

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	M&M KRISPIE
PROTEIN POWER BOWL	PISTACHIO MUFFIN
ACAI BOWL	KEY LIME BAR
CEREAL BOWL	APRICOT BROWN BUTTER BAR
FRUIT PLATE + CUP	BROWNIE
HONEYCOMB GREEK YOGURT	ALL MACARONS
BLUEBERRY CHIA RICE PUDDING	
YOGURT PARFAIT	
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

DAIRY FREE BREADS	BREADS CONTAINING DAIRY
SOURDOUGH, WHITE, GF BREAD	ENGLISH MUFFIN
CIABATTA	CROISSANT
PLAIN, EVERYTHING BAGEL	BISCUIT
WHEAT WRAP	

SALADS AND DRESSINGS GLUTEN FREE GUIDE

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SALAD	INGREDIENTS	GF	DRESSING	GF	SUBSTITUTIONS
SUNFLOWER AVOCADO HALLOUMI	halloumi, avocado , sunflower seeds, almonds, romaine, chickpeas, tomatoes, cucumbers, couscous*, cranberries	NO	GODDESS: soybean oil, cider vinegar, soy sauce*, tahini, lemon juice, honey, dijon mustard, sesame seeds, sesame oil, garlic, spices, salt allergens: wheat, soy, sesame HONEY MUSTARD: soybean oil, relish, vinegar, egg, tomato paste, spices allergens: egg	NO	*sub couscous for quinoa **sub goddess dressing with any other dressing
THE BAKER'S CHOP	romaine, avocado, carrot, tomato, chickpeas, corn, cucumber, red peppers, blue cheese, sunflower seeds, 6-min egg	YES	GODDESS: soybean oil, cider vinegar, soy sauce*, tahini, lemon juice, honey, dijon mustard, sesame seeds, sesame oil, garlic, spices, salt allergens: wheat, soy, sesame	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 allergens: egg, dairy	YES	
CHICKEN SHAWARMA BOWL	chicken shawarma, tomatoes, cucumbers, hummus, chili crisp, fresh herbs, couscous*, pickled red onions, cilantro rice	NO	GODDESS: soybean oil, cider vinegar, soy sauce*, tahini, lemon juice, honey, dijon mustard, sesame seeds, sesame oil, garlic, spices, salt allergens: wheat, soy, sesame	NO	*sub couscous for quinoa *sub goddess dressing with any other dressing
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 allergens: egg	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, vinegar, sugar, lemon/lime/pineapple juices, salt, shallots, garlic, mustard seed, white wine, turmeric	YES	*sub couscous for quinoa *remove parm crackers