

HOME TEAM TAVERN

Scratch Kitchen • Gluten-Free Focus • Sports • Community

Our Story

Greg was diagnosed with Celiac later in life, and was absolutely horrified at the lack of even tolerable gluten-free food available....well....anywhere. Not in this area at least! So, combining his despair in the face of Celiac Disease with his dream of opening his own sports bar, Home Team Tavern was born! Greg was the last addition to the Celiac family, as both his mother, and his wife's mother had the disease. Therefore, all of his kids and in-laws had Celiac. Now he understands the struggle. His daughter Meghan was diagnosed when she was four, and has been working in the service industry since the age of 14. Fueled by creativity, ADHD, and passion for mostly everything, she herself worked her way up. From host to server to bartender to bar-manager and event admin and a whole slew of other things! Together, they run the Tavern.

We have a full scratch kitchen. That's right, not a single pre-made or frozen item passes through our kitchen doors. A microwave? We don't own one of those. Our gourmet, gluten-free menu comes from our genius of a Head Chef: Luis! He graduated from a state-of-the-art Culinary Institute, worked under Gordon Ramsey's Sous Chef, and has ample experience in all ranges of kitchens. Like Meghan, he is fueled by a burning creative passion. Therefore, he puts his entire heart and soul into every dish, and always has a new special ready-to-go! Want something off-menu? If Luis is in, he may be able to make it happen!

We've entered the scene to present some genuinely delicious, unique gluten-free options, and offer a cozy, pleasant space to watch the games. Also, to offer fun rotating events and add some color/flair to your day! (Ah, the duality). Sober or just a non-drinker? We also have many fun NA options, from mocktails to CBD cans to Celsius energy drinks! Meghan herself is a non-drinker, so she ensures that the NA options are here. And like Luis, if she's in, she can whip up nearly any NA beverage you can imagine. Even floats and fun lattes! If you'd like to see some more NA options, please feel free to mention so, and/or fill out a feedback form on our website with the request! Any and all feedback forms are actually read through and considered.

Thank you for being part of the Home Team family. We can't wait to welcome you.