



GLUTEN-FREE MENU

STARTERS

Loaded Potato Skins

Fried potato skins filled with cheddar cheese, crispy bacon and green onions.
Served with sour cream for dipping | 13

Green Tomato Caprese

Green tomatoes layered with fresh mozzarella, drizzled with basil aioli and a sweet balsamic reduction | 15

Hot Corn and Crab Dip

Sweet corn sautéed with bacon, roasted poblanos and crab meat,
tossed in an Oaxaca cream sauce and baked, served with kettle chips | 13

SALADS

Pump "House" Salad

Mixed greens, baby heirloom tomatoes, cucumbers, cheddar cheese and your
choice of dressing | 7

Texas Caesar Salad

Romaine lettuce, parmesan crisps and chipotle tomato caesar dressing | 11

Wedge Salad

Iceberg lettuce, ranch dressing, tomatoes, bacon, tabasco roasted pecans,
pears and bleu cheese crumbles | 13

ENTRÉE SALADS

Spinach Salad

Fresh baby spinach, pears, strawberries, Texas blueberries,
feta cheese and your choice of dressing | 16

Beef Salad*

Grilled sirloin steak served medium rare over spring greens, with
bleu cheese crumbles, cucumbers, beef steak tomato wedges and choice of
dressing | 21

Choice of Dressing

*Jalapeño Buttermilk Ranch, Parmesan Ranch, Balsamic Vinaigrette,
Honey Mustard, Bleu Cheese, Italian, Basil Vinaigrette, Raspberry Vinaigrette*

"Pump" Up your Salads

Grilled Chicken | 7
Grilled Tuna* or Salmon* | 11
Grilled Shrimp (4) | 10

SANDWICHES AND BURGERS

All sandwiches come with your choice of fruit, sweet potato fries, or
homemade kettle chips. Served on a Gluten-Free bun

The PumpHouse Burger*

8oz ground steak patty grilled medium well served with, lettuce,
tomatoes and pickles | 16

Grilled Chicken Sandwich

6oz chicken breast served with lettuce, tomatoes and pickles | 14

Grilled Fish Tacos In Lettuce Wraps

Mahi Mahi blackened, grilled or panko crusted and fried. Served on a toasted
masa harina tortilla with chipotle cabbage coleslaw, fire roasted tomatillo and
avocado salsa topped with queso fresco cheese and served with a side of melon
tajin salad | 16

ENTRÉES

Dill Citrus Salmon*

Grilled medium with blistered grape tomatoes, braised leeks and a light citrus butter sauce. Served with garlic mashed potatoes and grilled asparagus | 25

Braised Short Ribs*

Served over white cheddar grits and topped with a jalapeño red wine demi | 28

Togarashi Tuna*

Sushi grade tuna crusted in 7 Japanese peppers, seared rare. Served with cucumber and strawberry jalapeño quinoa, finished with avocado mousse and feta cheese | 27

Cherry Pork Tenderloin

Sous vide medium and served with grilled peach habanero chutney and a medley of roasted red potato, parmesan brussel sprouts and bacon | 25

Thai Redfish

Seared redfish topped with a crab and crawfish creole sauce and served with cilantro lime rice | 25

FROM THE GRILL

All Steaks Priced at Market Value

(Ask Your Server)

8 oz Filet * | 14 oz NY Strip * | 12 oz Ribeye *

Served with roasted red potatoes and grilled vegetable medley.
All steaks topped with rosemary garlic butter

“PUMP” Up Your Steaks

Black and Bleu – Blackened seasoning topped with melted bleu cheese crumbles | 3

Grilled Shrimp (4) | 10

Mushroom | 7

Lighter Fare

All lighter fare topped with citrus butter and choice of one side

Grilled Chicken | 15

Grilled Shrimp | 17

Grilled Salmon* | 20

Choice of Sides

Jalapeño Mac and Cheese

Grilled Vegetables

Mashed Potatoes

Asparagus

Roasted Mushrooms

Jasmine Rice

A suggested 18% gratuity will be added to parties of 8 or more.

**Consuming raw or undercooked meats, seafood, poultry, shellfish or eggs may increase your risk of foodborne illness. Please advise your server of any allergies*