leeks, queso fresco, Mexican crema, spiced pepita 13

#### LADY G'S CHOPPED SALAD

Romaine, egg, bacon, roast chicken, onion, tomato, white cheddar cheese, crisp tortillas, garlic dill dressing 16

#### WILDE STEAKHOUSE SALAD

Mojo marinated skirt steak, field greens, peppers, artichokes, roasted tomatoes, parmesan crisp, horseradish vinaigrette 19  
Substitute: *Grilled Chicken breast* 17 *Wild Salmon* 19 *Vegetarian* 14

### GLUTEN FRIENDLY TACOS

#### POLLO TINGA

Chile braised chicken, avocado salsa verde, cotija 12

#### GRILLED ARRACHERA

Mojo marinated skirt steak, onions, wood grilled salsa, cilantro 14

#### TOFU TACO

Tequila lime fried tofu, poblano rajas, crispy potatoes, cotija cheese, avocado salsa verde 12

### GLUTEN FRIENDLY BURGERS/SANDWICHES

*Served with Salad or Beans & Rice*

#### CLUB SALMON

Salmon, bacon, lettuce, tomato, dijon mustard, pink peppercorns, gluten free bun 19

#### BONDAGE BURGER

Beef patty, bacon jam, mayo, cheddar cheese, lettuce, fresno chili, gluten free bun 18  
Substitute: *Impossible Burger Patty*

#### PLANTED DIVE BURGER

Impossible Burger patty, Burger Dive Sauce, American, lettuce, grilled onions, pickles, gluten free bun 18  
Substitute: *Beef patty*

### GLUTEN FRIENDLY BOWLS

#### GRILLED ARRACHERA STEAK

Mojo marinated skirt steak, red rice, elote, borracho beans, cheese, pico de gallo, lettuce, jalapeño crema 17

#### CHICKEN TINGA

Chile braised chicken, red rice, elote, borracho beans, cheese, pico de gallo, lettuce, avocado salsa 16

#### MAUI BOWL

Brown rice, edamame, cucumber, sweet onion, fresh corn, red cabbage, avocado, pickled ginger, scallions, pineapple, Maui sauce 12  
Add: *Wild Salmon* 6 *Grilled Chicken* 5 *Tequila Lime Fried Tofu* 6

#### CARNE ASADA

Wood grilled marinated skirt steak, Ranchero cheese enchilada, grilled knob onions, charred tomato salsa, red rice, borracho beans 19

### GLUTEN FRIENDLY SIDES


TOSSED GREENS 6

BLACK BEANS & RICE 5

BORRACHO BEANS & RICE 5

ELOTE (FRESH CORN)

Cojita cheese, morita mayonnaise 6

 Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for food-borne illness