



Gluten-Free Menu

Restricts gluten-containing foods for patients with gluten sensitivity or intolerance.

We take special precautions to prevent cross-contact, however we cannot entirely eliminate the risk because our kitchen is not a gluten-free kitchen. All items on this list have ingredients free from the grains wheat, barley, rye and their derivatives as reported by the manufacturer.

*All items are served à la carte. Please ask for sides and condiments

**We apologize, substitutions and customizations are not accommodated.

Morning Glory Breakfast

(available all day)

Skillet and Hot Cereal

Cream of rice

Scrambled eggs

Scrambled eggs with cheese

Scrambled eggbeaters

Hard-boiled egg (served chilled)

Bacon

GF Hash brown triangle

GF Impossible Sausage

Cold Cereals

Organic multigrain with raisins

Honey Nut Cheerios

Yogurts

Greek Vanilla yogurt

Greek Strawberry yogurt

Greek Plain yogurt

Sutro Soup Co.

Chicken or Vegetable Broth

Vegetarian Rice Porridge

Chicken Rice Porridge
(green onions optional)

Vegetarian Hot and Sour (Sundays only)

Vegetarian Lentil (Tuesdays only)

Vegetarian Black Bean (Saturdays only)

Our Kitchen

Greens and Vegetables

Side mixed green salad with oil/balsamic

Steamed Green Beans

Steamed Carrots

Braised Greens

(Blend of Chard, Kale, Collards)

Grains and Potatoes

Mashed potatoes

Jasmine rice or brown rice

GF Macaroni and Cheese



Gluten-Free Menu

Main Selections

Chicken w/ Demi-Glace

Antibiotic-free chicken breast

Pan-Seared Salmon

Lightly seasoned salmon fillet
simply pan-seared

Roast Turkey Au Jus

Roasted turkey breast slices in light broth

Rice and Spice

Teriyaki Sauce – Tamari, ginger, rice
vinegar, sesame with choice of:

Chicken Breast, Salmon or Tofu

Cocina Verde

Organic Whole Pinto Beans

White or Organic Brown Rice

Light sour cream

Salsa

Cholula Hot Sauce

Cheese Sauce

Green Fields

Side Salad

Mixed green salad with choice of dressing:
Ranch, Oil/Balsamic

Corner Grill

Turkey burger or Cheeseburger (no bun)
Beyond Burger vegan patty (no bun)

Toppings

Tomato, Lettuce, Onions, Bacon
Mustard, Mayonnaise, Ketchup
American or Swiss Cheese

Pizzeria Fresca

Gluten-free elbow macaroni
with choice of sauce:
Classic Meat Sauce, Vegetarian Marinara,
or Cheese Sauce





Gluten-Free Menu

Sides

Gluten-Free Bread, White (2 slices)

Scoop of Tuna Salad

Side Green Salad

Steamed Green Beans

Steamed Carrots

Braised Greens

Snacks

Raw Carrot Sticks

Avocado (half)

Organic Cut Apples

Banana

Seasonal Fruit (ask for selection)

Honeydew Melon

Pineapple

Pureed Pears

Pureed Peaches

Applesauce

Organic Roasted Almonds

GF Whole Grain Chips

Cottage Cheese

Raisins

Popcorn

Peanut Butter Packet

Mozzarella String Cheese

Desserts

Chocolate Pudding

Diet Vanilla Pudding

Chocolate or Vanilla Ice Cream

Orange Jello

Shakes

Berry Banana Shake - 379 calories

Vegan shake made with Häagen-Daz raspberry sorbet, strawberries, organic bananas & soy milk

Chocolate Shake - 512 calories

Thick shake made with Häagen -Daz vanilla ice cream, milk, avocado & Ghirardelli chocolate

Vanilla Shake - 600 calories

Shake made with Häagen –Daz vanilla ice cream, milk, and vanilla





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Beverages

Juice

Apple

Orange

Cranberry

Diet Cranberry

Prune

Dairy & Dairy-Free Milk

Whole Milk

Lowfat 1%

Fat-Free Chocolate Milk

Dairy Ease, Lactose-Free Milk 1%

Vanilla Soy Milk

Vanilla Almond Milk

Soda & Fountain Quenchers

Ginger Ale

Shasta Diet Lemon Lime

LaCroix Sparkling Water

Gatorade

Unsweetened Iced Tea
(contains caffeine)

Hot Selections

Peet's Coffee

Peet's Decaf Coffee

Green Tea
(contains caffeine)

Herbal Chamomile Tea
(caffeine-free)

Plain Hot Water

Condiments

Lemon Wedge

Sugar, Brown Sugar or Honey

Splenda (Sugar Substitute)

Breakfast Syrup (Regular or Diet)

Creamer

Butter (Salted) or Margarine

Parmesan Cheese

Grape Jelly

Ketchup, Mayonnaise, Mustard

Cholula Hot Sauce

BBQ Sauce

Salt/Pepper

Mrs. Dash Herb Seasoning

