

ALLERGY GUIDE

SUMMER
2026

**BÂTON
ROUGE**
GRILLHOUSE & BAR



GLUTEN SENSITIVE



VEGETARIAN

**BÂTON
ROUGE**
GRILLHOUSE & BAR

WELCOME TO BÂTON ROUGE!

The following tables represent the allergens that contain or may contain in the dishes we serve.

X= CONTAINS

O= MAY CONTAIN

Products identified with an “o” (may contain), are identified according to the supplier’s recommendations during preparation or processing. Please always refer to your server who will be pleased to help you adapt your choice to have the best possible experience.

Despite all the precautions that our staff apply to the preparation of allergen-free dishes, cross-contamination is always a possibility. Therefore, we cannot guarantee the total absence of recognized allergens (including gluten) during the preparation of the dishes.

Please refer to the notes to find out what sides and sauces are or are not included with the dishes. Please refer to the “side dishes, sauces or dressings” categories to obtain the specific allergens for your selection.

Enjoy your meal!

BÂTON ROUGE GRILLHOUSE & BAR	V E G E T A R I A N	E G G S	P R O D U C T S D A I R Y	P E A N U T S	N U T S	S E S A M E	F I S H	C R U S T A C E A N S	M O L L U S K S	W H E A T	G L U T E N	S O Y	S U L P H I T E S	M U S T A R D	NOTES
APPETIZERS															
GARLIC BREAD AU GRATIN	X	O	X		O	O				X	X	O	O	O	
CEASAR STYLE BEEF TARTARE			X				X	X	X	X	X		X	X	CAN BE SERVED WITH TORTILLA CHIPS FOR A GLUTEN-FREE DISH. TORTILLA CHIPS MAY BE COOKED IN THE SAME OIL AS CERTAIN PRODUCTS THAT CONTAIN GLUTEN AND/OR SHELLFISH. ACCOMPANIMENTS NOT INCLUDED, PLEASE REFER TO SECTION. **TUNA TARTARE WITHOUT CROUTONS & WITHOUT CRISPY ONIONS** **BEEF TARTARE WITHOUT CROUTONS & WITHOUT CHOPPED CROUTONS
TUNA TARTARE	X	X				X	X			X	X	X	X	X	
CALAMARI		X	X			O		X		X	X	O	X	X	
CRISPY BRUSSEL SPROUTS	X	X			X	X						X			
CAULIFLOWER WINGS	X					X				X	X	X	X	O	
TEMPURA SHRIMP		X				X		X		X	X	X		X	
CAESAR SALAD			X				X			X	X	X	X	X	WITHOUT VINAIGRETTE, PLEASE REFER TO THE VINAIGRETTE SECTION. WITHOUT THE CROUTONS = NO GLUTEN
CREAMY POTATO SOUP			X							X	X	X			
ONION SOUP		X	X							X	X	X	X		
SPINACH DIP			X				O	O		X	X	X	X	X	TORTILLA CHIPS MAY BE COOKED IN THE SAME OIL AS CERTAIN PRODUCTS THAT CONTAIN GLUTEN AND/OR SHELLFISH.
PHYLLO WRAPPED FETA	X		X	O	X	X				X	X	O	X		
CRAB CAKE		X					X	X	X	X	X		X		
MAF & CHEESE			X							X	X		X		
BAVARIAN PRETZEL CHEESE DIP			X			O				X	X	O	O		

BÂTON ROUGE GRILLHOUSE & BAR	VEGETARIAN	EGGS	DAIRY PRODUCTS	PEANUTS	NUTS	SESAME	FISH	CRUSTACEANS	MOLLUSKS	WHEAT	GLUTEN	SOY	SULPHITES	MUSTARD	NOTES
SALADS															
MIX SALAD	X	X	X							X	X	X			WITHOUT VINAIGRETTE, PLEASE REFER TO THE VINAIGRETTE SECTION. NO CROUTONS = NO GLUTEN 
CAESAR SALAD			X				X			X	X	X	X	X	WITHOUT VINAIGRETTE, PLEASE REFER TO THE VINAIGRETTE SECTION. NO CROUTONS = NO GLUTEN 
CHICKEN TENDERS		X	X				O			X	X	X	X	X	WITH HONEY-MUSTARD VINAIGRETTE. DAIRY PRODUCTS ARE FOUND ONLY IN SALAD CROUTONS
THAI STEAK		X				X						X	X	X	WITH LIME-GINGER VINAIGRETTE AND THAI SAUCE 
LOUISIANA CHICKEN		X		X						X	X	X	X	X	WITH PEANUT PINEAPPLE SOY VINAIGRETTE 
GRILLED PEACH SALAD	X		X		X								X		
GRILLED PEACH SALAD WITH CHICKEN	X		X		X							X	X	X	
BURGERS AND SANDWICHES															
PRIME RIB SANDWICH		X	X	O	O	O				X	X	O	X	X	WITH AU JUS SAUCE
BÂTON ROUGE BURGER		X	X	O	O	O				X	X	O	O	X	SIDE DISHES NOT INCLUDED. PLEASE REFER TO THE SIDE DISHES SECTION PLEASE. THE MEAT ITSELF DOESN'T CONTAIN GLUTEN OR DAIRY PRODUCTS
DIABLO BURGER		X	X	O	O	O				X	X	O	O	X	
CLUB SANDWICH		X	X			O				X	X	X	X	X	
GRILLED CHICKEN SANDWICH		X	X	O	O	O				X	X	X	X	X	
COMFORTING CLASSICS															
CHICKEN TENDER PLATTER		X	X							X	X	X	X	X	WITH DIJON SAUCE AND COLESLAW, SIDE DISHES NOT INCLUDED. PLEASE REFER TO THE SIDE DISHES SECTION PLEASE. DAIRIES ARE IN THE DIJON SAUCE & SIDES
TRUFFLE GNOCCHIS	X	X	X							X	X	X	X		
SEAFOOD LINGUINE		X	X				X	X	X	X	X		X		
SANTA FE CHICKEN			X									X	X	X	DAIRIES IN THE GOAT CHEESE ONLY 
CHICKEN MUSHROOM			X									X	X	X	DAIRIES IN MASH POTATOES & VEGETABLES 

BÂTON ROUGE GRILLHOUSE & BAR	VEGETARIAN	EGGS	DAIRY	PEANUTS	NUTS	SEASAME	FISH	CRUSTACEANS	MOLLUSKS	WHEAT	GLUTEN	SOY	SULPHITES	MUSTARD	NOTES
SIGNATURE RIBS															
BBQ PORK RIBS													X		RIBS ONLY. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
RIBS & GRILLED CHICKEN												X	X	X	SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
RIBS & CHICKEN TENDERS		X	X							X	X	X	X	X	DIJONNAISE SAUCE INCLUDED, SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
RIBS & SHRIMPS			X					X					X		SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
STEAKS AND FISH															
PRIME RIB										X	X	X	X	X	MEAT WITH SPICES AND SAUCE. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. *SANS LA SAUCE DEVIENT SANS GLUTEN* 
TOP SIRLOIN													X		MEAT WITH SPICES. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
FILET MIGNON													X		
RIB STEAK													X		
NEW YORK STRIPLOIN													X		
BAVETTE												X	X		
SALMON			X				X					O	X		DIARIES IN THE SIDE VEGETABLES ONLY 
BLACK COD			X				X						X	X	
KID'S MENU															
MINI BURGERS		X			O	O				X	X	O	X		SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
RIBS													X		SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
GRILLED CHICKEN												X	X	X	BBQ SAUCE INCLUDED. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
CHICKEN TENDERS		X	X							X	X	X	X	X	
PASTA ROSÉE SAUCE	X		X							X	X	X	X		
PASTA ALFREDO SAUCE	X		X							X	X	X	X		

BÂTON ROUGE GRILLHOUSE & BAR	VEGETARIAN	EGGS	DAIRY	PRODUCTS	PEANUTS	NUTS	SESAME	FISH	CRUSTACEANS	MOLLUSKS	WHEAT	GLUTEN	SOY	SULPHITES	MUSTARD	NOTES
DRESSINGS																
PINEAPPLE AND SOY	X	X									X	X	X	X	X	
CÉSAR								X	X					X	X	
ITALIAN	X	X	X					X	X	X	X	X	X	X	X	
LIME-GINGER	X	X											X	X	X	
HONEY MUSTARD	X	X											X	X	X	
GREEN GODDESS		X	X					X					O			
SESAME & TAHINI		X					X				X	X	X			
SAUCES																
AU JUS		X	X								X	X	X	X	X	
BBQ	X													X		
JARDINIÈRE	X													X	X	
GARLIC BUTTER	X		X													
DIJONNAISE	X	X	X								X	X	X	X	X	
GÉNÉRAL TAO	X						X				O	X	X	X		
AIOLI SMOKE SHOW	X	X													X	
CHIPOTLE MAYONNAISE	X	X														
SRIRACHA MAYONNAISE	X	X											X			
HORSERADISH MAYONNAISE	X	X												X		
PEPPER SAUCE		X	X								X	X	X	X	X	
POUTINE SAUCE	X										X	X	X	X	X	
TARTARE SAUCE	X	X												X	X	
PEANUT THAI	X			X							X	X	X	X		
TOMATO	X															
CHIMICHURRI			O													
PINEAPPLE SALSA																
MUSHROOM SAUCE			X											X		
EXTRAS																
SHRIMP SKEWER			X					X						X		WITH GARLIC BUTTER
SKILLET MUSHROOMS	X		X											X	X	WITH GARLIC BUTTER, NO SPICES
POUTINE	X		X								X	X	X		X	
SIZZLING SCALLOPS AND SHRIMPS			X				X	X	X					X		WITH GARLIC BUTTER
LOBSTER TAIL			X					X						X		WITH GARLIC BUTTER
CHICKEN BREAST													X	X	X	
PARMESAN & TRUFFLE FRIES		O	O				O	O	O	O	O	O	O	O	O	
MAF & CHEESE			X								X	x				

BÂTON ROUGE GRILLHOUSE & BAR	VEGETARIAN	EGGS	DAIRY	PEANUTS	NUTS	SESAME	FISH	CRUSTACEANS	MOLLUSKS	WHEAT	GLUTEN	SOY	SULPHITES	MUSTARD	NOTES
SIDES															
TORTILLAS CHIPS	X						O	O			O				TORTILLA CHIPS MAY BE COOKED IN THE SAME OIL AS CERTAIN PRODUCTS THAT CONTAIN GLUTEN AND/OR SHELLFISH. 
FRIES	X														NO SPICES 
SWEET POTATO FRIES	X									X	X				NO CHIPOTLE MAYONNAISE 
VEGETABLES	X		X												CAN BE COOKED WITH OIL INSTEAD OF BUTTER FOR A DAIRY-FREE ACCOMPANIMENT 
BAKED POTATO	X														PLAIN 
BAKED POTATO GARNISH			X										X		
MASHED POTATOES	X		X												
PILAF RICE												O			
COLESLAW	X	X	X										X	X	
ONION RINGS	X									X	X				
DESSERTS															
ICE CREAM	X		X												
CRÈME BRÛLÉE	X	X	X	O						O		X	O		
DECADENT BROWNIE	X	X	X		O					X	X	X			
CHEESECAKE BASQUE	X	X	X	O	O							X	O		
CINNAMON BUN	X	X	X	O	X					X	X	X	O		
PEACH COBBLER	X		X							X	X				

BÂTON ROUGE GRILLHOUSE & BAR	V É G É T A R I E N	O E U F S	P L A I T T I E R S P R O D U I T S	A R A C H I D E S	N O I X	S É S A M E	P O I S S O N S	C R U S T A C É S	M O L L U S Q U E S	B L É	G L U T E N	S O Y A	S U L P H I T E S	M O U T A R D E	NOTES	
LTO FRUITS DE MER ÉTÉ 2026																
TREMPETTE AU CRABE		O	X		O	O	X	X	X	X	X	O	X		PEUT ÊTRE SERVI AVEC DES CHIPS DE TORTILLA POUR UN PLAT SANS GLUTEN. LES CHIPS DE TORTILLA PEUVENT AVOIR ÉTÉ CUITES DANS LA MÊME HUILE QUE CERTAINS PRODUITS CONTENANT DU GLUTEN ET/OU DES CRUSTACÉS. 	
GUÉDILLES AU HOMARD		O	X	O	O	X	X	X	X	X	X	O	X	O		
RAVIOLIS AU HOMARD		X	X				X	X	X	X	X	X	X			
BOUILLI DE FRUITS DE MER		O	X		O	O	X	X	X	X	X	O	X			
BÂTON ROUGE GRILLHOUSE & BAR	V E G E T A R I A N	E G G S	P R O D U C T S D A I R Y	P E A N U T S	N U T S	S E S A M E	F I S H	C R U S T A C E A N S	M O L L U S K S	W H E A T	G L U T E N	S O Y	S U L P H I T E S	M U S T A R D	NOTES	
LTO SEAFOOD SUMMER 2026																
CRAB DIP		O	X		O	O	X	X	X	X	X	O	X		CAN BE SERVED WITH TORTILLA CHIPS FOR A GLUTEN-FREE DISH. TORTILLA CHIPS MAY BE COOKED IN THE SAME OIL AS CERTAIN PRODUCTS THAT CONTAIN GLUTEN AND/OR SHELLFISH. 	
LOBSTER ROLLS		O	X	O	O	X	X	X	X	X	X	O	X	O		
LOBSTER RAVIOLI		X	X				X	X	X	X	X	X	X			
SEAFOOD BOIL		O	X		O	O	X	X	X	X	X	O	X			

GLUTEN SENSITIVE MENU

*Bâton Rouge is pleased to offer a variety of gluten sensitive options; however, we are not a gluten-free restaurant and therefore cannot ensure that cross contamination will never occur.

APPETIZERS

MIXED OR CAESAR SALAD
(WITHOUT CROUTONS)

CRISPY BRUSSEL SPROUTS

BEEF TARTARE
(WITHOUT CROUTONS)

TUNA TARTARE
(WITHOUT CROUTONS & CRISPY ONIONS)

CROUTONS CAN BE REPLACE BY NACHO CHIPS

SALADS

THAI STEAK SALAD

MIXED OR CAESAR SALAD
(WITHOUT CROUTONS) * CHOICE OF DRESSING: CAESAR,
LIME & GINGER, HONEY MUSTARD OR GREEN GODDESS.

LOUISIANA SALAD
(WITHOUT CRISPY NOODLES)

PEACH SALAD

TENDER SALAD
(GRILLED CHICKEN & NO CROUTONS)

SIGNATURE RIBS

OUR RIBS ARE ADAPTED FOR GLUTEN SENSITIVE
GUESTS

FISH

ATLANTIC SALMON

BLACK COD

COMFORTING CLASSICS

SANTA FE CHICKEN

BÂTON ROUGE BURGER
(WITHOUT BUN & DIJONNAISE)

MUSHROOM CHICKEN

STEAKS

OUR STEAKS ARE ADAPTED FOR GLUTEN SENSITIVE GUESTS

** WITHOUT THE SAUCE (EXCEPT FOR CHIMICHURRI)**
SIDES: SIGNATURE FRIES, BAKED POTATO, SEASONAL
VEGETABLES, MASHED POTATOES, COLESLAW

ENHANCE YOUR MEAL

SKILLET MUSHROOMS

HALF RACK OF SIGNATURE RIBS

GRILLED BLACK TIGER SHRIMP SKEWER

BLACK TIGER SHRIMP AND SCALLOP
SKILLET

LOBSTER TAIL

SWEET POTATO FRIES

DESSERTS

ICE CREAM

CREME BRULE

BASQUE CHEESECAKE

BR