

GLUTEN FREE MENU

ALL OF OUR OPTIONS ARE PREPARED IN OPEN KITCHENS
AND MAY COME INTO CONTACT WITH GLUTEN.

PLEASE ASK AN EMPLOYEE IF YOU NEED ANY FURTHER ASSISTANCE.

STIR-FRY

gluten free teriyaki sauce • citrus chili sauce • pad thai sauce
all protein & vegetables • white & brown rice • rice noodles

BARBECUE

gluten free bun available upon request
sweet potatoes • giant baked potato • corn
real mashed potatoes • cajun potatoes • brisket platter

COMFORT

roast turkey (without gravy) • pan seared salmon
sweet potatoes • real mashed potatoes
spinach • kale or broccoli

TAQUERIA

chicken tinga • pork carnitas • steak
rice bowl • nachos • nachoschips & guacamole
salsa roja • mexican rice • black & pinto beans

SUSHI

edamame • acapulco roll

SALAD

grilled chicken • tofu • maple glazed & grilled salmon
all toppings except wheat grains • wontons & croutons
all dressings except blue cheese

CHICAGO GRILL

gluten free bun available upon request
plain hot dog • plain hamburger
maxwell st. polish • italian sausage

BIG BOWL

yellow curry • kung pao • white & brown rices

JUICE

frozen yogurt • vegetable & fruit juices

DESSERT

shakes without malt • coffee cake • joy cookie
vanilla ice cream • seasonal gelatos (ask chef for details)

foodlife®

14 RESTAURANTS IN ONE

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