

H
HOULIHAN'S

Specials Menu

Enjoy craveable fare that's a bit **"better for you," whatever that may mean to you.** Whether it's low cal, high protein, lower in sugar or carbs – even something for those who couldn't care less about all of the above – **this menu is full of goodness.**

<p>Low Calorie (613) Low Carb (12g) Low Sugar (3g)</p> <p>Meatless High Fiber (13g)</p>	<h2>APPETIZERS</h2> <p>GRILLED CHICKEN WINGS drizzled with housemade Cuban mojo sauce, cotija cheese \$10.95</p> <p>MEDITERRANEAN BLACK BEAN DIP^v with Kalamata olives, feta cheese, extra virgin olive oil, served with lavosh crackers, cucumbers & carrots \$8.95</p>
<p>Low Calorie (751) High Protein (53g) Low Sugar (7g) Gluten-sensitive</p> <p>Low Calorie (699) Gluten-sensitive</p> <p>Low Calorie (589) Low Sugar (1g) Gluten-sensitive</p> <p>Nutritional info? Who cares? Treat yourself.</p>	<h2>ENTRÉES</h2> <p>GS GRILLED SHRIMP & JALAPEÑO SAUSAGE MOJO garlic-citrus marinated roma tomatoes, zucchini, yellow squash, red bell pepper and baked potato, all grilled and brushed with housemade Cuban mojo sauce \$15.95</p> <p>GS PAN-ROASTED CHICKEN & SPIRALIZED SWEET POTATO 'LINGUINE' with poblano crema sauce, crisp bacon dust \$12.95</p> <p>GS GRILLED MEDITERRANEAN CHICKEN frenched chicken breast & drummette marinated & grilled, white bean salad with pancetta, garlic, thyme, grape tomatoes & organic kale-spinach-chard blend \$12.95</p> <p>STEAK ENCHILADAS WITH MEXICAN STREET CORN grilled top sirloin, housemade enchilada sauce, sour cream, served with chorizo & cheese stuffed poblano pepper, elote-style corn \$16.50</p>
<p>Low Calorie Gluten-sensitive</p> <p>Only 57 Calories per bite if eaten in 10 bites. Challenge accepted?</p>	<h2>DESSERTS</h2> <p>GS BITE-SIZE POT DE CRÈME Vanilla Ginger (84 cal) Chocolate Rhubarb (101 cal) Bourbon Butterscotch Brûlée (94 cal) \$1.50 each \$4 flight of 3</p> <p>BROWNIE BATTER CAKE exactly what it sounds like – smothered in warm, decadent fudge \$5.00</p>
<p>Low Calorie (0)</p> <p>Also a perfect mixer for the calorie-conscious cocktailer.</p>	<h2>SPARKLING FLAVORED H₂O</h2> <p>Specialty waters crafted with Be Mixed – an all-natural, sugar-free, zero-calorie beverage mixer founded by Harvard Business School grads/female entrepreneurs. Well + Good calls it “the health-conscious drinker’s nirvana”</p> <p>CUCUMBER MINT Be Mixed Cucumber + Mint, club soda \$2.95</p> <p>GINGER LIME Be Mixed Ginger + Lime, club soda \$2.95</p>

GS We offer gluten-free buns and flatbreads as well as modifications to many menu items for guests looking to reduce gluten in their diets (ask your server for a full menu of these items). Note that while we offer gluten-free products, we are not a gluten-free environment. Our kitchens do not have a separate prep surface, cook tops or equipment to ensure gluten particles do not come in contact with gluten-sensitive dishes. Chefs prep and cook to order in common areas, and menu items may come in contact with other food products.

^v Meatless items. | [†] We use nuts and nut based oils in these menu items. If you are allergic to nuts or any other foods, please let us know.

* Contains or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.



DINNER

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LOADED GUACAMOLE^v pomegranate seeds, salsa, cotija cheese, seasoned tortilla chips \$8.95

CHICKEN LETTUCE WRAPS^t sweet and savory sesame-glazed chicken, carrots, scallions and crispy wontons, peanut-ginger sauce \$11.50

CHAR-CRUSTED AHI TUNA^a with Thai chile glaze, wasabi mayo and asian slaw \$10.95

CUBANO EGGROLLS stuffed with shredded pork, ham, swiss cheese and mustard, served with cheddar and chipotle cheese sauce, diced pickles, spicy beer mustard \$9.95

CALAMARI banana peppers & calamari lightly dusted in seasoned flour and fried crisp to order with marinara & chile aioli Sriracha bomb for dipping, lemon dressed arugula \$10.50

SPICY CHICKEN AND AVOCADO EGGROLLS served with sour cream & house salsa \$9.95

FIRECRACKER SHRIMP lightly fried shrimp tossed in chile aioli over banana-ginger dressed napa slaw \$10.50

CHICKEN TENDERS traditional or buffalo style \$9.75

CLASSIC ORGANIC SPINACH DIP^v with cheesy lavosh crackers \$10.75 • small with tortilla chips \$5.95

CHIPOTLE CHICKEN NACHOS chile roasted chicken, pepper jack, cheddar and chipotle cheese sauce, fresh jalapenos, tomato, cilantro, guacamole, sour cream, house salsa \$11.50

HOULIHAN'S FAMOUS 'SHROOMS^v panko crusted and garlic-herb cream cheese stuffed mushrooms with creamy horseradish sauce (7) \$10.95 • (3) \$6.25

CHICKEN WINGS choose thai chile glazed with sesame-ginger soy sauce or buffalo style with bleu cheese dressing \$10.95

PARMESAN FRITES^v with chipotle mayo, tangy tomato & garlic parmesan dipping sauces \$5.95

ORGANIC POTSTICKERS traditionally prepared ginger pork pan-fried dumplings with Sriracha and sesame-ginger soy sauce \$9.95
excellent with a glass of Snoqualmie Eco Riesling

PRIME BLACK ANGUS MINI BURGER SLIDERS^a with aged cheddar & ranch-style greens. 3-pack \$10.95

FRIED ASPARAGUS^v with lemon-horseradish creme dipping sauce \$8.95

sides Sides SIDES

→ \$3.95 ←

CHARRED PINEAPPLE BROWN RICE^v

HONEST GOLD MASHED POTATOES^v

FRENCH FRIES^v

GARLIC GREEN BEANS^v

GRILLED ASPARAGUS^v

TORTILLA CHIPS & HOUSEMADE SALSA^v

PARMESAN PESTO BRUSSELS SPROUTS

SMALL SALADS

SPIRALIZED ZUCCHINI PESTO SALAD^t spiralized zucchini 'noodles,' organic kale-spinach-chard blend, roasted artichoke hearts & red peppers, lemon vinaigrette \$4.50

HOUSE SALAD bacon, corn, croutons, choice of bleu cheese or cheddar & ranch or balsamic vinaigrette \$4.50

CAESAR SALAD chopped romaine, garlic herb croutons, romano cheese \$4.50

TUSCAN WHITE BEAN SALAD^v goat cheese, tomatoes, balsamic & tuscan toast \$4.75



ALL SOUPED UP

ALL OUR SOUPS ARE MADE IN HOUSE.

ROASTED TOMATO BISQUE^v with grilled cheese fritters \$4.75

CHICKEN TORTILLA SOUP naturally lean chicken, anaheim chiles, pepper jack, crisp tortilla strips, lime \$4.50

OUR ORIGINAL BAKED POTATO SOUP bacon, scallions and cheddar \$4.50

FRENCH ONION SOUP with rich beef broth, sherry & melted provolone \$4.50

The MAIN EVENT

Add a bowl of homemade soup or side salad for \$2.95

KOREAN CHICKEN marinated chicken breast, gochujang (a Korean hot chili paste) sauce, charred pineapple brown rice, garlic green beans, pineapple relish *Available grilled or fried.* \$15.95

STUFFED CHICKEN BREAST crisp, panko-breaded chicken breast stuffed with garlic-herb cream cheese, served with choice of vegetable and honest gold mashers \$16.95
excellent with a glass of La Marca Prosecco

MAHI MAHI WITH CITRUS CRAB SALAD pan seared mahi mahi, lump blue crab citrus salad with oranges, cilantro, red peppers & green onion, charred pineapple brown rice \$16.95 | small \$14.95

CRISPY CHICKEN TENDERS with french fries, choice of vegetable and honey mustard \$14.95

CHICKEN PARMESAN herb-crusted, sautéed chicken breast topped with marinara, fontina, provolone and romano cheeses over fettuccine \$16.95

BBQ BABY BACK RIBS with choice of vegetable and french fries. Half Slab \$17.25 • Full Slab \$21.75
Add firecracker shrimp for \$6.95

CHICKEN FETTUCCINE ALFREDO garlic and herb-marinated grilled chicken over fettuccine in a rich, buttery cream sauce with fontina, provolone and grated romano \$16.75

SEARED GEORGES BANK SCALLOPS wild-caught sea scallops, lemon-spinach risotto, baby arugula, basil-infused olive oil \$18.95 • small \$14.95

DOWN HOME POT ROAST honest gold mashers, homestyle vegetables, crispy fried onions and red wine gravy \$14.75

GRILLED ATLANTIC SALMON^t (5oz.) basted with lemon-dill butter and served with honest gold mashers & choice of vegetable \$15.95
excellent with a glass of Willamette Valley Pinot Gris

SLOW ROASTED BONELESS SHORT RIBS pot roast-style tender short ribs in red wine gravy, honest gold mashers, roasted brussels sprouts with pesto cream sauce \$17.95

FISH AND CHIPS Sam Adams batter-North Atlantic cod, french fries, dill tartar sauce, malt vinegar and chipotle slaw \$12.95

DECONSTRUCTED CHICKEN POT PIE tender chicken breast, carrots and celery in a savory chicken gravy pot pie filling, served with a cheddar biscuit as big as your face \$15.95

SPIRALIZED BUTTERNUT SQUASH & SAUSAGE LASAGNA spiralized butternut squash 'noodles,' herbed ricotta, Italian sausage, sautéed organic kale-spinach-chard blend, marinara & mozzarella, served with a pesto zucchini 'noodle' side salad \$14.50

PRIME MEATLOAF^t Iowa Premium USDA Prime Black Angus beef meatloaf over honest gold mashers, crispy fried onions, red wine gravy and choice of vegetable \$14.50

FRESH GREENS TOSSED TO ORDER

ENTRÉE SALADS

Add a bowl of homemade soup for \$2.95

ORGANIC POWER GREENS SALAD^t toasted almonds, blueberries, blackberries, strawberries, goat cheese, poppyseed dressing, organic baby kale-spinach-chard blend \$12.50 *with grilled chicken \$15.50 with grilled salmon \$16.50*

STEAK & WEDGE SALAD^t (5oz.) sirloin, served with an iceberg wedge, smoked bacon, spicy pecans, roasted golden beets, green beans, gorgonzola, scallions, warm polenta croutons, bleu cheese dressing \$15.95
excellent with a glass of Main St. Winery Cabernet Sauvignon

HEARTLAND GRILLED CHICKEN SALAD^t applewood smoked bacon, aged cheddar, spicy pecans, red peppers, tomatoes, red onions, croutons, garlic ranch \$12.95
Also available with breaded chicken tenders.

CHAR-CRUSTED AHI TUNA SALAD^a napa, iceberg and spinach with cashews, banana chips, carrots, scallions, cilantro, crispy wontons, banana-ginger vinaigrette \$14.50

CHICKEN CAESAR SALAD grilled herb-marinated chicken breast, chopped romaine, romano cheese, warm polenta croutons, caesar dressing \$12.95

BUFFALO BLEU SALAD^t buffalo chicken tenders, applewood smoked bacon, sharp cheddar, croutons, spicy pecans, red bell peppers, tomatoes, red onions, gorgonzola, garlic ranch \$13.75

CHICKEN ASIAN CHOP CHOP^t sautéed sesame-glazed chicken, napa salad, snow peas, roasted peanuts, red bell peppers, jicama, crispy wontons, peanut-ginger dressing \$12.95

New & Noteworthy Whether they're new, from a previous Specials Menu or we just made some tweaks to make a recipe even better, check out our recent additions and let us know what you think.

But wait, there's more.





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FLATBREAD

GS Sub a gluten-free crust (add \$1.50)



GS **BBQ CHICKEN FLATBREAD** red onions, cilantro, pepper jack, romano and cheddar cheese, sour cream drizzle \$10.95

GS **MARGHERITA FLATBREAD**^v oven roasted tomatoes, basil, fresh mozzarella, marinara \$10.95

GS **SPINACH & ARTICHOKE FLATBREAD** creamy spinach, roasted tomatoes, artichoke hearts, kalamata olives & balsamic glaze

GS **FLATBREAD OF THE DAY** ask your server about today's feature

OUR

BURGER GAME

IS STRONG

>> Our burgers are made only with Prime Black Angus, the top 2% certified beef in the U.S. <<

Add a bowl of homemade soup or side salad for \$2.95

GS Sub a gluten-free bun (add \$1.50)

THE KANSAS CITY PRIME BURGER^r Iowa Premium USDA Prime Black Angus beef patty, topped with BBQ carnitas, brown-sugar bacon, crisp onion straws, sharp cheddar & house Kansas City-style BBQ sauce, served with french fries \$13.95



GS **PRIME BLACK ANGUS BURGER**^r Iowa Premium USDA Prime Black Angus beef patty, crisp lettuce, tomato & red onion on a buttered, toasted bun with french fries \$11.95 **Add 50¢ each for applewood smoked bacon, sautéed mushrooms or cheese** (aged cheddar, american, swiss, gorgonzola, gouda or provolone). BBQ sauce available upon request.

SPICY FRITOS[®] **BURGER** pepper jack cheese, pico de gallo, Fritos[®] corn chips, jalapenos, guacamole, chipotle mayo \$12.25

VEGGIE BURGER^v black bean and roasted vegetable patty topped with aged cheddar and ranch-style greens with french fries \$10.95



Cuts & Glory

Our premium Black Angus aged steaks are hand-selected for dense marbling and hand-trimmed for superior cuts. All of our fresh beef is Midwestern raised, grain fed and aged a minimum of 28 days.

All steaks are served with a bowl of our homemade soup or side salad and your choice of two sides (listed below). **Add firecracker shrimp for \$6.95**

GS **TOP SIRLOIN 9 OZ. TOP SIRLOIN**^r \$21.50 • **5 OZ. PETITE TOP SIRLOIN**^r \$15.95

GS **BARREL-CUT FILET MIGNON**

The juiciest, center-of-the-center cut filet for optimal flavor.

6 OZ. CENTER-CUT FILET MIGNON^r \$22.95 • **4 OZ. PETITE CENTER-CUT FILET MIGNON**^r \$16.95

GS **CLASSIC KANSAS CITY STRIP 12 OZ. KC STRIP**^r \$24.95



- CHARRED PINEAPPLE BROWN RICE^v
- GS** HONEST GOLD MASHED POTATOES^v
- GS** FRENCH FRIES^v
- GS** TORTILLA CHIPS & HOUSEMADE SALSA^v
- GS** GARLIC GREEN BEANS^v
- GS** FRESH FRUIT^v (add .50)
- GS** PARMESAN PESTO BRUSSELS SPROUTS
- GS** GRILLED ASPARAGUS
- GS** LOADED BAKED POTATO (after 4pm)

\$3.95



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