

# 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)*

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## 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)

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## Taco Bar

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

Choice of Fillings: seasoned beef (5g), shredded chicken (5g), black bean salsa (15g), refried beans (20g)

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 (11g), relish, BBQ sauce (5g), fat-free Miracle Whip® (2g), oil & vinegar*

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## 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 (14g), sugar-free (4g)

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## Specialty Frozen Beverages (12 oz)

*Limited to one per meal.*

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

Fruit Smoothie (45g)