

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

# GLUTEN FREE OFFERINGS

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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	sub bread with GF bread
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