

Gluten Free Menu

DISCLAIMER We do not assume responsibility for an individual's allergy or sensitivity to food provided in this establishment. We can not guarantee that foods offered are gluten free due to potential for cross contamination with gluten containing foods. Please be aware that manufacturers and products may also change from time to time and the items mentioned below can not be guaranteed gluten free.

HOT LINE

Breakfast

- Hard Cooked Egg
- Scrambled Eggs/Low Cholesterol Eggs
- Bacon
- Homestyle Potatoes

Lunch

- Steamed Vegetables
- Plain White or Brown Rice
- Quinoa

El Pollo Loco

- Pinto Beans
- Chicken Thigh Meat

GRILL

- Grilled Chicken Breast
- Hamburger Patty
- Turkey Burger Patty
- Philly Cheese Steak (Without Bread)

SALAD BAR

- Fresh Fruit:
 - Strawberries, Pineapple, Grapes, Honeydew, Cantaloupe, and Watermelon.
- Fresh Vegetables:
 - Mixed Greens, Romaine Lettuce, Red Cabbage, Mushrooms, Celery, Cherry Tomatoes, Bell Pepper, Cucumber, Shredded Carrot, Beets, Radish, Broccoli, Cauliflower, Corn, Artichoke Hearts, Jalapenos, Pepperoncini, Black Olives, Shredded Cheddar Cheese, Sliced Almonds, Walnut Pieces, Sunflower Seeds, Hard Cooked Eggs, Black Beans, Kidney Beans, and Garbanzo Beans.
- Dressings:
 - Ranch, Italian, Honey Mustard, Blue Cheese, Olive Oil, Red Wine Vinegar, and Balsamic Vinegar.

DELI STATION

All items are served with Lettuce & Tomato

- Sliced Turkey
- Sliced Roast Beef
- Sliced Ham
- Egg Salad
- Tuna Salad
- Chicken Salad
- Grilled Chicken Breast (Cold)
- Roasted Eggplant and Red Peppers (Cold)
- Avocado

CONDIMENTS

- Butter and Margarine
- Peanut Butter and Jelly
- Cream Cheese
- Ketchup, Mustard, and Mayonnaise

SNACKS

- Original Baked Lays
- Yoplait Yogurt
- Odwalla Juices – Some flavors contain gluten
- All Items on Pick-a-Cup Gluten Free Snack Stand

DESSERTS

- Kozy Shack No Sugar Added Pudding
- Häagen Dazs Ice Cream Bars
- Dreyer's Dibs

BEVERAGES

- Regular and Decaf Coffee
- Hot and Iced Tea
- Coca-Cola Brand Sodas and Juices
- Neuro Water
- Vita Coco Coconut Water
- Smart Water
- Snapple



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