

Gluten-Free Diet Menu – Dinner & Desserts

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

Entrées

Substitutions and half portions are available.

Garlic-Herb Chicken Breast – lightly seasoned and flame broiled, served with mashed sweet potatoes (25g) and spinach (5g).

Rainbow Trout – farm raised trout sautéed to perfection, topped with a mild black bean salsa (15g), served with white rice (30g) and California blend vegetables (5g).

Pot Roast – naturally juicy and slowly roasted until tender, served with a baked potato (25g) and corn (15g).

Asian Stir-Fry – Asian style vegetables (10g) stir-fried with garlic and olive oil, served with white rice (30g). Available with chicken.

Condiments: salt, pepper, Mrs. Dash®, butter, margarine, sour cream, soy sauce, hot sauce, BBQ sauce (5g)

Hot Sides

Mashed Potatoes (15g)

Mashed Sweet Potatoes (25g)

Baked Potato (25g)

White Rice (30g)

Corn (15g)

Carrots (10g)

Broccoli (5g)

Spinach (5g)

Green Beans (5g)

California Blend Vegetables (5g)

Taco Bar

Build your own gluten-free soft shell taco (25g)!

Choice of Fillings: seasoned beef (5g), shredded chicken (5g), black bean salsa (15g)

Choice of Toppings: shredded cheese, shredded lettuce, diced tomatoes, diced onion, black olives, sour cream, salsa (3g), taco sauce, guacamole (4g)

From the Grill

Grilled Cheese Sandwich – gluten-free bread (45g) with your choice of cheese.

Cheese Quesadilla – gluten-free tortilla (50g) with cheddar cheese, served with your choice of salsa (3g) or black bean salsa (15g), sour cream or guacamole (4g).

Ope's™ Organic Veggie Burger (10g) – served on a gluten-free roll (20g) with your choice of toppings.

Flame Broiled Hamburger – served on a gluten-free roll (20g) with your choice of toppings.

Grilled Chicken Sandwich – served on a gluten-free roll (20g) with your choice of toppings.

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

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

Desserts

Gluten-Free Chocolate Chip Cookies (25g)

Gelatin – regular (15g), sugar-free

Ice Cream – regular (15g), fat-free (20g)

Italian Fruit Ice (20g)

Sugar-Free Lemon Sorbet (5g)

Popsicles – regular (15g), sugar-free (5g)

Specialty Frozen Beverages (12 oz)

Limited to one per meal.

Nonfat Frozen Yogurt Shake – vanilla (30g), chocolate (55g)

Fruit Smoothie (45g)