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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><b>GRILLED CHICKEN WINGS</b> drizzled with housemade Cuban mojo sauce, cotija cheese \$10.95</p> <p><b>MEDITERRANEAN BLACK BEAN DIP<sup>v</sup></b> with Kalamata olives, feta cheese, extra virgin olive oil, served with lavosh crackers, cucumbers &amp; 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><b>GS GRILLED SHRIMP &amp; JALAPEÑO SAUSAGE MOJO</b> 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><b>GS PAN-ROASTED CHICKEN &amp; SPIRALIZED SWEET POTATO 'LINGUINE'</b> with poblano crema sauce, crisp bacon dust \$12.95</p> <p><b>GS GRILLED MEDITERRANEAN CHICKEN</b> frenched chicken breast &amp; drummette marinated &amp; grilled, white bean salad with pancetta, garlic, thyme, grape tomatoes &amp; organic kale-spinach-chard blend \$12.95</p> <p><b>STEAK ENCHILADAS WITH MEXICAN STREET CORN</b> grilled top sirloin, housemade enchilada sauce, sour cream, served with chorizo &amp; 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><b>GS BITE-SIZE POT DE CRÈME</b> Vanilla Ginger (84 cals) Chocolate Rhubarb (101 cals)   Bourbon Butterscotch Brûlée (94 cals) \$1.50 each   \$4 flight of 3</p> <p><b>BROWNIE BATTER CAKE</b> 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 H<sub>2</sub>O</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><b>CUCUMBER MINT</b> Be Mixed Cucumber + Mint, club soda \$2.95</p> <p><b>GINGER LIME</b> 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.

<sup>v</sup> Meatless items. | <sup>†</sup> 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<sup>v</sup>** pomegranate seeds, salsa, cotija cheese, seasoned tortilla chips \$8.95

**CHICKEN LETTUCE WRAPS<sup>t</sup>** sweet and savory sesame-glazed chicken, carrots, scallions and crispy wontons, peanut-ginger sauce \$11.50

**CHAR-CRUSTED AHI TUNA<sup>a</sup>** 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<sup>v</sup>** 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<sup>v</sup>** 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<sup>v</sup>** 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<sup>a</sup>** with aged cheddar & ranch-style greens. 3-pack \$10.95

**FRIED ASPARAGUS<sup>v</sup>** with lemon-horseradish creme dipping sauce \$8.95

## sides Sides SIDES

→ \$3.95 ←

**CHARRED PINEAPPLE BROWN RICE<sup>v</sup>**

**HONEST GOLD MASHED POTATOES<sup>v</sup>**

**FRENCH FRIES<sup>v</sup>**

**GARLIC GREEN BEANS<sup>v</sup>**

**GRILLED ASPARAGUS<sup>v</sup>**

**TORTILLA CHIPS & HOUSEMADE SALSA<sup>v</sup>**

**PARMESAN PESTO BRUSSELS SPROUTS**

## SMALL SALADS

**SPIRALIZED ZUCCHINI PESTO SALAD<sup>t</sup>** 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<sup>v</sup>** goat cheese, tomatoes, balsamic & tuscan toast \$4.75



## ALL SOUPED UP

ALL OUR SOUPS ARE MADE IN HOUSE.

**ROASTED TOMATO BISQUE<sup>v</sup>** 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 FETTUCCHINE 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<sup>t</sup>** (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<sup>t</sup>** 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<sup>t</sup>** 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<sup>t</sup>** (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<sup>t</sup>** 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<sup>a</sup>** 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<sup>t</sup>** 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<sup>t</sup>** 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.





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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**<sup>v</sup> 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)

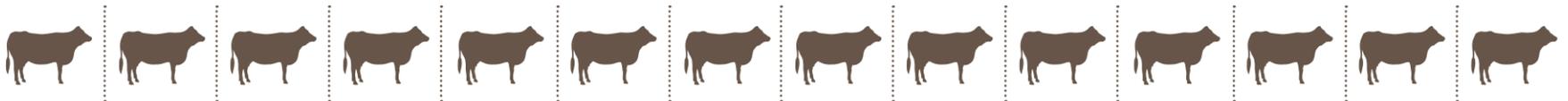
**THE KANSAS CITY PRIME BURGER**<sup>r</sup> Iowa Premium USDA Prime Black Angus beef patty, topped with BBQ carnitas, brown-sugar bacon, crisp onion straws, sharp cheddar & house Kansas City-style BBQ sauce, served with french fries \$13.95



**GS** **PRIME BLACK ANGUS BURGER**<sup>r</sup> 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**<sup>®</sup> **BURGER** pepper jack cheese, pico de gallo, Fritos<sup>®</sup> corn chips, jalapenos, guacamole, chipotle mayo \$12.25

**VEGGIE BURGER**<sup>v</sup> 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**<sup>r</sup> \$21.50 • **5 OZ. PETITE TOP SIRLOIN**<sup>r</sup> \$15.95

**GS** **BARREL-CUT FILET MIGNON**

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

**6 OZ. CENTER-CUT FILET MIGNON**<sup>r</sup> \$22.95 • **4 OZ. PETITE CENTER-CUT FILET MIGNON**<sup>r</sup> \$16.95

**GS** **CLASSIC KANSAS CITY STRIP 12 OZ. KC STRIP**<sup>r</sup> \$24.95



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

\$3.95



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