



# Gluten Free Menu

## Salads

**Asian** (request No Noodles)

**Blue Cheese Fig**

**Caesar** (request No Croutons)

**Club**

**Chopped Wedge**

**Market**

**Southwestern**

**Spinach**

**Mediterranean**

## Dressings

**Blue Cheese, EVO & Aged Balsamic  
Honey Mustard, Balsamic Vinaigrette  
Ranch, Lemon & Herbs**

## Soup

**Lentil Soup**  
(Vegan Too!!)

## Proteins

**Tofu** (request No Dressing)

**Un-Marinated Grilled Chicken Tenders**

**Un-Marinated Salmon**

**Un-Crusted Grilled Tuna Steak**

## Entrees

**Brown Sugar Roasted Pork Loin**  
(request No Bread)

**Salmon Entree**

(request No Sauce, No Seasoning, No Bread)

**Un-Marinated Grilled Chicken Breast**

## Sides

**Garlic Mashed Potatoes**

**Grilled Vegetables**

**Sweet Mashed Potatoes**