



“HOWL” TO BE: Gluten & Dairy Free

All these items can be made Free of Gluten & Dairy just for you!
Simply read the quote under the item upon ordering.



Before placing your order, please inform your server whether you or other guests in your group have food allergies. Lost Dog will do its best to offer and provide items free of identified allergens. However, Lost Dog can't guarantee that cross contamination with allergens may not occur since our kitchen handles and prepares food containing a variety of potential allergens. Lost Dog also relies on our suppliers' ingredient information and they may change product ingredients and preparation practices without our knowledge. Thus, we suggest that you verify ingredients to determine suitability to your medical and dietary needs.

Appetizers

Hummus & Pita Chips 6.95

Our zesty Mediterranean hummus served with warm pita chips.
“Hold the pita, I'll take tortilla chips instead!”

Guacamole and Chips 6.95

Classic appetizer served with tricolored tortilla chips
No Howling Necessary! This Appetizer is already Gluten & Dairy Free!

Black Bean Dip 7.95

Black bean puree smothered with melted mozzarella and cheddar cheese, topped with sliced avocado, pico de gallo, and served with tricolored tortilla chips and pita.
“Hold the cheese and the pita please, I'll take extra tortilla.”

Salads

Large Salads are Served with Pita Bread.
You'll want to howl, “Hold the Pita!”

Dressing Options: Balsamic Vinaigrette, Oil & Vinegar, Thousand Island, Taco Sauce (Southwestern Dressing)

Garden Salad lg 6.95 sm 3.95

Add Grilled Portabello 3.00, Sliced Chicken 3.00 or Tuna 5.00

Greek Salad lg. 9.95 sm. 5.95

Mixed greens, onions, green peppers, tomatoes, kalamata olives. Topped with crumbled feta cheese, and served with feta vinaigrette.
“Hold the cheese, and make this with Balsamic Vinaigrette”

Apollo Salad 12.95

Back by popular demand, our awesome Greek salad topped with grilled sliced chicken breast, cucumbers and feta vinaigrette
“Hold the cheese, and make this with Balsamic Vinaigrette”

The Fat Willis Chopped Salad 11.95

Grilled chicken breast, crisp smoked bacon, fresh avocado, crumbled feta cheese, tomatoes, cucumbers, and red onions on top of mixed greens. Served with peppery parmesan dressing.
“Hold the feta and the dressing, I'd like this salad with the Balsamic Vinaigrette”

Avo-Dogo Salad 10.95

Our homemade chicken salad or albacore tuna salad on top of chopped mixed greens with tomatoes, red onions, cucumbers and sliced avocado. Served with balsamic vinaigrette.
No Howling Necessary! This salad is already free of gluten & dairy!

Howling Hound Salad 10.95

Mixed greens with sliced grilled chicken, sweet corn, black beans and avocado topped with house made pico de gallo and avocado ranch dressing.
“I'd like this with the southwestern dressing.”

Doghouse Salad 10.95

Mixed greens, oven roasted tomatoes, portabello mushroom, kalamata olives, artichokes, cucumber, roasted red peppers and sliced fresh mozzarella. Served with feta vinaigrette.
“Hold the feta and the dressing, I'd like this salad with the Balsamic Vinaigrette”

Fiesta Dog Salad 10.95

Fresh mixed greens, chicken, cheddar, red onions, cucumbers, mushrooms, red peppers, and pico de gallo with peppery parmesan dressing.
“Hold the cheddar and the dressing, I'd like this salad with the Thousand Island Dressing.”

Dock Dog Salad 12.95

A bed of mixed greens, fresh avocado, cucumber, oven roasted tomatoes, kalamata olives, topped with a grilled tuna steak. Drizzled with cucumber wasabi dressing.
“Hold the cucumber wasabi dressing. I'll take some oil & vinegar.”



Gourmet Pizzas

You'll want to order your pizza on our *Gluten Free crust* (it has no Dairy either!). Individual size (add \$3), or Small (add \$4). Substitute Daiya's Vegan Mozzarella. Now your pizza is gluten free from the crust up!

Howl for us to make your pizza with Daiya @Vegan Cheese for an additional \$1.50 individual or \$2.50 small.

Pointer Pie ind 11.95 sm 16.95

Our whole wheat dough is drizzled with olive oil then topped with pine nuts, spinach, tomatoes, crumbled feta cheese, a touch of mozzarella cheese and sprinkled with rosemary.

"No Mozzarella! Made with with Daiya @Vegan Cheese, Please!" Now your pizza is gluten & dairy free from the crust up!

Pointer Pie ind 11.95 sm 16.95

Our whole wheat dough is drizzled with olive oil then topped with pine nuts, spinach, tomatoes, crumbled feta cheese, a touch of mozzarella cheese and sprinkled with rosemary.

"On a Gluten Free Crust. No Mozzarella! Made with with Daiya @Vegan Cheese, Please!"

Rin Tin Tin Pie ind 12.95 sm 17.95

Our marinara sauce with sliced portabello mushrooms, spinach, red onions, red peppers topped with fresh mozzarella and basil on our house-made whole wheat pizza crust.

"On a Gluten Free Crust. No Mozzarella! Made with with Daiya @Vegan Cheese, Please!"

Big Red Pie ind 11.95 sm 16.95

Our marinara sauce topped with fresh mozzarella on whole wheat pizza crust topped with fresh basil.

"On a Gluten Free Crust. No Mozzarella! Made with with Daiya @Vegan Cheese, Please!"

Polynesian ind 11.95 sm 16.95

Homemade tomato sauce, shrimp hickory ham, pineapple, crisp bacon, smothered with mozzarella cheese.

"On a Gluten Free Crust. No Mozzarella! Made with with Daiya @Vegan Cheese, Please!"

The Catahoula ind 11.95 sm 16.95

Spicy tomato sauce, marinated chicken breast, spinach and sliced tomatoes, covered with mozzarella cheese and basil

"On a Gluten Free Crust. No Mozzarella! Made with with Daiya @Vegan Cheese, Please!"

Greek Pie ind 11.95 sm 16.95

Tomato sauce, spinach, onions, tomatoes, black olives, topped with feta and mozzarella cheese and basil.

"On a Gluten Free Crust. No Mozzarella! Made with with Daiya @Vegan Cheese, Please!"

Mediterranean Pie ind 11.95 sm 16.95

Homemade tomato sauce, fresh eggplant, spinach, green olives, parmesan and mozzarella cheeses seasoned with thyme.

"On a Gluten Free Crust. No Mozzarella! Made with with Daiya @Vegan Cheese, Please!"

Nouvelle Veggie ind 11.95/ sm 16.95

Homemade tomato sauce, fresh mushrooms, spinach, onions and green peppers with mozzarella and cheddar cheeses.

"On a Gluten Free Crust. No Cheddar or Mozzarella! Made with with Daiya @Vegan Cheese, Please!"

Create Your Own Pizza

Start with a Basic Gluten Free Pizza with Housemade sauce and Daiya @Vegan Cheese

Individual 12.95 Small 15.95

Toppings are +.75 each on the Individual, and +1.25 each on the Small. **Indicates Double Topping Charge*

CRUST	SAUCE	CHEESES	MEATS	VEGETABLES
Gluten Free Crust	Marinara	*Daiya Vegan Mozzarella	Hickory Ham	Banana Peppers Pineapple
			Ground Beef	Black Olives Spinach
			Bacon	Zucchini Tomatoes
			*Anchovies	Green Olives *Artichoke Hearts
			*Chicken Breast	Green Peppers *Oven Roasted Tomatoes
			*Shrimp	Jalapeno Peppers *Portabello Mushrooms
			*Crabmeat	Kalamata Olives *Roasted Red Peppers
				Fresh Mushrooms *Pine Nuts
				Onions *Roasted Garlic



Lost Dog Specialty Sandwiches

Howl for us to make your sandwich with Daiya ®Vegan Cheese for an additional \$1.00

Be sure to order your sandwich on an Udi's® Gluten Free Roll (add \$1)

With Chips & A Pickle (add 95¢) or Homemade Cole Slaw (\$1.95)

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| <p>1. HCBLT 8.50
Hot hickory ham, melted provolone cheese, bacon, lettuce, tomatoes and mayo.
<i>"On ab Udi's® Gluten Free Roll -without the provolone and with Daiya ®Vegan Cheese, please!"</i></p> <p>2. Billy's Philly 8.50
Char-grilled chicken breast, melted cheddar cheese, lettuce, tomatoes and garlic mayo on a toasted sub roll.
<i>"On an Udi's® Gluten Free Roll-No cheddar, but substitute with Daiya ®Vegan Cheese, please!"</i></p> <p>4. Roast Beef Club 8.50
American cheese melted over roast beef with bacon, lettuce, tomatoes and mayo.
<i>"On an Udi's® Gluten Free Roll-without the American Cheese and with Daiya ®Vegan Cheese, please!"</i></p> <p>6. San Diego 8.50
All white chicken salad or tuna salad, avocado and crispy bacon with lettuce, tomatoes and mayo served on toasted wheat berry bread.
<i>"On an Udi's® Gluten Free Roll."</i></p> <p>8. Veggie 8.50
Fresh zucchini, avocado, spinach and mushrooms with melted provolone cheese, wrapped in a warm pita.
<i>"I'd like this on an Udi's® Gluten Free Roll and with Daiya ®Vegan Cheese instead of provolone."</i></p> <p>10. Surf 'N Turf 9.50
Lean roast beef, backfin crabmeat, melted brie cheese, and dijonnaise.
<i>"On an Udi's® Gluten Free Roll-without the Brie and with Daiya ®Vegan Cheese instead."</i></p> <p>15. Patrick Ross 8.50
Roast beef, turkey breast, bacon, American cheese, lettuce, tomatoes and mayo. Served Hot.
<i>"On an Udi's® Gluten Free Roll- oh, and no American-just some Daiya ®Vegan Cheese"</i></p> | <p>16. National 8.50
Lean roast beef, turkey breast, crispy bacon and melted muenster, topped with coleslaw and thousand island dressing on a toasted sub roll.
<i>"Hold the Muenster, and use Daiya ®Vegan Cheese- and Make this on an Udi's® Gluten Free Roll."</i></p> <p>18. President 8.50
Lean roast beef, brie, bacon, avocado and mayo. Served Hot
<i>"Hold the Brie, I'd like Daiya ®Vegan Cheese- and Make this on an Udi's® Gluten Free Roll."</i></p> <p>21. The Phoenix 8.50
Tender chunks of seasoned chicken breast baked and placed in pita with melted mozzarella cheese, lettuce and garlic mayo.
<i>"I'd like this on an Udi's® Gluten Free Roll, and with Daiya ®Vegan Cheese"</i></p> <p>22. Sea Dog Salad 9.50
Backfin crabmeat, scallops and shrimp tossed in a cilantro mayonnaise, served on a butter croissant with lettuce and tomatoes.
<i>"I'd like this on an Udi's® Gluten Free Roll, please."</i></p> <p>33. Turkey Reuben 8.50
Turkey breast, melted Swiss cheese, creamy cole slaw and thousand island dressing on grilled rye bread.
<i>"I'd like this on an Udi's® Gluten Free Roll, and with Daiya ®Vegan Cheese, please."</i></p> <p>40. Westover Club 8.50
Hickory ham, turkey breast, bacon and melted provolone cheese with lettuce, tomatoes and mayo served on wheat berry bread. Served Hot
<i>"On an Udi's® Gluten Free Roll- Oh and hold the provolone and give me Daiya ®Vegan Cheese, please."</i></p> <p>41. California Dreaming 8.50
Whole wheat sub roll stuffed with our lean sliced turkey breast with lettuce, tomatoes, alfalfa sprouts and avocado.
<i>"On an Udi's® Gluten Free Roll, please!"</i></p> <p>43. Healthy Dog 8.50
Warm pita stuffed with homemade hummus, tomatoes, onions, cucumber, avocado, alfalfa sprouts and lettuce
<i>"Instead of the pita I'd like this on an Udi's® Gluten Free Roll please!"</i></p> |
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Create Your Own Sandwich

All of the Items below are safe to mix and match for your own special sandwich!

Howl for us to make your sandwich with Daiya ®Vegan Cheese for an additional \$1.00

Be sure to order your sandwich on an Udi's® Gluten Free Roll (add \$1)

Corned Beef	8.50	B.L.T. With Avocado	8.50	Tuna Salad	8.50
Chicken Salad	8.50	B.L.T.	7.50	Hickory Ham	8.50
Lean Roast Beef	8.50	Turkey Breast	8.50	Grilled Chicken	8.50

Breads: Udi's® Gluten Free Roll

Condiments: Mayo • Garlic Mayo • Dijon Mustard • Thousand Island • Ketchup • Oil & Vinegar • Balsamic Vinaigrette

Cheese: Daiya ®Vegan Cheese (add \$1)

Veggies: Lettuce • Tomatoes • Onions • Black Olives • Sprouts • Hot Peppers • Banana Peppers • Spices*

