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@fritzsnb

SCAN QR CODE

TO ORDER FOR PICKUP



DOORDASH

GRUBHUB



Uber Eats



EAT IN. TAKE OUT. DELIVERY.

THINGS TO KNOW:

While some items themselves may be Vegan, Gluten Free, Dairy Free, Seed or Nut Free, our facility is **NOT!**

We do not put nuts in our fryer, but our fryer is **NOT** Vegan or Gluten Free!

Cross Contamination is always possible when ordering items placed in our deep fryer!

We openly handle several allergens throughout our restaurant, including dairy, gluten, soy, tree nuts (i.e. almonds, peanuts, coconut, etc.) and others. We take precautions to keep ingredients separate however, we cannot guarantee that any of our food or beverages are allergen free since we use shared equipment to store, prepare and serve all items. If you have any questions regarding dietary restrictions, please do not hesitate to ask!



Please ask about our Specialty Clubhouse Bakeshop Menu geared toward those with dietary restrictions as well as our gluten free & vegan specials!

SAUCES

V & GF Sauces

Balsamic Vinaigrette, Sherry-Maple Vinaigrette, Sweet Sriracha, BBQ, Pepper Jelly & Tomato Sauce.

GF & DF Sauces

Fritz's Aioli, Garlic Aioli, Honey Mustard, Baconnaise, Thousand Island, Horseradish Mayo & Chipotle Mayo.

GF Sauces (Contain Dairy)

Buffalo Sauce, Vodka Sauce, Cheese Sauce, Caesar Dressing, Blue Cheese & Ranch.

BREADS

Baguette **Vegan**

Gluten Free Bread **Vegan & Gluten Free**

Whole Wheat Seed Bread- **Vegan** contains honey & seeds

House Roll & White Bread- contains dairy (milk & butter)

Rye Bread- egg wash on top

SPECIAL DIET MENU

VEGAN OPTIONS

Vegan Bread Options:

Baguette, Gluten Free Bread (also vegan) & Whole Wheat Seed Bread (contains honey).

Add House Made Veggie Burger to any item below!

House Salad mixed greens with tomatoes, radishes, carrots & your choice of dressing.

Shaved Brussels Sprouts Salad shaved brussels sprouts & dried cranberries tossed in our sherry-maple vinaigrette dressing. Topped with smoked almonds & Parmigiano-Reggiano cheese.

Request: NO Cheese

Harvest Salad mixed greens with dried cranberries, candied pecans & apples. Served with sherry-maple vinaigrette dressing.

Request: NO Candied Pecans, Substitute Smoked Almonds.

Superfood Salad kale, quinoa, roasted butternut squash, dried cranberries & sherry-maple vinaigrette dressing. Your choice of feta or goat cheese.

Request: NO Cheese

Fiesta Quinoa Bowl warm quinoa cooked with roasted corn, onions, bell peppers, black beans & topped with pico de gallo queso fresco cheese & avocado.

Request: NO Cheese

Roasted Tomato Zoodles zucchini noodles with roasted grape tomatoes, garlic & mozzarella.

Request: NO Cheese

Sautéed Spinach with olive oil & garlic.

Avocado Toast our toasted seed bread topped with avocado, tomatoes & hemp seeds.

Request: Bread Contains Honey, can substitute Gluten Free Bread

Sweet Sriracha Shrimp Bowl wild rice, pineapple salsa & avocado topped with grilled shrimp & sweet sriracha glaze.

Request: NO Shrimp, ADD Veggie Burger Pattie (no additional charge)

MIX & MATCH VEGAN OPTIONS

Veggie Burger or **Grilled Vegetables**

Classic with your choice of cheese, lettuce, tomatoes & pickles.

Request: ON Baguette, or Gluten Free Bread or Seed Bread (contains honey)

Tuscan with agrodolce peppers, spinach, mozzarella cheese & garlic aioli.

Request: ON Baguette, or Gluten Free Bread or Seed Bread (contains honey). NO CHEESE, NO GARLIC AIOLI- ADD Balsamic Vinaigrette.

GLUTEN FREE OPTIONS

Gluten Free Bread (also vegan)

Most Proteins are naturally gluten free.

Below is a list of items that are **NOT** gluten free:

Risotto Fritters

Pretzel

General Tso's Sauce

Frizzles

Crispy Chicken

Crispy Portobello

Breaded Fried Chicken

Breaded Fried Eggplant

Meatballs

Fish & Chips

Hand Battered Chicken Tenders

Mac & Cheese

Below is a list of items that **can be prepared gluten free** by making a special request or are gluten free but cooked in the fryer:

Caesar Salad Request: NO Croutons

French Onion Soup Request: NO Crouton or GF Crouton

Chicken Noodle Soup Request: NO Noodles

Fiesta or BBQ Pulled Pork Nachos Chips, cheese sauce & toppings are all Gluten Free, fryer is not.

Spinach & Artichoke Dip Dip is Gluten Free, Chips are Gluten Free, Fryer is not.

French Fries All French Fries are Gluten Free, Fryer is not.

B.L.T., Ultimate Ham, BBQ Pulled Pork & Hot or

Cold Roast Beef Request: NO Frizzles, on Gluten Free Bread.

All other sandwiches can be prepared on Gluten Free Bread!

Specials must be discussed with staff as well as special soups!

NUT & SEED ALLERGIES

Menu items that contain nuts include:

Harvest Salad, Shaved Brussels Sprouts Salad, Fruit & Nut Oatmeal & Yogurt Parfait.

Bakery Items change with the seasons and patrons must ask regarding nuts!

Bakery staples that contain nuts include:

Almond Bar, Magic Bar (pecans & coconut), Peanut Butter Cookie, Peanut Butter Monster Cookie Bar & Peanut Butter Bites.

Menu items that contain seeds include:

Sesame Pretzel, Whole Wheat Seed Bread, General Tso's Sauce (contains sesame oil) & any item that is breaded in house-made bread crumbs is subject to contain nuts (i.e. breaded fried chicken or eggplant & risotto fritters as well as breaded specials).