

Gluten-Free Diet Menu – Beverages & Breakfast

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

Beverages

Hot Drinks (8oz)

- Coffee – regular, decaf
- Hot Chocolate – no sugar added (10g)
- Hot Tea – regular, decaf
- Herbal Tea – lemon, orange & spice, cranberry apple, mint medley

Condiments: sugar (3g), Equal®, Splenda®, creamer, non-dairy creamer (2g), lemon, honey (5g)

Milk (8oz)

- Milk – skim (15g), 2% (15g), whole (15g), chocolate (25g)
- Soy Milk – original (10g), vanilla (20g), chocolate (25g)

Juice (4oz)

- Juice – apple (15g), orange (15g), cranberry (20g), grape (20g), prune (25g), vegetable (10g), low-sodium vegetable (10g)
- Crystal Light® – orange sunrise, raspberry ice

Fountain Drinks (8 oz)

- Pepsi® (25g), Sierra Mist® (25g), Mountain Dew® (30g), Root Beer® (30g), Diet Sierra Mist®, Diet Pepsi®, Caffeine-Free Diet Pepsi®, Diet Mountain Dew®, Sugar-Free Lemonade, Iced Tea

Breakfast

A la Carte

- Fresh Fruit – apple (15g), banana (30g), orange (20g), grapes (15g)
- Applesauce (15g)
- Diced Fruit (15g) – peaches, pears
- Mixed Fruit Cup (15g) – cantaloupe, honey-dew, oranges, grapes and pineapple
- Yogurt – regular (30g), light (15g)
- Cottage Cheese (5g)
- Gluten-Free Oatmeal (35g) –apple cinnamon, maple raisin, banana maple
- Gluten-Free Toast (20g)

Condiments: brown sugar (30g), sugar (3g), Equal®, Splenda®, raisins (30g), margarine, butter, jelly (10g), diet jelly (3g), peanut butter (5g), honey (5g), cream cheese

Morning Specialties

- Cholesterol-free egg substitute is available.*
- Mixed Fruit (30g) & Cottage Cheese (5g) Plate
- Omelet Bar – cheese, ham, turkey sausage, onion, peppers, mushrooms, tomato, spinach
- Sunrise Sandwich – egg, cheese and/or ham served on gluten-free bread (45g).
- Scrambled Eggs

Condiments: salt, pepper, Mrs. Dash®, ketchup, hot sauce

Hot Sides

- Bacon
- Turkey Sausage
- Hash Brown Potatoes (15g)