



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 11.95

CHICKEN TENDERS

four jumbo chicken tenders, french fries, ranch dressing and your choice of buffalo or bbq dipping sauce 16.95

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 17.95

GULP NACHOS

nacho cheese sauce, cheddar cheese, sour cream, pico de gallo, guacamole and black beans 12.95

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 18.95

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 35.95

MANGO SALMON

pan seared salmon with chunky mango and citrus chili sauce, served with mashed potatoes and asparagus 27.95

AHI TUNA STACK*

chopped ahi tuna with ginger mango salsa, avocado, chili & poke sauce served with wonton chips 21.95

BEER BATTERED FISH & CHIPS

fried cod with tartar sauce, lemon & **GULP** fries 19.95

NICO'S GRILLED CITRUS CHICKEN

marinated chicken breast with mashed potatoes, grilled asparagus & lemon vinaigrette 21.95

TURKEY MEATLOAF

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

FAJITAS

Veggies 19.95, **Chicken** 23.95, **Steak** 25.95, 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 also available with **turkey** or **Impossible** patty and come with your choice of regular fries, sweet potato fries, **GULP** fries or a side salad

THE **GULP** BURGER*

our signature burger with bacon, swiss, blue cheese, white onions, lettuce, tomato & garlic aioli 17.95

BURGER & BREW

our **GULP** BURGER & any of our 30 tap beers 23.95

CLASSIC BURGER*

a classic burger with lettuce, tomato & white onions 15.95

GULP CLUB SANDWICH

grilled chicken breast, BLT, avocado, spicy cajun aioli on wheat bread 16.95

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 16.95

PESTO FLATBREAD

basil, pesto, mozzarella cheese, artichoke, and roasted fennel 16.95

BBQ CHICKEN FLATBREAD

bbq sauce, chicken, mozzarella cheese, red onion and cilantro 17.95

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 21.95

GREENS

THE WEDGE

bacon, cherry tomatoes and blue cheese crumbles over a wedge of iceberg lettuce 11.95

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 21.95

CHINESE CHICKEN SALAD

poached chicken, romaine, shredded cabbage, carrots, toasted almonds & apple ginger dressing topped with wontons & sesame seeds 19.95

BUFFALO CHICKEN SALAD

spring mix, romaine, buffalo chicken, red onion, cucumber, cherry tomatoes, avocado, and ranch dressing 19.95