

# DEFEAT THE WHEAT GLUTEN SENSITIVE OPTIONS

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.

**\*SOME INGREDIENTS ARE COOKED IN A DEEP FRYER WITH ITEMS THAT CONTAIN GLUTEN.**

## START & SHARE

### STARTER SALAD\*

mixed greens, red wine vinaigrette, goat cheese, walnuts, green apple & yam chips. *ask for no walnuts. or substitute for a starter caesar salad. ask for no croutons.*

### PARMESAN TRUFFLE FRIES\*

w/ white truffle butter, garlic, parsley & freshly grated parmigiano reggiano.

### BAJA BRUSSELS SPROUTS\*

red pepper, bacon, parmesan, chili flakes, cilantro & lime crema.

### SPICY TUNA STACK\*

ahi tuna tartare w/ avocado, garlic sesame sauce & chili threads; lotus chips on the side.

### GREEK RIBS\*

cut back ribs in garlic lemon butter, oregano & spices. greek yogurt tzatziki on the side.

## GREENS

### THE COBB SALAD

roasted chicken, bacon, widmer's cheddar, egg, cucumber, tomato, avocado; balsamic bleu cheese vinaigrette on the side.

### CHICKEN TOSTADA SALAD\*

chopped romaine in an avocado vinaigrette w/ black beans, jicama, corn, red onion, fresh salsa & cajun chicken; built on crisp corn tortillas, topped w/ torn cilantro & lime crema.

### GRILLED STEAK SALAD

sliced tri-tip over chopped romaine, tomato, crumbled bleu cheese, grilled mushrooms & red onion; tossed w/ buttermilk bleu cheese dressing.

### WEST COAST CHOP SALAD

mixed greens, cucumber, dried cranberries, candied almonds, avocado, baked chickpeas & crumbled goat cheese; tossed in a honey-dijon vinaigrette. ⊕ chicken, shrimp or salmon

### ELOTE CORN DIP\*

blended & whole corn w/ a mix of cheeses. topped w/ cilantro, chili & fresh lime; warmed tortilla chips for dipping.

### STEAMED MUSSELS

· thai style w/lemongrass, lime & coconut. *ask for no bread.*

### CHICKEN WINGS\*

buffalo, salt & pepper, bbq, honey garlic, dill pickle, salt & vinegar, gojuchang glaze & cajun.

### NACHOS\*

a blend of cheeses, tomato, onion, red pepper & jalapenos; sour cream & salsa on the side.

⊕ steak, chicken or extra cheese

⊕ guacamole

## BURGERS & SANDWICHES

*each served with your choice of 2 sides.*

all of our beef is locally sourced, humanely raised & harvested. burgers are served on Martin's™ Potato Rolls.

### THE MAIN

two patties, each w/ melted american cheese make up this half pound classic. topped w/ lettuce, tomato, onion, pickle & our own state sauce. ⊕ bacon, mushrooms, fried egg *ask for gluten free bun.*

### QUINOA MUSHROOM BURGER

our house made veggie patty w/ melted swiss, mayo, lettuce, tomato, pickle & onion. *ask for gluten free bun.*

### GLUTEN FREE SIDES

fries w/ dill dip\*

mixed green salad\*

*ask for no walnuts.*

caesar salad

*ask for no croutons.*

honey slaw

black bean & corn salad

cup of tomato bacon soup

## BROTH & BOWLS STREET TACOS

### THE HOLLYWOOD BOWL

poached salmon, avocado, chickpeas, yams, asparagus, radish & mint, over a mix of quinoa & greens; w/ agave-lemon vinaigrette & yogurt tzatziki. served chilled. 490 calories. 490 calories.

### DRUNKEN NOODLES

chicken or shrimp, bean sprouts, carrots & rice noodles in a VERY spicy soy chili & tamarind sauce; topped w/ peanuts, cilantro & lime. seriously, this one is spicy!

### THE BURRITO BOWL

chicken or steak, black beans, corn, jicama, monterey jack cheese & lettuce, over brown rice w/ chipotle sour cream, fresh cilantro, lime, pico de gallo & guacamole.

### STATE STYLE FISH

pan seared mahi mahi, lettuce, avocado, tomato, chipotle crema, cilantro & lime. *ask for corn tortilla.*

### BAJA STYLE FISH

fried mahi mahi, w/ cabbage, chipotle crema & pico de gallo. corn tortilla. *ask for pan seared mahi mahi.*

### CHICKEN

w/ cabbage, chipotle crema & pico de gallo. corn tortilla.

### STEAK

w/ cabbage, chipotle crema & pico de gallo. corn tortilla.

## MAINS

### MISO SOY GLAZED SALMON

garnished w/ toasted sesame seeds & slivered green onion. served w/ sesame brown rice & ginger cilantro slaw.

### STEAK & SHRIMP

a grilled 8oz top sirloin w/ a skillet of lemon butter garlic shrimp; served w/ your choice of two sides.

## HAPPY ENDINGS

### CRÈME BRÛLÉE

egg yolk, fresh cream & vanilla, topped w/ a caramelized sugar crust.

- not all ingredients are listed in the menu description. please inform your server of any dietary restrictions or allergies.

- consuming raw or under-cooked meats, poultry or seafood may increase your risk of foodborne illness.

- we work closely with our partners to source sustainable & responsibly harvested seafood.

# DEFEAT THE MEAT **VEGETARIAN OPTIONS**

please inform your server of your preference for the 'vegetarian' version of these menu items.

all of these menu items are lacto-ovo vegetarian dishes. we use high quality, soy-based protein substitutes for our chicken breasts & our beef burgers.

please see the main menu for item pricing & add ons.

**\*COOKED IN THE SAME DEEP FRYER AS MEAT PRODUCTS.**

## START & SHARE

### STARTER SALAD\*

mixed greens, red wine vinaigrette, goat cheese, walnuts, green apple & yam chips.

### PARMESAN TRUFFLE FRIES\*

w/ white truffle butter, garlic, parsley & freshly grated parmigiano reggiano.

### BAJA BRUSSELS SPROUTS\*

red pepper, bacon, parmesan, chili flakes, cilantro & lime crema. *ask for no bacon.*

### PRETZEL STICKS\*

light butter, sea salt w/ red dragon beer cheese spread.

### LETTUCE WRAPS

chicken & veg, in a hoisin peanut sauce, topped w/ cashews, cilantro & lime. *ask for soy chicken.*

### FRIED CHEESE CURDS\*

ellsworth wisconsin curd, lightly breaded; w/ marinara sauce & ranch on the side.

### JALAPENO MAC & CHEESE

w/ bacon & toasted parmesan panko crumb. *ask for no bacon.*

### ELOTE CORN DIP

blended & whole corn w/ a mix of cheeses, topped w/ cilantro, chili powder & fresh lime; warm tortilla chips for dipping.

### NACHOS\*

a blend of cheeses, tomato, onion, red pepper & jalapenos; sour cream & salsa on the side.

⊕ soy chicken or extra cheese  
⊕ guacamole

## BROTH & BOWLS

### TERIYAKI RICE BOWL

chicken & fresh veggies in teriyaki sauce; served over sesame brown rice; garnished w/ cashews. *ask for soy chicken.*

### DRUNKEN NOODLES

chicken or shrimp, bean sprouts, carrots & rice noodles in a VERY spicy soy chili & tamarind sauce; topped w/ peanuts, cilantro & lime. seriously, this one is spicy! *ask for soy chicken.*

### THE BURRITO BOWL

chicken or steak, black beans, corn, jicama, monterey jack cheese & lettuce, over brown rice w/ chipotle sour cream, fresh cilantro, lime, pico de gallo & guacamole. *ask for soy chicken.*

## STREET TACOS

### STATE STYLE FISH

pan seared mahi mahi, lettuce, avocado, tomato, chipotle crema, cilantro & lime. grilled flour tortilla. *ask for soy chicken.*

### CHICKEN

w/ cabbage, chipotle crema & pico de gallo. corn tortilla. *ask for soy chicken.*

## HAPPY ENDINGS

### CRÈME BRÛLÉE

egg yolk, fresh cream & vanilla, topped w/ a caramelized sugar crust.

### DIRT PIE

chocolate & mocha ice cream, fudge brownie chunks & a crumbled cookie crust.

### FRENCH QUARTER BEIGNETS\*

dusted w/ icing sugar & served w/ blueberry compote.

### BREAD PUDDING

w/ raisins & custard, served warm, topped w/ rum butter sauce.

## BURGERS & SANDWICHES

*each served with your choice of 2 sides.*

substitute a soy chicken or quinoa mushroom burger for all burgers  
burgers are served on Martin's™ Potato Rolls.

### THE MAIN

two patties, each w/ melted american cheese make up this half pound classic. topped w/ lettuce, tomato, onion, pickle & our own state sauce.

⊕ mushrooms, fried egg

### FRIED CHICKEN CLUB

buttermilk brined chicken breast w/ lettuce, tomato, mayo, avocado, bacon & widmer's cheddar. *substitute grilled chicken if you prefer. ask for no bacon.*

### VEGETARIAN SIDES

fries\*

mixed green salad\*

honey slaw

black bean & corn salad

sesame brown rice

quinoa salad

pan seared broccolini

### THE GRILLED CHEESE BURGER\*

butter grilled bread w/ american, swiss & monterey jack cheese, bacon, lettuce, tomato & crisp fried onions.

*ask for no bacon.*

### QUINOA MUSHROOM BURGER

our house made veggie patty w/ melted swiss, mayo, lettuce, tomato, pickle & onion.

## GREENS

### CHICKEN TOSTADA SALAD\*

chopped romaine in an avocado vinaigrette w/ black beans, jicama, corn, red onion, fresh salsa & cajun chicken; built on crisp corn tortillas, topped w/ torn cilantro & lime crema. *ask for soy chicken.*

### GRILLED STEAK SALAD

sliced tri-tip over chopped romaine, tomato, crumbled bleu cheese, grilled mushrooms & red onion; tossed w/ buttermilk bleu cheese dressing. *ask for soy chicken.*

### WEST COAST CHOP SALAD

mixed greens, cucumber, dried cranberries, candied almonds, avocado, baked chickpeas & crumbled goat cheese; tossed in a honey-dijon vinaigrette.

⊕ soy chicken

## MAINS

### EGGPLANT PARMIGIANA

panko crusted eggplant w/ house red sauce, mozza & grated parm; served over linguini w/ garlic toast on the side.