

fresh salads

When ordering any Salads, request:

- NO Wonton Strips
- NO Croutons
- NO Honey-Wheat Roll
- Grilled Chicken instead of Crispy Chicken
- NO Steak (*marinade contains gluten*)
- Dressing from the list below

Gluten-Free Dressing Options:

- Balsamic Vinaigrette
- Ranch Dressing
- Lemon Tahini Dressing
- Mango Vinaigrette
- Thai Peanut Dressing
- Fresh Salsa

sandwiches & burgers

When ordering any Sandwich or Burger, request:

- Lettuce Wrap instead of Bread or Bun

for Sandwiches:

- Grilled Chicken instead of Crispy Chicken
- NO Steak (*marinade contains gluten*)
- Choose Fruit (or neither) instead of the Cookie

for Burgers:

- Beef or Turkey Burger Patty (NO veggie patty)
- NO Silvergreens Spread

soups

Request NO Honey-Wheat Roll

Gluten-Free Soups:

- Tomato Basil (daily)
- Potato Cheddar (daily)
- Roasted Chicken & Rice (Tues & Wed only)
- Vegetable Harvest (Saturday only)

hot pastas

When ordering any pastas, request:

- **Gluten-Free** instead of the regular pasta noodles
- Grilled Chicken instead of Crispy Chicken
- NO Meatballs
- NO Garlic Bread

Gluten-Free Sauces:

- Pesto Sauce
- Marinara Sauce
- Thai Peanut Sauce
- Sundried Tomato Pesto

our gluten-free pasta
is made from rice

sides & combos

- Hand-Cut French Fries
- Fresh Fruit Salad
- Side Garden Salad (no croutons)

smoothies & shakes

- Strawberry Swirl Smoothie
- Orange Freeze Smoothie
- Fresh Strawberry Shake

You can also try our gluten-free
frozen yogurt for dessert!

breakfast

- Breakfast Bowls (Burritos with NO Tortilla)
- Breakfast Sandwiches - NO English Muffin
- Fresh Sliced Fruit

Gluten-Free Disclaimer:

Please keep in mind that any items prepared without gluten products are made in a facility that handles many other wheat products. During normal kitchen operations, there is a possibility for food items to come into contact with wheat gluten/proteins. However unlikely, we are unable to guarantee that any menu item is completely gluten-free.