



Spin Cafe

Fresh & Fun American Food, B-B-Q & Gelato

Gluten-Free Lunch Menu

THIS MENU IS ALSO SERVED MONDAY-THURSDAY AT DINNERTIME

(435) 654-0251

220 N. Main Street (US 40), Heber City, UT

We cook from scratch using fresh, not processed, ingredients. So we know what's in our food. All of our dressings, sauces and spice rubs are gluten free, including our bbq sauce. Our onion rings are also gluten-free, and our fries are safe because gluten never goes into our frying oil (and it's also transfat-free).

☞ **TO ENSURE NO MISTAKES, PLEASE TELL YOUR SERVER THAT YOU NEED A GLUTEN-FREE MEAL.** ☞

WHAT'S THE SOUP?

Please remind your server to omit the bread with soup.

Warm & Wonderful Seasonal Soup A bowl of our 100% homemade soup, usually gluten-free (please ask your server). Cup 3.95 Bowl 5.95

Soup & Salad A cup of our 100% homemade soup (usually gluten-free – please ask your server) & a small mixed greens salad with tomatoes (ranch or balsamic vinaigrette). 6.50
Add \$1.75 to substitute a *bowl* of soup

SALAD SPINNER

Please remind your server to omit the bread with salads.

Field of Dreams Salad Mixed greens & tomatoes tossed in our house balsamic dressing, topped with grated parmesan & maple-roasted walnuts. 7.95

Asian Pork Lettuce Wraps Chopped Asian-spiced smoked pork served with boston lettuce for wrapping. Comes with our sweet & tangy drizzle sauce (made with gluten-free soy sauce), chopped peanuts, diced red peppers & scallions. 11.95
Some people prefer this dish with a some spicy heat. Please let us know if you want us to spice it up!

Turkey Cobb Salad Our own house-smoked turkey breast is the star in this version of the cobb salad. With romaine lettuce, black forest ham, apple-smoked bacon, tomatoes and our real blue cheese dressing. 11.95

Key West Caesar Salad We add lime to our Caesar for a tropical spin. Romaine lettuce, grated parmesan cheese and roma tomatoes. *Please remind your server to omit the croutons.* 7.95

Just a Little Salad Small mixed greens & tomatoes salad with balsamic vinaigrette or ranch. 3.95

You can add these to any salad:

Grilled asparagus	+ 4.25	Fresh avocado	+ 2.50
Grilled portobello mushroom	+ 3.95	Roasted red peppers	+ 2.50
Grilled fresh salmon	+ 6.95	Grilled chicken breast	+ 4.95
Fresh crumbled blue cheese	+ 1.25	Substitute fresh blue cheese dressing	+ 1.25

GELATO & DESSERTS We make our Italian-style ice cream right here, fresh daily, from scratch. It's gluten-free, except for flavors with mix-ins of cookies & such.

A 17% tip may be placed on parties of 6 or more.

We accept VISA, MasterCard, American Express, Discover, Travelers Cheques & good old American cash.

We do not accept checks.

LUNCH MENU

SPIN SPECIALTIES

Daily Bar-B-Q Specials Please ask your server.

Real Onion Rings from Real Onions Hand-cut & hand-dipped right here. We're famous for our crispy gluten-free batter! Served with fresh blue cheese dip and ketchup. 5.95

Sweet & Spicy Smoked Wings Hickory-smoked jumbo chicken wings dipped in our sweet & spicy wing sauce. Served with blue cheese dip and crunchy veggie sticks. The best wings ever, in our humble opinion! HALF DOZEN 7.95 FULL DOZEN 11.95
These wings are medium hot. Please let us know if you want them hotter!

Our Favorite Pork Spare Ribs Hickory-smoked right here for 5 hours & basted with our own secret-recipe fresh Bar-B-Q sauce. Served with homemade apple slaw & spinny fries. 16.95

TAKE ME BY THE HAND SANDWICHES & BURGERS

*Choose ONE of the following with burgers & sandwiches:
Spinny Fries, Salad Greens, Cup of Soup, or Bar-B-Q Pit Beans
Or substitute our hand-dipped real onion rings for \$2.75 (add \$1.50 for blue cheese dip)
Note: the Soup is not always gluten-free. Please ask.*

➡ **Gluten-free sandwiches/burgers are served with lettuce instead of bread. But we can substitute an Udi's gluten-free roll for .95 extra.**

Over the Top Bar-B-Q Beef Sandwich Chunks of smoked beef brisket in our top-secret fresh bar-b-q sauce, with a fried onion ring & melted jack cheese. 10.95

Carolina Pulled Pork Sandwich Succulent, slow-smoked pork shoulder topped with our sweet mustard slaw. *A Spin Cafe Favorite* 9.95

My Honey Bee A grilled chicken breast with honey-ranch, monterey jack cheese, lettuce & tomato. 8.95

The Farmers' Market Grilled veggies including portobello mushroom, asparagus, roma tomatoes, red bell pepper, with goat cheese. 10.95

Seattle BLT Grilled salmon, apple-smoked bacon, lettuce, tomato, & spicy chipotle mayo. 11.95

Jamaican Chicken Gently-seasoned chicken breast with peach salsa, shredded Napa cabbage, and toasted sesame seeds. 10.75

BURGERS We grind our own fresh chuck daily and grill your burgers to order. Our burgers aren't fast food. They're big, half-pound meals and will take a minimum of 10 minutes to prepare.

Spin Burger A 1/2 pound, flame-grilled, freshly-ground Black Angus Beef burger with caramelized onions, jack cheese, our special Spin fry sauce & lettuce. 2011 Salt Lake Tribune Readers' Poll Top Ten 9.95

Buffalo Burger A 1/2 pound, flame-grilled, freshly-ground 100% buffalo burger with caramelized onions, jack cheese, Spin fry sauce & lettuce. 13.95

You can add these to any burger:

Pickles *No charge*
Tomatoes *No charge*
Bacon +2.25
Ham +1.95
Sautéed mushrooms +1.50

Udi's gluten-free roll +.95
Grilled portobello mushroom +3.95
Roasted red bell peppers +2.50
Fresh avocado when available +2.50



Spin Cafe

Fresh & Fun American Food, B-B-Q & Gelato

Gluten-Free Dinner Menu

DINNER MENU IS AVAILABLE FRIDAY-SUNDAY ONLY AT DINNERTIME.

LUNCH MENU IS SERVED ALL DAY MONDAY-THURSDAY.

(435) 654-0251

220 N. Main Street (US 40), Heber City, UT

We cook from scratch using fresh, not processed, ingredients. So we know what's in our food. All of our dressings, sauces and spice rubs are gluten free, including our bbq sauce. Our onion rings are also gluten-free, and our fries are safe because gluten never goes into our frying oil (and it's also transfat-free).

☞ **TO ENSURE NO MISTAKES, PLEASE TELL YOUR SERVER THAT YOU NEED A GLUTEN-FREE MEAL.** ☞

SHARE THE LOVE

Fun 1st courses to share, or a light meal for one

Asian Pork Lettuce Wraps Chopped Asian-spiced smoked pork served with boston lettuce for wrapping. Comes with our sweet & tangy drizzle sauce (made with gluten-free soy sauce), chopped peanuts, diced red peppers & scallions. 12.95

Some people prefer this dish with a some spicy heat. Please let us know if you want us to spice it up!

Tuscan Grilled Asparagus Fresh asparagus brushed with olive oil & garlic, then grilled beyond perfection. With a wedge of lemon. 7.95

Sweet & Spicy Smoked Wings Hickory-smoked jumbo chicken wings dipped in our sweet & spicy wing sauce. Served with blue cheese dip and crunchy veggie sticks. The best wings ever, in our humble opinion! HALF DOZEN 8.50 FULL DOZEN 12.95

These wings are medium hot. Please let us know if you want them hotter!

Real Onion Rings from Real Onions Hand-cut & hand-dipped right here. We're famous for our light & crispy gluten-free batter! Served with fresh blue cheese dip and ketchup. 6.95

SOUP & SALAD

Please remind your server to not serve a piece of bread with soups & salads.

Warm & Wonderful Seasonal Soup A bowl of our 100% homemade soup, usually gluten-free (please ask your server). Cup 4.50 Bowl 6.95

Just a Little Salad Small mixed greens & tomato salad with balsamic vinaigrette or ranch. 3.95

Soup & Salad A cup of our 100% homemade soup (usually gluten-free – please ask your server) & a small mixed greens salad with tomatoes (ranch or balsamic vinaigrette). 6.95

Add \$2.00 to substitute a *bowl* of soup

Field of Dreams Salad Mixed greens & tomatoes tossed in our house balsamic dressing, topped with grated parmesan & maple-roasted walnuts. 8.75

Smoked Trout SPINach Salad Idaho smoked trout on a bed of fresh spinach with toasted almonds, Utah sundried cherries & a mustard apple vinaigrette 13.95

Turkey Cobb Salad Our own house-smoked turkey breast is the star in this version of the cobb salad. With romaine lettuce, black forest ham, apple-smoked bacon, tomatoes and our real blue cheese dressing. 13.75

Key West Caesar Salad We add lime to our Caesar for a tropical spin. Romaine lettuce, grated parmesan cheese and roma tomatoes. Please remind your server to omit the croutons. 8.95

You can add these to any salad:

Grilled asparagus	+ 4.25	Fresh avocado	+ 2.50
Grilled portobello mushroom	+ 3.95	Roasted red peppers	+ 2.50
Grilled fresh salmon	+ 7.25	Grilled chicken breast	+ 5.25
Fresh crumbled blue cheese	+ 1.25	Substitute fresh blue cheese dressing (except on Cobb)	+ 1.25

DINNER MENU

TAKE ME BY THE HAND SANDWICHES & BURGERS

Choose ONE of the following sides with sandwiches or burgers:

Spinny Fries, Rosemary Garlic Potatoes, Daily Veggie, Apple Slaw, or Bar-B-Q Pit Beans

Or substitute our hand-dipped real onion rings for \$2.75 (add \$1.50 for blue cheese dip)

Note: the Daily Veggie is not always gluten-free, but the preparation can be changed to make it so. Please ask.



Gluten-free sandwiches/burgers are served with lettuce instead of bread. But we can substitute an Udi's gluten-free roll for .95 extra.

Over the Top Bar-B-Q Beef Sandwich Chunks of smoked beef brisket in our top-secret fresh bar-b-q sauce with a fried onion ring & melted jack cheese. 12.95

Carolina Pulled Pork Sandwich Succulent, slow-smoked pork shoulder topped with our sweet mustard slaw. A Spin Cafe Favorite 11.95

My Honey Bee A grilled chicken breast with honey-ranch, monterey jack cheese, lettuce & tomato. 10.95

Spin Burger A 1/2 pound, flame-grilled, freshly-ground Black Angus Beef burger with caramelized onions, jack cheese, our special Spin fry sauce & lettuce. 2011 Salt Lake Tribune Readers' Poll Top Ten 10.95

Buffalo Burger A 1/2 pound, flame-grilled, freshly-ground 100% buffalo burger with caramelized onions, jack cheese, Spin fry sauce & lettuce. 14.95

You can add these to any burger:

Pickles No Charge
Tomatoes No charge
Bacon + 2.25
Ham +1.95

Sauteed mushrooms +1.50
Grilled portobello mushroom +3.95
Roasted red bell peppers +2.50
Fresh avocado when available +2.50

FORK & KNIFE FISH, POULTRY & MEAT

Choose TWO of the following sides with most entrees:

Spinny Fries, Rosemary Garlic Potatoes, Daily Veggie, Apple Slaw, or Bar-B-Q Pit Beans

Or substitute our hand-dipped real onion rings for \$2.75 (add \$1.50 for blue cheese dip)

Note: the Daily Veggie is not always gluten-free, but the preparation can be changed to make it so. Please ask.

Cedar Plank Salmon Hand-cut salmon, fresh never frozen, grilled to order on a cedar plank & served with our real maple herb butter. 18.95

Alabama Smoked Chicken Half a chicken smoked with hickory & served with a tangy southern white sauce (or substitute our fresh red bar-b-q sauce if you prefer). 15.95

Let's Talk Turkey House-smoked turkey breast served thickly-sliced with our famous real maple herb butter. A Spin Cafe Favorite 15.95

Sesame Chicken Stir-Fry Chicken breast, broccoli, red bell peppers, onions & carrots spun in a wok with sesame, fresh ginger & gluten-free soy sauce. With white jasmine rice. (No additional sides with this entrée) 14.95

Black Angus Sirloin Flame-grilled center-cut sirloin with sauteed onions & mushrooms. 18.95

Our Favorite Pork Spare Ribs Spice-rubbed house-smoked St. Louis-cut ribs with our own secret-recipe fresh Bar-B-Q sauce. HALF RACK 18.95 FULL RACK + 8.00

Smitty's Texas Brisket Texas-style beef brisket hickory-smoked for 12 hours. Served sliced, with our fresh bar-b-q sauce. Specify lean or marbled. 18.95

GELATO & DESSERTS We make our Italian-style ice cream right here, fresh daily, from scratch. It's gluten-free, except for flavors with mix-ins of cookies & such.

A 17% tip may be placed on parties of 6 or more.

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