



## APPETIZERS

### FRIED CAULIFLOWER

flash fried cauliflower with buffalo sauce, celery & carrot sticks, side of ranch 11.95

### GARLIC PRETZEL KNOTS

with cheddar cheese & stone ground mustard dipping sauce 10.95

### CHICKEN TENDERS

four jumbo chicken tenders, french fries, ranch dressing and your choice of buffalo or bbq dipping sauce 14.95

### FRIED BRUSSELS SPROUTS

tossed in a honey chili balsamic sauce 12.95

### CHICKEN LETTUCE WRAP

pan seared chicken in citrus juice, cucumbers, red & green onions, bell peppers, chili pepper, iceberg lettuce 16.95

### GULP NACHOS

nacho cheese sauce, sour cream, pico de gallo, guacamole and black beans 11.95

*add chicken 7 or ground beef 8*

### SRIRACHA DEVILED EGGS

sweet & spicy filling topped with maple bacon 13.95

### SALT & PEPPER CALAMARI

side of tartar sauce with fries 17.95

### GULP CHICKEN WINGS

traditional spicy buffalo sauce or BBQ sauce 15.95

## GULP ENTREES

### FILET MIGNON STEAK

8 oz filet grilled to your desired temp and served with grilled asparagus and mashed potatoes 33.95

### MANGO SALMON

pan seared salmon with chunky mango and citrus chili sauce, served with mashed potatoes and asparagus 25.95

### AHI TUNA STACK\*

chopped ahi tuna with ginger mango salsa, avocado, chili & poke sauce served with wonton chips 20.95

### BEER BATTERED FISH & CHIPS

fried cod with tartar sauce, lemon & **GULP** fries 17.95

### NICO'S GRILLED CITRUS CHICKEN

marinated chicken breast with mashed potatoes, grilled asparagus & lemon vinaigrette 19.95

### TURKEY MEATLOAF

served with cranberry gravy, mashed potatoes, and mixed veggies 19.95

### FAJITAS

**Veggies** 16.95, **Chicken** 19.95, **Steak** 22.95, onions, tomatoes, bell peppers and cilantro served with spanish rice, black beans and a side of flour or corn tortillas

\*Consuming raw or undercooked meats or seafood may increase your risk of foodborne illness\*

## BURGERS & MORE

our burgers are a special blend of short rib, brisket, & chuck also available with turkey or vegetable patty come with your choice of regular fries, sweet potato fries, **GULP** fries or salad

### THE **GULP** BURGER\*

short rib, brisket & chuck patty, bacon, swiss, blue cheese, white onions, lettuce mix, tomato & aioli 16.95

### BURGER & BREW

our **GULP** BURGER & any of our 30 tap beers 22.95

### CLASSIC BURGER\*

short rib, brisket & chuck patty, lettuce mix, tomato & white onions 15.95

### **GULP** CLUB SANDWICH

grilled chicken breast, BLT, avocado, cajun aioli on wheat bread 15.95

### BUFFALO CHICKEN SLIDERS

two breaded chicken fillets tossed in buffalo sauce served on pretzel knots with ranch, bleu cheese crumbles and slaw 15.95

### SOUTHWEST PLAYA BOWL

black beans, mexican rice, avocado, pico de gallo, cabbage, salsa, cheese and tortilla strips 13.95

*add chicken 7, add steak 11, add salmon 12*

## FLAT BREADS & PASTAS

### BUFFALO CHICKEN FLATBREAD

fried chicken, tomato basil sauce, a blend of italian cheeses, green onions, drizzled with ranch dressing 15.95

### PESTO FLATBREAD

basil, pesto, mozzarella cheese, artichoke, and roasted fennel 15.95

### BBQ CHICKEN FLATBREAD

bbq sauce, chicken, mozzarella cheese, red onion and cilantro 15.95

### BAKED MAC & CHEESE

spicy cajun style macaroni with chicken and andouille sausage 19.95

### SPICY CAJUN PASTA

sauteed chicken, andouille sausage, tomatoes and penne pasta tossed in spicy cajun sauce 19.95

## GREENS

### THE WEDGE

bacon, cherry tomatoes and blue cheese crumbles over a wedge of iceberg lettuce 10.95

### CAESAR SALAD

romaine, shaved parmesan cheese with caesar dressing & croutons 12.95

*add chicken 7, add steak 11, add salmon 12*

### COBB SALAD

Romaine lettuce, grilled chicken, blue cheese crumbles chopped bacon, tomatoes, hard boiled eggs and avocado 19.95

### CHINESE CHICKEN SALAD

poached chicken, romaine, shredded cabbage, carrots, toasted almonds & apple ginger dressing topped with wontons & sesame seeds 17.95

### BUFFALO CHICKEN SALAD

spring mix, romaine, buffalo chicken, red onion, cucumber, cherry tomatoes, avocado, and ranch dressing 17.95