

GLUTEN FRIENDLY | VEGAN

IN ADDITION TO OUR GLUTEN FRIENDLY/VEGAN PANCAKES AND GLUTEN FRIENDLY FRENCH TOAST, MANY OF OUR BREAKFAST PLATES CAN BE MADE GLUTEN FRIENDLY AND/OR VEGAN BY USING THESE OPTIONS:

	GLUTEN FRIENDLY	GLUTEN FRIENDLY & VEGAN	VEGAN
Bread:	Rice Bread		Whole Wheat Bread
	Shredded Hashbrowns	Shredded Hashbrowns	Shredded Hashbrowns
Breakfast Meats:	Ham		
	Bacon		
Sides:	Coconut Whip (For pancakes and waffle berries)	Coconut Whip (For pancakes and waffle berries)	Coconut Whip (For pancakes and waffle berries)
	Fruit Cup	Fruit Cup	Fruit Cup
	Tomato Slices	Tomato Slices	Tomato Slices
	Veggie Cup and Kraft Ranch	Veggie Cup and Hummus	Veggie Cup and Hummus
	La Cocina Chips	La Cocina Chips	La Cocina Chips + Salsa
Dressings:	Poppyseed Dressing		
	Raspberry Vinaigrette	Raspberry Vinaigrette	Raspberry Vinaigrette
			Veggie Burger made with lettuce wrap
			Veggie Sandwich made with whole wheat bread
			Veggie Panini

MANY OF OUR LUNCH ITEMS CAN ALSO BE MADE GLUTEN FRIENDLY BY SUBSTITUTING IN OUR RICE BREAD AND GLUTEN FRIENDLY OR VEGAN BY CHOOSING VEGGIES AS A SIDE.

WE HAVE VEGAN POPPYSEED DRESSING AVAILABLE FOR OUR FAMOUS 'HOUSE SALAD' AS WELL AS A GLUTEN FREE & VEGAN RASPBERRY VINAIGRETTE.

- WE ARE NOT A NUT FREE, GLUTEN FREE, VEGAN, DAIRY FREE OR EGG FREE FACILITY -

AT OUR BAKERY COUNTER WE HAVE THE FOLLOWING:

VEGAN ITEMS

RHUBARB - SLICE

DATE - SLICE

PECAN, CRANBERRY, DARK CHOCOLATE CHIP, FLAX - **COOKIE**

GLUTEN FRIENDLY ITEMS

BANANA CHOCOLATE CHIP - **MUFFIN**

PECAN, CRANBERRY, DARK CHOCOLATE CHIP, FLAX - **COOKIE**

EAT-MORE BAR - **SLICE**

[MADE WITH OATS FROM A **NON**-GLUTEN-FREE FACILITY]

LOAF OF SLICED - **RICE BREAD**

GLUTEN FRIENDLY **AND VEGAN ITEMS**

PECAN, CRANBERRY, DARK CHOCOLATE CHIP, FLAX - **COOKIE**

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