

Gluten Free

Gluten Free Salad Options

Lettuce choice: Ice Burg or Romaine Lettuce, with Tomato, Cucumber and Onion (*no croutons*)

Salad Bar Toppings: Onion, Cucumber, Fresh Sliced Mushrooms, Fruits, Cheeses, Hardboiled Eggs, Pecans and Sugared Pecans

Dressing Choices: French, Greek, Oil & Vinegar Cruets, Poppy Seed, Wild Raspberry, Caesar, 1000 Island

Side Options: Applesauce, Coleslaw, Cottage Cheese, Fresh Fruit and Sliced Tomatoes

Cheeses: *All of the Cheeses we carry are Gluten Free. You may choose from, Feta, Mozzarella, Swiss, Cheddar, Bleu Cheese, American or Monterey Jack Cheese*

Meats: *(All of our meats are prepared with gluten free seasonings)*

Grilled Chicken Breast

Grilled Haddock

Chargrilled Steak

Corned Beef

Pork Chops Corned Beef

Black Angus Burgers

Turkey Breast

Gluten Free Sides

Mashed Potatoes (*no gravy*)

Vegetables Grilled in Butter or Steamed

Baked Potato with butter and sour cream

Baked or Whipped Sweet Potatoes (*limited*)

Fresh Sliced Home Fries

Applesauce

Coleslaw

Gluten Free Seasonings, Sauces and Condiments

Heinz Ketchup

Marinara Sauce

Oregano

French's Mustard

Tartar Sauce

Sweet Pickle Relish

Mayonnaise

Pickles

Whipped Butter

Sweet Potato Butter

Garlic Pepper Seasoning

Basil

Breads: Gluten free bread can be substituted for .99 to each meal

Desserts: Toft's Vanilla Ice Cream, Sugared Glazed Strawberries (*limited*), Caramel or Chocolate Topping, Whipped Cream

*(Allergy Alert) These menu options are based on the most up-to-date ingredient information from our food suppliers. Please be advised that during normal kitchen operations, the possibility exists for food items to come into contact with wheat/gluten proteins. However we try our best to eliminate or diminish the possibility of such events occurring.

Gluten Free Breakfast Choices

Breakfast is the most important meal of the day and because of this; we put together a list of options available to our guests with a gluten intolerance.

Breakfast Beverages

- ❖ Decaf and Regular Coffee
- ❖ Cranberry Juice
- ❖ Hot Teas
- ❖ Apple Juice
- ❖ Orange Juice
- ❖ White and Chocolate Milk

Classic Egg Breakfasts

Eggs: Choose any of our classic two egg breakfasts paired up with any of our gluten free sides and gluten free toast.




Omelets: Also available to our guests are our three egg omelets, served with home fries and gluten free toast (*Gluten free toast will be substituted for .99 to each meal.*)

Spinach, Tomato and Feta	Vegetable	Ham and Cheese
Country	Western	
California	Bacon and Cheese	

Breakfast items:

- ❖ Gluten Free French Toast

Gluten Free Breakfast sides: (*Gluten Free Toast can be added for .99 to each meal*)

 Honey Cured Bacon	Fresh Sliced Home Fries	(3)Sliced tomatoes
 Fresh fruit cup	Gluten free toast	Canadian Bacon
 Grilled ham		

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