



## “HOWL” TO BE: Soy Free

All these items can be made Soy Free 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

- Guacamole and Chips** ..... **6.95**  
Classic appetizer served with tricolored tortilla chips  
*“Hold the chips, I'll take veggie sticks”*
- 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 pita & tortilla, I'll take veggie sticks”*

## Salads

All Large Salads are served with a slice of Pita.  
*You'll want to Howl, “Hold the Pita, I'll take a slice of Rye instead.”*

### Soy Free Dressing Options:

Taco Sauce (Southwest Dressing), Red Wine Vinegar, Fresh Lemon Wedges

- Garden Salad** ..... **lg. 9.95 sm. 5.95**  
Romaine mix, tomato wedges, Green Peppers, Onions, Kalamata Olives  
Add Grilled Portabello 3.00, Sliced Chicken 3.00 or Tuna 5.00
- 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.  
*“Prepare without Garlic Butter, please. Also, hold the avocado ranch dressing, I'll try the Taco Dressing”*
- 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 feta vinaigrette, I'll take some red wine vinegar”*
- 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 vinaigrette, I'll take the red wine vinegar”*
- Apollo Salad** ..... **12.95**  
Back by popular demand, our awesome Greek salad topped with grilled sliced chicken breast, cucumbers and feta vinaigrette  
*“Hold the Feta Vinaigrette, I'll do the red wine vinegar.”*
- 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 peppery Parmesan, I'll take some Taco Dressing”*
- 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 peppery Parmesan, I'll take some fresh lemon wedges”*
- 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.  
*“No garlic butter and no cucumber wasabi, dressing please. I'll have some lemon wedges instead”*

## Pastas

Served with garlic bread and made with the finest marinara from Italy.  
*Howl to be soy free, “ Hold the garlic bread, I'll take a slice of Rye instead”*

- Homemade Lasagna** ..... **11.95**
- Homemade Spinach Lasagna** ..... **11.95**



# Gourmet Pizzas

*Pizzas can be made with Gluten Free Dough in Individual (add \$3) or Small sizes (add \$4)*

*Howl to order: Our Gluten Free Crust is also Soy Free, So you are safe to select from the pizzas below, with our “Gluten Free Crust”*

**Mickey’s Magic** ..... **Individual 11.95 Small 16.95**

A white pizza with oven roasted tomatoes, pine nuts, kalamata olives, and fresh mozzarella, topped with fresh basil and a sprinkle of shredded mozzarella.

*“I’d like this on Gluten Free Crust, and No Garlic Butter, Please!”*

**Rin Tin Tin Pie** ..... **Individual 11.95 Small 16.95**

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.

*“I’d like this on Gluten Free Crust.”*

**Big Red Pie** ..... **Individual 12.95 Small 17.95**

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

*“I’d like this on Gluten Free Crust.”*

**Pizza di Mare** ..... **Individual 12.95 Small 17.95**

Crabmeat, scallops, shrimp, onions, green peppers, garlic butter, covered with mozzarella and Parmesan cheeses.

*“I’d like this on Gluten Free Crust, and No Garlic Butter, Please!”*

**Greek Pie** ..... **Individual 11.95 Small 16.95**

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

*“I’d like this on Gluten Free Crust.”*

**Ricky Ricotta** ..... **Individual 11.95 Small 16.95**

A white pizza lover’s dream! Touch of garlic butter, ricotta and mozzarella cheeses, fresh tomatoes, spinach and a pinch of basil.

*“I’d like this on Gluten Free Crust, and No Garlic Butter, Please!”*

**Burro Pie** ..... **Individual 11.95 Small 16.95**

Our homemade whole wheat crust topped with our black bean dip, mozzarella and cheddar cheese, lettuce and our fresh pico de gallo.

*“I’d like this on Gluten Free Crust, and No Garlic Butter, Please!”*

**Mediterranean Pie** ..... **Individual 11.95 Small 16.95**

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

*“I’d like this on Gluten Free Crust, and No Garlic Butter, Please!”*

**Pete’s Pie** ..... **Individual 11.95 Small 16.95**

A white pizza with Pete’s Hot Sauce, marinated chicken, and red onion, topped with mozzarella and green onion.

*“I’d like this on Gluten Free Crust, and No Garlic Butter, Please!”*

**Mixed Cheese** ..... **Individual 11.95 Small 16.95**

A cheese lover’s glory. Mozzarella, provolone, parmesan, fontina and cheddar cheeses atop our fresh tomato sauce.

*“I’d like this on Gluten Free Crust.”*

**Nouvelle Veggie** ..... **Individual 11.95 Small 16.95**

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

*“I’d like this on Gluten Free Crust.”*

**Shelter Dog Pie** ..... **Individual 11.95 Small 16.95**

Marinara sauce, pesto, marinated chicken breast, spinach, tomatoes, portabella mushrooms, and fresh mozzarella.

*“I’d like this on Gluten Free Crust.”*

**Chicken Taco** ..... **Individual 11.95 Small 16.95**

Homemade crust, salsa and sliced chicken breast, topped with cheddar cheese, shredded lettuce and pico de gallo

*“I’d like this on Gluten Free Crust.”*



# Create Your Own Pizza

Start with a Basic Gluten Free Pizza with Housemade sauce and Galbani's all natural Mozzarella 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*

| SAUCE           | CHEESES           | MEATS           | VEGETABLES       |                        |
|-----------------|-------------------|-----------------|------------------|------------------------|
| Marinara        | Cheddar Cheese    | Bacon           | Banana Peppers   | Onions                 |
| *Pesto          | Feta Cheese       | *Anchovies      | Black Olives     | Pineapple              |
| *Pesto Marinara | Fontina Cheese    | *Chicken Breast | Zucchini         | Spinach                |
|                 | Ricotta Cheese    | *Shrimp         | Green Olives     | Tomatoes               |
|                 | Extra Cheese      | *Crabmeat       | Green Peppers    | *Artichoke Hearts      |
|                 | *Brie Cheese      |                 | Jalapeno Peppers | *Oven Roasted Tomatoes |
|                 | *Fresh Mozzarella |                 | Kalamata Olives  | *Portabello Mushrooms  |
|                 |                   |                 | Fresh Mushrooms  | *Roasted Red Peppers   |
|                 |                   |                 | Fresh Mushrooms  |                        |

# Lost Dog Specialty Sandwiches

*Howl to Order: Our Premium Farm White Bread and Premium Farm Marble Rye are two Soy Free Options. Pay attention to our recommendations in the quotes.*

Add Chips & a Pickle for 95¢

- 8. Veggie** ..... **8.50**  
Fresh zucchini, avocado, spinach and mushrooms with melted provolone cheese, wrapped in a warm pita.  
*"Hold the garlic butter, and I'd like my sandwich on white bread."*
- 29. Downward Dog** ..... **8.50**  
Garlic toast with oven roasted tomatoes, spinach, fresh mozzarella and basil.  
*"Hold the garlic butter, and I'd like my sandwich on white bread."*
- 30. The Bird** ..... **8.50**  
Chicken breast seasoned with garlic, tomato sauce and melted parmesan and mozzarella cheeses on a toasted sub roll.  
*"Hold the garlic butter, and I'd like my sandwich on white bread."*
- 41. California Dreaming** ..... **8.50**  
Whole wheat sub roll stuffed with our lean sliced turkey breast with lettuce, tomatoes, alfalfa sprouts and avocado.  
*"I'd like this on Rye."*
- 42. Muttly** ..... **8.50**  
Warm pita stuffed with grilled chicken breast, pesto, tomatoes, spinach, melted provolone cheese and basil.  
*"On white bread, please."*
- 44. The Fat Molly** ..... **8.50**  
Roasted red peppers, spinach and grilled chicken topped with melted mozzarella, feta and basil in a pita.  
*"Hold the garlic butter. Also, I'd like my sandwich on white bread."*
- 48. Lola Lab** ..... **8.50**  
Homemade black bean dip, melted cheddar and mozzarella cheeses topped with shredded lettuce, pico de gallo and fresh avocado served on a warm pita.  
*"On white bread, please."*
- 53. Grownup Grilled Cheese** ..... **8.50**  
Melted cheddar and Swiss cheese, topped with tomatoes and avocado served on wheatberry bread.  
*"On white bread, please."*



## Create Your Own Sandwich

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

|  |             |  |             |
|--|-------------|--|-------------|
| <b>Pastrami</b>                                    | <b>8.50</b> | <b>B.L.T. With Avocado</b>                                   | <b>8.50</b> |
| <b>Mixed Cheese</b><br>(provolone, cheddar, swiss) | <b>8.50</b> | <b>B.L.T.</b>  | <b>7.50</b> |
| <b>Lean Roast Beef</b>                             | <b>8.50</b> | <b>Turkey Breast</b>   | <b>8.50</b> |
| <b>Corned Beef</b>                                 | <b>8.50</b> | <b>Grilled Chicken</b><br>“No Oil, No Garlic Butter, Please” | <b>8.50</b> |

**Breads:** White Bread • Marble Rye

**Condiments:** Pesto • Dijon Mustard • Ketchup \*Vinegar

**Cheese:** Cheddar • Swiss • Provolone • Muenster • Feta • Brie (add \$1) • Fresh Mozzarella (add \$1)

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

## Milkshakes

**\$5.95** Enjoy Our Soy Free Flavors Listed Below:

**Banana**

**Coffee Cappuccino**

**Chocolate**

**Vanilla**

**Mocha**

**Black&White**

**Strawberry**

**Banana Fudge**

**Strawberry Banana**

