

Gluten-Free Diet Menu – Dinner & Desserts



Entrées

Substitutions and half portions are available.

Garlic-Herb Chicken Breast – lightly seasoned and flame broiled, served with mashed sweet potatoes and spinach.

Rainbow Trout – Farm raised trout sautéed to perfection, topped with a mild black bean salsa, served with white rice and California blend vegetables.

Pot Roast– naturally juicy and slowly roasted until tender, served with a baked potato and corn.

Asian Stir-Fry – Asian style vegetables stir-fried with garlic and olive oil, served with white rice. Available with chicken.

Condiments: salt, pepper, Mrs. Dash®, butter, margarine, sour cream, soy sauce, hot sauce, BBQ sauce

Hot Sides

Mashed Potatoes
Mashed Sweet Potatoes
Baked Potato
White Rice
Corn
Carrots
Broccoli
Spinach
Green Beans
California Blend Vegetables

Taco Bar

Build your own gluten-free soft shell taco!

Choice of Fillings: seasoned beef, shredded chicken, black bean salsa

Choice of Toppings: shredded cheese, shredded lettuce, diced tomatoes, diced onion, black olives, sour cream, salsa, taco sauce, guacamole

From the Grill

Grilled Cheese Sandwich – gluten-free bread with your choice of cheese.

Cheese Quesadilla – gluten-free tortilla with cheddar cheese, served with your choice of salsa, black bean salsa, sour cream and guacamole.

Flame Broiled Hamburger – served on a gluten-free roll with your choice of toppings.

Grilled Chicken Sandwich – served on a gluten-free roll with your choice of toppings.

Toppings: cheese, lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole, hummus

Condiments: ketchup, mustard, mayonnaise, honey mustard, relish, BBQ sauce, fat-free Miracle Whip®, oil & vinegar

Desserts

Gluten-Free Chocolate Chip Cookies
Gelatin – regular, sugar-free
Ice Cream – regular, fat-free
Italian Fruit Ice
Sugar-Free Lemon Sorbet
Popsicles – regular, sugar-free

Specialty Frozen Beverages (12 oz)

Limited to one per meal.

Nonfat Frozen Yogurt Shake – vanilla, chocolate
Fruit Smoothie