



322 BBQ

SMOKEHOUSE · TAVERN · WILMINGTON, DE

GLUTEN-FRIENDLY

What to order if you're avoiding gluten

Real barbecue is naturally gluten-friendly, and ours is: every smoked meat, the dry rub, the BBQ sauce and the Q sauce are all made without gluten ingredients. This sheet lists what qualifies and how to order it. Two things to know before you do. We are a scratch kitchen that bakes brioche and breads chicken, so nothing here is certified gluten-free and we can't promise zero cross-contact. And items marked GF* have no gluten ingredients but are cooked in a fryer we share with breaded things — fine for most people avoiding gluten, not for celiac disease. Tell your server about any allergy and we'll take care of you.

GF made without gluten ingredients

GF* no gluten ingredients · shared fryer

SMOKEHOUSE MEATS

BY THE POUND · PLATTERS · COMBOS

12-HOUR SMOKED BRISKET **GF**

OAK SMOKED SALMON **GF**

HONEY BRINED TURKEY BREAST **GF**

CHIPOTLE PULLED CHICKEN **GF**

SLOW SMOKED PULLED PORK **GF**

SLOW SMOKED HAM **GF**

DRY RUBBED BABY BACK RIBS **GF**

GARLIC SHRIMP **GF**

Order the garlic shrimp, not the crispy.

COMBO PLATES & PLATTERS **GF**

Pick two gluten-friendly sides. Skip the garlic brioche bites — the house salad is fine.

SIDES

TWO COME WITH ANY PLATTER OR COMBO

SMOKED BACON PIT BEANS **GF**

SMOKED CREAMED CORN **GF**

GARLIC WILTED SPINACH **GF**

GARLIC BUTTER ROASTED BROCCOLI **GF**

LOADED BAKED POTATO **GF**

HAND-CUT COLESLAW **GF**

STEAMED JASMINE RICE **GF**

ROASTED BRUSSELS SPROUTS **GF***

CRISPY RANCH POTATO BITES **GF***

GERMAN STYLE POTATO SALAD **GF***

FRENCH FRIES **GF***

BRISKET HASH **GF***

TRUFFLE FRIES **GF***

CHEESE FRIES **GF***

BACON CHEESE FRIES **GF***

BRISKET FRIES **GF***

Not on the list: mac & cheese, onion rings, creamed spinach, bacon or brisket mac.

WINGS, STARTERS & SNACKS

SLOW SMOKED JUMBO WINGS **GF***

Any flavor — dry rub, hot, mild, garlic parm, honey sriracha, buffalo. Not the boneless.

TRIPLE-SMOKED CANDIED BACON **GF**

BACON-WRAPPED JALAPEÑO POPPERS **GF**

LOADED NACHOS **GF**

POTATO SKINS **GF***

BOWLS, SALADS & SOUP

BBQ LOADED RICE BOWL **GF**

Brisket, pork, chicken or garlic shrimp over jasmine rice.

WARM SHRIMP SALAD **GF**

CHIPOTLE CHICKEN CHOP **GF**

CHICKEN TORTILLA SOUP **GF**

BRISKET CHILI **GF**

SANDWICHES & BURGERS

ASK FOR IT ON A PLATE

ANY SMOKED MEAT, ON A PLATE **GF**

Cuban pork & ham, pulled pork, pulled chicken, brisket, smoked salmon — every sandwich meat is gluten-friendly. Order it on a plate or in a lettuce wrap instead of the roll.

ANY BURGER, NO BUN **GF**

The patty is beef only. Lettuce wrap or plate. Candied bacon, Q sauce and the toppings are all fine.

CATERING A GLUTEN-FRIENDLY TABLE

Say so when you book · 856-285-4494 · 322BBQ.com/catering

MEATS BY THE PAN **GF**

Every cut — brisket, salmon, garlic shrimp, turkey, pork, chicken, ham, ribs.

SIDES BY THE PAN **GF**

Pit beans, creamed corn, wilted spinach, broccoli, loaded baked potato, coleslaw, jasmine rice. Shared-fryer: brussels, potato bites, German potato salad, fries, brisket hash and the loaded fries.

APPETIZER TRAYS **GF**

Smoked wings (shared fryer), candied bacon, jalapeño poppers.

PER-GUEST PACKAGES & PIT MASTER COMBOS **GF***

The meats and most sides are gluten-friendly; rolls, cornbread and donuts are not. Say 'gluten-friendly table' when you book and we set those aside.