

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
BURRATA	arugula, tomatoes, burrata, microgreens, olive oil, balsamic, 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	*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	HATCH CHILE RANCH: soybean oil, jalapeño, buttermilk, vinegar, salt, sugar, hatch chile, onion, lemon juice, garlic, egg yolk, spices	YES	
HARISSA CHICKEN	harissa fried chicken*, feta, chickpeas, tomatoes, mint, cucumber, red pepper, red onion, parsley, couscous*	NO	LEMON VINAIGRETTE: soybean and olive oils, water, vinegar, sugar, lemon/lime/pineapple juices, salt, shallots, garlic, mustard seed, white wine, turmeric	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: 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	
CHICKEN TINGA		CHOCOLATE PEANUT BUTTER 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			
BLUEBERRY CHIA RICE PUDDING			
GRANOLA			
PLAIN CHIPS			
ITEM		GLUTEN FREE SUBSTITUTION	
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			