

*We are unable to guarantee that any menu item can or will be completely free of gluten. Please see reverse for more information.

STARTERS

Loaded Tots 1150 cal

You gonna eat your tots? We serve 'em nice and crispy with cheddar-jack cheese, bacon, sour cream, and scallions.

♥ **Buffalo Chicken Nachos 1460 cal**
Tortilla chips piled high with queso, tomatoes, scallions, sour cream, cheddar-jack cheese, and chicken tossed in our hot wing sauce.

♥ **Shredded Pork Queso Dip 1440 cal**
Warm white queso dip topped with seasoned shredded pork, served with tortilla chips.

BURGERS & SANDWICHES

Substitute your fries and ask about the sides we offer

♥ **The Hangover Burger** 1670 cal**
ASK FOR NO BUN AND NO HASHBROWN
Because everything tastes better with breakfast on it. Hardwood smoked bacon, fried egg, avocado, lettuce, and pepper-jack cheese.

Bacon Cheeseburger 1450 cal**
ASK FOR NO BUN
Loaded with mozzarella cheese, cheddar cheese, hardwood smoked bacon, lettuce, tomato, onion, and pickles.

#MyNative Burger 1220-1340 cal**
ASK FOR NO BUN
A simple classic with lettuce, onion, tomato, pickles, and your choice of cheese:
Swiss, mozzarella, cheddar, pepper-jack, American, or bleu cheese crumbles

♥ **Thousand Island Burger** 1420 cal**
ASK FOR NO BUN
Melted American cheese, lettuce, tomato, red onion, pickles, and garlic butter, all doused in Thousand Island.

♥ **California Cluck 1420 cal**
ASK FOR NO BUN
Grilled chicken breast with crisp bacon, sliced avocado, pepper-jack cheese, lettuce, red onion, tomato, and mayo.

SALADS

Cobb Salad 1300 cal

A tower of fresh greens topped with grilled diced chicken, crumbled bleu cheese, bacon, egg, avocado, tomatoes, and black olives. Served with bleu cheese dressing.

Chicken Caesar Salad 880 cal

ASK FOR NO CROUTONS
Garden fresh romaine topped with grilled chicken breast. Tossed with shredded parmesan, creamy Caesar dressing. Ya can't go wrong with this classic.

♥ **Chicken Apple Walnut Salad 570 cal**
Garden romaine topped with fresh Granny Smith apples, fresh strawberries, candied walnuts, bleu cheese crumbles, and freshly grilled chicken. Tossed with our citrus vinaigrette. It's as amazing as it sounds.

♥ **Chicken Lettuce Wraps 480 cal**
A combo of grilled chicken, cabbage, carrots, bell peppers, tomatoes, red onion, yellow onion, corn, cilantro, salt & vinegar seasoning, and basil topped with our low calorie ranch vinaigrette dressing. Served on top of fresh romaine lettuce leaves.

♥ **Southwest Chicken Salad 1060 cal**
Fresh greens loaded with avocado, corn, yellow onion, bell peppers, cilantro, tomato, cheddar-jack cheese, and grilled chicken seasoned with ancho chili lime dry rub. Tossed in our jalapeño ranch dressing and topped with tortilla strips.

DRESSINGS

(65-200 cal)

Italian • Bleu Cheese • Ranch
Jalapeño Ranch • Honey Mustard
Low-Calorie Ranch Vinaigrette
Caesar • Thousand Island
Citrus Vinaigrette

WINGS

♥ **Naked Traditional Wings**
ASK FOR NAKED

5-Pack (pick 1 flavor)
810 cal + (add sauce)

10-Pack (pick up to 2 flavors)
1630 cal + (add sauce)
Our most popular!

15-Pack (pick up to 3 flavors)
2440 cal + (add sauce)

20-Pack (pick up to 4 flavors)
3250 cal + (add sauce)

50-Pack (pick up to 5 flavors)
8130 cal + (add sauce)

Individually Adventurous!
Get our award winning wings by the each!
130 cal + (add sauce)

♥ **Naked Native Strippers**
ASK FOR NAKED

Boneless, skinless chicken tenderloins prepared just like our wings and tossed in your choice of sauce or dry rub.
½ Pound 440-830 cal
1 Pound 910-1760 cal

SAUCES

Medium (add 15 cal/ wing)

Hot (add 0 cal/ wing)

Strawberry Hot (add 10 cal/ wing)

Spicy Honey Mustard (add 15 cal/ wing)

Honey Hot (add 20 cal/ wing)

Chile Pepper Hot (add 0 cal/ wing)

Jalapeño (add 0 cal/ wing)

Habanero Mango (add 0 cal/ wing)

THE GHOST (add 0 cal/ wing)

DRY RUBS

Asiago Parmesan (add 50 cal/ wing)

Lemon Pepper (add 25 cal/ wing)

Ancho Chile Lime (add 0 cal/ wing)

Buffalo Ranch (add 5 cal/ wing)

Salt & Vinegar (add 0 cal/ wing)

Salt & Pepper (add 0 cal/ wing)

Chicken n' Waffles (add 10 cal/ wing)



Go Native!

These signature Native dishes are accepted by the entire universe as being totally awesome.



Go Saucy!

These dishes have one of our Native wing sauces or dry rubs in them -- oh yeaahhhh

Additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

**Consuming raw or undercooked foods such as beef, poultry, eggs, seafood, lamb, pork, or other meats may increase your risk of foodborne illness, especially if you have certain medical conditions. Regarding the safety of these items, written information is available upon request. Thorough cooking of these items reduces your risk. Our burgers and eggs are cooked to order. If you have a food allergy, notify your server and order with caution. We cannot guarantee that our foods will be free from the ingredients that cause your allergic reactions.

“Gluten-Friendly Options” Disclaimer*

*This menu is a list of items that do not inherently contain gluten. This list is intended to act as a tool to help you make informed decisions about your meal. The information used to determine gluten-content was provided by our food manufacturers and suppliers. While every attempt will be made to keep this list as up-to-date as possible, we cannot control when a supplier changes the ingredients in a product or the way it is prepared. These changes may not be reflected in this list. Please note that we may occasionally substitute products due to inventory shortages, regional supply, season of the year, and recipe revisions. In addition, certain menu items may vary from restaurant to restaurant. **We are unable to guarantee that any menu item can or will be completely free of gluten.**

Native Grill and Wings is not, nor do we claim to be, a Gluten-Free Certified Operation. While we use extreme caution in preventing cross-contamination, there is still the possibility of gluten contact in our kitchen during storage, preparation, cooking, and serving. We do not separate gluten-free and gluten-containing items in our fryers, so the possibility of cross-contamination in fried foods is high. In addition, our breaded and non-breaded items are sauced in the same containers. There is airborne flour in our kitchens due to our breading process. **Due to these circumstances, we cannot guarantee that any menu item can or will be served completely free of gluten.** Those with Celiac Disease or extreme gluten intolerance should exercise careful judgment when ordering. For more information, please ask to speak with a manager prior to ordering.

Limited time offers, test products, or regional items have not been included on this list.

**Please notify your server of any food allergies prior to ordering.
For more information on our gluten-friendly options list, please ask to speak with a manager.**