

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 CAESAR	crisp gem lettuce, 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, vegetable oil	NO	
BURRATA	arugula, tomatoes, burrata, microgreens, olive oil, balsamic, parm crackers*	NO	LEMON VINAIGRETTE: olive & soybean oils, onions, garlic, white wine vinegar, lemon juice, dijon mustard, sugar, corn syrup, salt, pepper, honey	YES	*remove parm crackers
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	CHIPTOLE RANCH: soybean oil, buttermilk, vinegar, chipotle peppers, adobo sauce, tomato paste, garlic, onion, sugar, salt, spices	YES	
HARISSA CHICKEN	harissa fried chicken*, feta, chickpeas, tomatoes, mint, cucumber, red pepper, red onion, parsley, couscous*	NO	LEMON VINAIGRETTE: olive & soybean oils, onions, garlic, white wine vinegar, lemon juice, dijon mustard, sugar, corn syrup, salt, pepper, honey	YES	*sub fried chicken for grilled chicken *sub couscous for quinoa
MEDITERRANEAN	arugula, quinoa, tomatoes, cucumber, 6-min egg, hummus, tzatziki, feta, za'atar, toasted sourdough*	NO	LEMON VINAIGRETTE: olive & soybean oils, onions, garlic, white wine vinegar, lemon juice, dijon mustard, sugar, corn syrup, salt, pepper, honey	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: olive & soybean oils, onions, garlic, white wine vinegar, lemon juice, dijon mustard, sugar, corn syrup, salt, pepper, honey	YES	*sub couscous for quinoa *remove parm crackers

GLUTEN FREE OFFERINGS

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

GLUTEN FREE ITEMS	GLUTEN FREE BAKERY ITEMS
HUEVOS RANCHEROS TOSTADAS	BLUEBERRY CHIA RICE PUDDING
CHICKEN TINGA	ALMOND CHERRY CRUMBLE GREEK YOGURT
PLAIN OR CRUNCHY BERRY OATMEAL	YOGURT PARFAIT
PROTEIN POWER BOWL	ALMOND CHERRY BAR
ACAI BOWL	GF MUFFINS: rise & shine, chocolate
CEREAL BOWL	GF BROWNIE
FRUIT CUP	GF ALMOND CRANBERRY-CHERRY BAR
	GF LEMON COCONUT BAR
	KRISPY TREAT
	CHOCOLATE MOUSSE CAKE
	ALL MACARONS

ITEM	GLUTEN FREE SUBSTITUTION
MORNING SANDWICH	sub bread with GF bread
HASH BROWN BREAKFAST SANDWICH	sub bread with GF bread
IMPOSSIBLE BREAKFAST SANDWICH	sub English muffin with GF bread
BREAKFAST BURGER	
SUNRISE BURRITO	sub wrap with GF bread
BAGEL MASH UP SANDWICH	sub bagel for GF bread
EGG, HAM & CHEDDAR BISCUIT	sub 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
PLAIN CHIPS (ONLY)	only plain chips are GF