



Gluten Free Menu

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

Our kitchen is not gluten free. We take special precautions to prevent cross-contact, however cross-contact is possible.

All items on this list have ingredients free from the grains wheat, barley, rye, and their derivatives as reported by manufacturer.

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
 Hash brown triangle
 GF Impossible Sausage

Cold Cereals

Organic corn flakes
 Organic multigrain with raisins
 Organic cocoa Koala crisps

Yogurts

Greek Vanilla yogurt
 Greek Strawberry yogurt
 Greek Plain yogurt
 Peanut butter packet

Sutro Soup Co.

Vegetable Broth Chicken Broth Vegetarian Juk

Tuesday's: Vegetarian Lentil





Our Kitchen

Greens and Vegetables

Side mixed green salad with oil/balsamic

Steamed green bean blend

Steamed carrots

Braised Greens

Grains and Potatoes

Mashed potatoes

Jasmine rice

Organic brown rice

GF Macaroni and Cheese

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

Tofu





Cocina Verde

Organic Whole Pinto Beans White or Organic Brown Rice

Light sour cream Salsa Cheese sauce

Green Fields

Side Salad

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

Snack Vegetable Box

Snack size serving of carrot, jicama and celery sticks, sliced cucumber and grape tomatoes.

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 Cheese sauce

Sides

Scoop of Tuna salad

Side green salad

Steamed blend of green beans

Steamed carrots

Braised Greens





Desserts

Chocolate Pudding
Diet Vanilla Pudding
Chocolate or Vanilla Ice Cream
Orange or Diet Tropical 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

Snacks

Organic Cut Apples
Organic Banana
Seasonal Fruit (ask for selection)
Honeydew Melon
Pineapple
Pureed Pears
Pureed Peaches
Organic Applesauce
Organic Roasted Almonds
Gluten Free Whole Grain Chips
Cottage Cheese
Raisins
Popcorn
Peanut Butter Packet
Mozzarella String Cheese

