



- **You are a Vegetarian**

Definition: Vegetarian dishes are defined as not including meat, fish or poultry. Dairy products and eggs may be included in these vegetarian dishes.

- SOUPS:
  - Carrot Ginger Soup
  - Tomato Soup
  - Spring Asparagus Soup
  - Vegetarian Chili
- SALADS:
  - Spring Salad
- SANDWICHES:
  - Grilled Cheese
  - California Veggie
- PIZZAS:
  - Cheese
  - Veggie
- BREAKFAST:
  - Oatmeal
  - Granola & Yogurt Parfait
  - Sourdough French Toast – REQUEST NO BACON
  - Sides: Fresh Fruit
  - Sides: Hash Browns
  - Vegetable Scramble

- **You are Avoiding Gluten**

\*Please notify the restaurant when placing your order if you are allergic to gluten.

- SOUPS:
  - Tomato Soup in a Bowl – REQUEST NO CROUTONS
    - Contains spices\*
  - Carrot Ginger Soup in a Bowl
    - Contains spices, natural flavors\*
  - Vegetarian Chili in a Bowl
    - Contains spices\*

- o SALADS (bread & butter not included):
  - Classic Caesar Salad w/ or w/o Chicken – REQUEST NO CROUTONS
    - Caesar dressing contains spices, natural flavors\*
    - Marinated chicken contains spices, flavorings\*
  - Spring Salad w/ or w/o Chicken – REQUEST NO BLUE CHEESE
    - Balsamic dressing contains spices\*
    - Marinated chicken contains spices, flavorings\*
  - Chinese Chicken Salad – REQUEST NO WONTONS AND NO SALAD DRESSING
    - Marinated chicken contains spices, flavorings\*
  - Cobb Chopped Salad – REQUEST NO BLUE CHEESE
    - Cobb dressing contains spices\*
    - Marinated chicken contains spices, flavorings\*
  - Waldorf Chopped Salad with Dressing
    - Waldorf dressing contains spices\*
  
- o BREAKFAST:
  - Sides: Fresh Fruit
  - Vegetable Scramble – REQUEST NO TOAST
  - Turkey & Broccoli Scramble – REQUEST NO TOAST
  - Sausage & Tomato Scramble – REQUEST NO TOAST
    - Sausage contains spices, flavoring\*
  - Bacon & Peppers Scramble – REQUEST NO TOAST
  - Traditional Breakfast with Sausage – REQUEST NO TOAST
    - Sausage contains spices, flavoring\*
  - Traditional Breakfast with Bacon – REQUEST NO TOAST

**\*Notes about Gluten:**

Some food products contain ingredients that may or may not be derived from a gluten source. These ingredients may or may not affect guests who are trying to avoid gluten. The following items are contained in some of the menu items listed above:

**Flavoring** may contain one or more of the eight major allergens.

**Spices** may contain gluten-containing grain.

This gluten review, conducted by HEALTHY DINING, is based upon product and recipe information supplied by Forklift. This review does not account for cross-contamination that may occur (1) during preparation of the menu item or (2) as a result of substituting alternative products to those customarily used and reviewed on 12/02/08.