

Gluten-Free Diet Menu – Lunch

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

Signature Salads *(Side salads available.)*

Chef Salad

Fresh greens (5g) tossed with ham, turkey, shredded cheese, egg, tomato and cucumber.

Cranberry Spinach Salad

Fresh spinach, cucumber, mushrooms, tomatoes and red onion (5g), tossed with dried cranberries (15g) and Asiago cheese.

Garden Salad

Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g).

All salads served with oil & vinegar dressing.

Fresh Sides

Original Hummus (10g) – served with gluten-free crackers (5g) and/or baby carrots (10g) & celery sticks.

Mixed Fruit (30g) & Cottage Cheese (5g) Plate
Baby Carrots (10g) & Celery Sticks

Soups

Chicken Noodle Soup (10g)

Garden Vegetable Soup (10g)

Gluten-Free Crackers (5g)

Custom Sandwiches

Build your own deli style sandwich!

Choice of Bread:

Gluten-Free Bread (2 slices) (45g)

Gluten-Free Tortilla Wrap (25g)

Choice of Toppings:

Meat: turkey, ham, tuna salad, chicken salad, egg salad

Cheese: American, Cheddar, Mozzarella, Swiss

Toppings: lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole (4g), hummus (10g)

Peanut Butter & Jelly Sandwich (60g)

Condiments: ketchup (2g), mustard, mayonnaise, honey mustard (5g), fat-free Miracle Whip® (2g), oil & vinegar