

# Gluten-Free Diet Menu – Beverages & Breakfast



## Beverages

### Hot Drinks (8oz)

Coffee – regular, decaf  
Hot Chocolate – no sugar added  
Hot Tea – regular, decaf  
Herbal Tea – lemon, apple & cinnamon, orange & spice, cranberry apple, mint medley

*Condiments: sugar, Equal®, Splenda®, creamer, non-dairy creamer, lemon, honey*

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### Milk (8oz)

Milk – skim, 2%, whole, chocolate  
Soy Milk – original, vanilla, chocolate

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### Juice (4oz)

Juice – apple, orange, cranberry, grape, prune, vegetable, low-sodium vegetable  
Crystal Light® – orange sunrise, raspberry ice

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### Fountain Drinks (8 oz)

Pepsi®, Sierra Mist®, Mountain Dew®, Root Beer®, Diet Sierra Mist®, Diet Pepsi®, Caffeine-Free Diet Pepsi®, Diet Mountain Dew®, Sugar-Free Lemonade, Iced Tea

## Breakfast

### A la Carte

Fresh Fruit – apple, banana, orange, grapes  
Applesauce  
Diced Fruit – peaches, pears  
Mixed Fruit Cup – cantaloupe, honey-dew, oranges, grapes and pineapple  
Yogurt – regular, light  
Cottage Cheese  
Gluten-Free Toast

*Condiments: margarine, butter, jelly, diet jelly, peanut butter, honey, cream cheese*

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### Morning Specialties

*Cholesterol-free egg substitute is available.*  
Mixed Fruit & Cottage Cheese Plate  
Omelet Bar – cheese, ham, turkey sausage, onion, peppers, mushrooms, tomato, spinach  
Sunrise Sandwich – egg, cheese and/or ham served on gluten-free bread.  
Scrambled Eggs

*Condiments: salt, pepper, Mrs. Dash®, ketchup, hot sauce*

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### Hot Sides

Bacon  
Turkey Sausage  
Hash Brown Potatoes