

SALADS AND DRESSINGS GLUTEN FREE GUIDE

**PLEASE NOTE: THESE ITEMS ARE NOT MADE IN A GLUTEN FREE KITCHEN,
WHILE CROSS CONTAMINATION IS NOT LIKELY, IT IS POSSIBLE**

SALAD	INGREDIENTS	GF	DRESSING	GF	SUBSTITUTIONS
LITTLE GEM CHICKEN CAESAR	crisp gem lettuce, chicken, tomatoes, fresh parm, 6-min egg, parm crackers*	NO	CAESAR: soybean oil, parm, romano cheese, vinegar, salt, egg, garlic, onion, lemon juice, sugar, milk, parsley, anchovy	YES	*remove parm crackers
THE BAKER'S CHOP	romaine, avocado, carrot, tomato, chickpeas, corn, cucumber, red peppers, blue cheese, sunflower seeds, 6-min egg	YES	GODDESS: tahini, apple cider vinegar, soy sauce*, lemon juice, garlic, sesame seeds, parsley, dijon mustard, soybean and sesame oils, water, spices, salt	NO	*sub goddess dressing with any other dressing
GREEK CHICKEN	grilled chicken, romaine, chickpeas, tomatoes, beets, red onion, tzatziki, feta, naan bread*	NO	GREEK: soybean & corn oils, vinegar, mustard seed, oregano, spices, sugar, red bell peppers	YES	*remove naan bread
SOUTHWEST	romaine, black beans, tomatoes, corn, red bell pepper, chihuahua cheese, tortilla strips	YES	HATCH CHILE RANCH: soybean oil, jalapeño, buttermilk, vinegar, salt, sugar, hatch chile, onion, lemon juice, garlic, egg yolk, spices	YES	
MEDITERRANEAN	arugula, couscous, tomatoes, cucumber, 6-min egg, hummus, tzatziki, feta, za'atar, toasted sourdough*	NO	LEMON VINAIGRETTE: soybean and olive oils, water, vinegar, sugar, lemon/lime/pineapple juices, salt, shallots, garlic, mustard seed, white wine, turmeric	YES	*sub sourdough for GF bread
KALE CRUNCH	grilled chicken, rainbow kale, brussels sprouts, cabbage, blue cheese, sliced apples, toasted almonds, parm crackers*	NO	HONEY MUSTARD: soybean oil, relish, vinegar, egg, tomato paste, spices	YES	*remove parm crackers
TUNA SALAD	house-made tuna salad, cranberries, Israeli couscous*, 6-min egg, cucumber, avocado, tomatoes, parm crackers*	NO	LEMON VINAIGRETTE: soybean and olive oils, water, vinegar, sugar, lemon/lime/pineapple juices, salt, shallots, garlic, mustard seed, white wine, turmeric	YES	*sub couscous for quinoa *remove parm crackers

GLUTEN FREE OFFERINGS

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GLUTEN FREE ITEMS	GLUTEN FREE BAKERY ITEMS
HUEVOS RANCHEROS TOSTADAS	ORIGINAL KRISPIE
PROTEIN POWER BOWL	PISTACHIO MUFFIN
ACAI BOWL	APRICOT BROWN BUTTER BAR
CEREAL BOWL	KEY LIME BAR
FRUIT PLATE + CUP	CHOCOLATE MOUSSE CAKE
HONEYCOMB GREEK YOGURT	ALL MACARONS
APRICOT CRUMBLE GREEK YOGURT	BROWNIE
YOGURT PARFAIT	BROWNIE
BLUEBERRY CHIA RICE PUDDING	
GRANOLA	
PLAIN CHIPS	

ITEM	GLUTEN FREE SUBSTITUTION *GF BREAD CONTAINS EGGS. NOT VEGAN
ALL BREAKFAST SANDWICHES	sub bread/muffin/wrap/bagel/biscuit with GF bread*
TURKEY BACON & EGG CROISSANT	sub croissant with GF bread*
IRON MAN SCRAMBLE	sub bread with GF bread*
BACON AVOCADO OMELETTE	sub bread or bagel side with GF bread*
AVOCADO TOAST	sub bread with GF bread*
BREAKFAST OF THE GODDESS	sub bread with GF bread*
BAGEL & SCHMEAR	sub bagel with GF bread*
ALL SANDWICHES	any sandwich bread can be subbed for GF bread*
ALL SALADS	remove crackers or bread, goddess dressing is NOT GF
DAIRY FREE BREADS	BREADS CONTAINING DAIRY
SOURDOUGH, WHITE, GF BREAD	ENGLISH MUFFIN
CIABATTA	CROISSANT
PLAIN, EVERYTHING BAGEL	BISCUIT
WHEAT WRAP	