

ALLERGY GUIDE

**FALL
2025**

**BÂTON
ROUGE**

GRILLHOUSE & BAR



GLUTEN FREE



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	VEGETARIAN	EGGS	DAIRY	PEANUTS	NUTS	SESAME	FISH	CRUSTACEANS	MOLLUSKS	WHEAT	GLUTEN	SOY	SULPHITES	MUSTARD	NOTES
APPETIZERS															
GARLIC BREAD AU GRATIN	X	O	X		O	O				X	X	O	O	O	
GARLIC BREAD ONION SOUP STYLE	X	O	X		O	O				X	X	O	X	O	
SALMON TARTARE		X			O	O	X			X	X	X	O	O	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. 
CALAMARI		X	X			O		X		X	X	O	X	X	
YORSHIRE PUDDING (NON DSIPONBLE AU QC)		X	X							X	X	X	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. ACCOMPANIMENTS NOT INCLUDED, PLEASE REFER TO SECTION 
FETA FRIES		X	X							X	X		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	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
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
GINGER & LIME MEDLEY (CHICKEN)		X								X	X	X	X	X	WITHOUT THE WONTONS BECOMES GLUTEN FREE 
GINGER & LIME MEDLEY (SHRIMPS)		X						X		X	X	X	X	X	
GRILLED PEACH SALAD	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	
FRIED CHICKEN BURGER		X	X	O	O	O				X	X	X	X	X	
CRAB & SHRIMP SANDWICH							O	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		
SHORT RIB SEAFOOD		X	X		O	O	X	O		X	X		X	O	
SANTA FE CHICKEN			X									X	X	X	DAIRIES IN THE GOAT CHEESE ONLY 
CHICKEN MUSHROOM			X									X	X	X	DAIRIES IN MASH POTATOES & VEGETABLES 
BRAISED BEEF		X	X							X	X		X	O	DAIRIES IN MASH POTATOES & VEGETABLES

BÂTON ROUGE GRILLHOUSE & BAR	VEGETARIAN	EGGS	DAIRY	PRODUCTS	PEANUTS	NUTS	SESAME	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* 
FILET MIGNON														X		MEAT WITH SPICES. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION. 
RIB STEAK														X		
NEW YORK STRIPLOIN														X		
BAVETTE													X	X		
SALMON			X					X					O	X		DIARIES IN THE SIDE VEGETABLES ONLY 
SHRIMPS RISOTTO		X	X						X	X	X	X		X		
BLACK COD GNOCCHIS		X	X					X			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	O	
MAF & CHEESE			X								X	x				
FRENCH ONION GRATIN STEAK TOPPER			X								X	X		X	O	
GARLIC SHRIMP STEAK TOPPER			X					X						X		

BÂTON ROUGE GRILLHOUSE & BAR	VEGETARIAN	EGGS	DAIRY	PEANUTS	NUTS	SESAME	FISH	CRUSTACEANS	MOLLUSKS	WHEAT	GLUTEN	SOY	SULPHITES	MUSTARD	NOTES
SIDES															
COWBOY BUTTER			X											X	
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				
WONTON										X	X				
DESSERTS															
ICE CREAM	X		X												 
CRÈME BRÛLÉE	X	X	X	O						O		X	O		 
CHOCOLATE CAKE	X	X	X	O						O		X	X		 
CHEESE CAKE	X	X	X	O						O		X	O		 
CINNAMON BUN	X	X	X	O	X					X	X	X	O		
APPLE PECAN MEDLEY	X	O	X	O	X					O		X	O		 
CHOCO-ESPRESSO CREAM PIE	X	X	X	O	O					X	X	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)

SALMON TARTARE (WITHOUT CROUTONS)

CRISPY BRUSSEL SPROUTS

CROUTONS CAN BE REPLACE BY NACHO CHIPS

SALADS & BOWLS

THAI STEAK

MIXED OR CAESAR SALAD (WITHOUT CROUTONS)

* CHOICE OF DRESSING: CAESAR, LIME & GINGER, HONEY
MUSTARD OR GREEN GODDESS.

LOUSIANA SALAD (WITHOUT CRISPY NOODLES)

PEACH SALAD

TENDER SALAD (GRILLED CHICKEN & NO CROUTONS)

GINGER & LIME SALAD
(WITHOUT CRISPY WONTONS)

SIGNATURE RIBS

FULL RACK

RIBS & CHICKEN BREAST

RIBS & LOBSTER TAIL

RIBS & BLACK TIGER SHRIMP

FISH

ATLANTIC SALMON

COMFORTING CLASSICS

SANTA FE CHICKEN

BÂTON ROUGE BURGER
(WITHOUT BUN & DIJONNAISE)

MUSHROOM CHICKEN

STEAKS

RIB STEAK 16 OZ

NEW YORK STRIPLOIN 12 OZ

PRIME RIB 12 OZ (WITHOUT THE SAUCE)

FILET MIGNON 7 OZ

BAVETTE WITH CHIMICHURRI 7 OZ

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

CHIMICHURI

SWEET POTATO FRIES

BR