

Gluten-Free Diet Menu – Lunch



Signature Salads (*Entrée or Side*)

Chef Salad

Fresh greens tossed with ham, turkey, shredded cheese, egg, tomato and cucumber.

Cranberry Spinach Salad

Fresh spinach tossed with cucumber, mushrooms, tomatoes, red onion, dried cranberries and Asiago cheese.

Garden Salad

Fresh greens tossed with cucumber, carrots, tomatoes and peppers.

All salads served with oil & vinegar dressing.

Fresh Sides

Original Hummus – served with gluten-free crackers and/or baby carrots & celery sticks.

Mixed Fruit & Cottage Cheese Plate

Baby Carrots & Celery Sticks

Soups

Chicken with Wild Rice Soup

Garden Vegetable Soup

Gluten-Free Crackers

Custom Sandwiches

Build your own deli style sandwich!

Choice of Bread:

Gluten-Free Bread

Gluten-Free Tortilla Wrap

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, hummus

Peanut Butter & Jelly Sandwich

Condiments: ketchup, mustard, mayonnaise, honey mustard, fat-free Miracle Whip®, oil & vinegar