

LUNCH MENU



STARTERS



INTENT TO DINE

House-made potato chips \$4

CHARRED ONION DIP

House-made potato chips \$10

WHITE CHEDDAR BACON MAC N CHEESE

*Heber Valley Creamery white cheddar, bacon,
Caramelized onions, breadcrumbs \$14*

CHILI CHEESE FRIES

*Hand-punched fries, beef chili, scallions, pickled
Jalapenos, sour cream, cheddar cheese \$14*

CHICKEN WINGS

*House-made buffalo sauce or honey BBQ
with parmesan ranch dressing \$15*

COUNTRY FRIED SHRIMP

Chipotle aioli \$16

FARMERS CHOICE SOUP

Cup \$5 / Bowl \$9

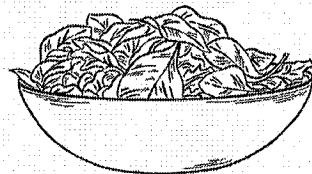
CIRCLE BAR BEEF CHILI

*Ground chuck, pinto beans, bell pepper, stewed
tomatoes, sour cream, cheddar, scallions
Cup \$5 / Bowl \$9*

BUFFALO CHICKEN LETTUCE WRAPS

*Fried chicken, blue cheese dressing, pico de gallo,
butter lettuce \$15*

SALADS



GARDEN SALAD

*Baby greens, fennel, tomato, cucumber, carrot,
choice of ranch, balsamic or blue cheese dressing \$9*

SCOTTISH SALMON SALAD

*Baby greens, fennel, apple, walnut, jalapeno goat
cheese, citrus mustard vinaigrette \$21*

ICEBERG WEDGE

*Tomato, bacon, avocado, garlic croutons, hard boiled
eggs, blue cheese crumbles, choice of ranch,
balsamic or blue cheese dressing \$15*

BEET SALAD

*Arugula, quinoa, roasted beets, almonds, jalapeno
goat cheese, beet chips, champagne vinaigrette \$15*

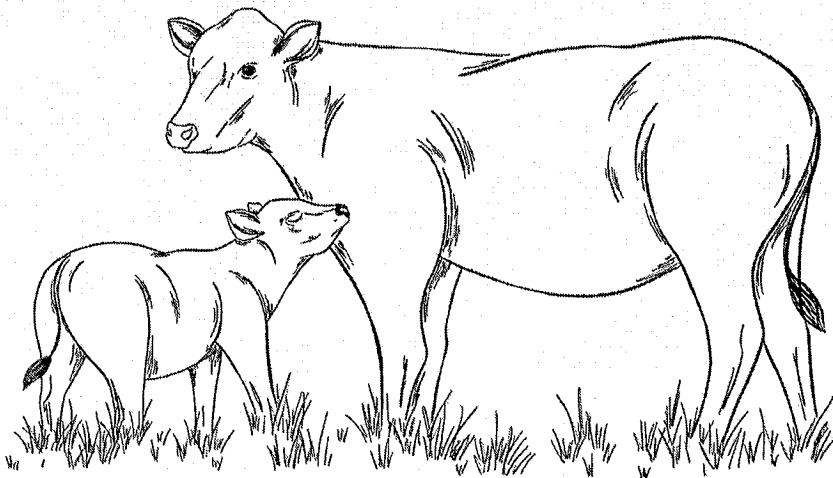
VEGGIE WEDGIE

*"Beyond Meat" meatless burger, iceberg wedge,
onion, tomato, arugula, quinoa, tahini dressing \$18*

BLACKENED AHI TUNA SALAD

*Arugula, carrots, bell pepper, red onion, wontons,
avocado, sesame ginger dressing \$21*

*Add chicken \$7, beef \$10, salmon \$11,
shrimp \$11 or "Beyond Meat" \$10 to any salad*



LUNCH PLATES

*All sandwiches come with a choice of parmesan
parsley fries, sweet potato fries or a salad*

BACK 40 BURGER

*Local organic grass-fed beef, lettuce, tomato,
caramelized onions, pastrami, special sauce, Heber
Valley Creamery jalapeno bacon cheddar cheese \$19*

CIRCLE BAR BURGER

*Local organic grass-fed beef, lettuce, tomato,
cheddar, sesame seed bun \$14*

BEYOND 40 BURGER

*"Beyond Meat" meatless burger, lettuce, tomato,
caramelized onions, cheddar,
special sauce \$20*

PASTRAMI & SWISS

Marble rye bread, special sauce, swiss, cabbage \$17

ROAST BEEF DIP

*Hoagie roll, caramelized onion, swiss cheese, horsey
sauce, au jus \$17*

KICKIN CHICKEN SANDWICH

*Spicy fried chicken, cheddar, spicy pickles, onion,
lettuce, chili oil aioli \$17*

CHICKEN SANDWICH

*Grilled chicken, swiss, guacamole, bacon, tomato,
butter lettuce, chipotle aioli \$16*

ROADHOUSE TACOS

*Chicken \$14, Shrimp \$16, or "Beyond Meat" \$16
Cabbage, pico de gallo, guacamole, corn tortillas*

GREEN ENCHILADAS

*Tomatillo salsa, chicken, guacamole, cheese, lettuce,
onion, sour cream, pico de gallo \$15*

LINGUINI AND MEATBALLS

*Local organic grass-fed beef house-made meatballs,
marinara, parmesan, parsley, toasted roll \$14*

AHI TUNA POKE BOWL

*Jasmine rice, edamame, avocado, radish, ginger,
scallion, spicy mayo, ginger soy sauce \$22*

SEASONAL VEGETABLE PLATE

*Sauteed zucchini, yellow squash, spinach, red onion,
asparagus, eggplant, carrots, broccoli, quinoa, field
greens with jalapeno goat cheese and balsamic glaze
\$20*

*Add chicken \$7, beef \$10, salmon \$11, shrimp \$11, or
"Beyond Meat" \$10*

SIDES

Parmesan Parsley French Fries \$6

Sweet Potato Fries \$6

Daily Vegetable \$6

Asparagus \$6

Coleslaw \$6

Side Salad \$6

Side Meatballs \$6

Jalapeno Goat Cheese \$4

Blue Cheese Crumbles \$3

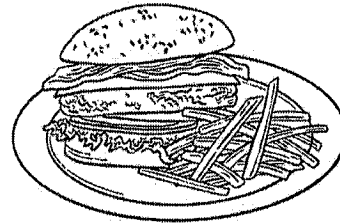
Pastrami or Bacon \$5

Toasted Roll \$1

Extra Dressing, BBQ Sauce, Hot Wing Sauce \$1

Pico de Gallo or Mango Pico de Gallo \$2

Roasted Pineapple Salsa \$2



OUR MISSION

*At Back 40 Ranch House Grill, our menu is
made with fresh, local and organic
ingredients from Heber Valley and it's
surrounding areas. We purchase whole cows
from Circle Bar Ranch, located just two
pastures behind our restaurant. We support
local businesses, including Heber Valley
Cheese, Stoneground Bakery, Good Grains
Gluten Free Bakery, Pepper Lane Products,
Redmond Real Salt and more.*

*Back 40 is also committed to sustainability,
from our building renovations to our daily
practices. Our water comes fresh from our
200ft deep artisan aquifer. With water this
pure and clean, we could bottle and sell it, but
for you, it's free!*

*Scan the QR code to learn
more.*



*20% gratuity will be added to parties of 8 or more and unsigned credit card slips. To ensure prompt service, we allow
a maximum of 4 split checks per party. There will be a \$6 charge for split plates and a \$2 charge for all substitutions.*

Thank you!