



- **You are a Vegetarian**

Definition: Vegetarian dishes are defined as not including meat, fish or poultry. Dairy products and eggs may be included in these vegetarian dishes.

- SOUPS:
 - Carrot Ginger Soup
 - Tomato Soup
 - Spring Asparagus Soup
 - Vegetarian Chili
- SALADS:
 - Spring Salad
- SANDWICHES:
 - Grilled Cheese
 - California Veggie
- PIZZAS:
 - Cheese
 - Veggie
- BREAKFAST:
 - Oatmeal
 - Granola & Yogurt Parfait
 - Sourdough French Toast – REQUEST NO BACON
 - Sides: Fresh Fruit
 - Sides: Hash Browns
 - Vegetable Scramble

- **You are Avoiding Gluten**

*Please notify the restaurant when placing your order if you are allergic to gluten.

- SOUPS:
 - Tomato Soup in a Bowl – REQUEST NO CROUTONS
 - Contains spices*
 - Carrot Ginger Soup in a Bowl
 - Contains spices, natural flavors*
 - Vegetarian Chili in a Bowl
 - Contains spices*

- o SALADS (bread & butter not included):
 - Classic Caesar Salad w/ or w/o Chicken – REQUEST NO CROUTONS
 - Caesar dressing contains spices, natural flavors*
 - Marinated chicken contains spices, flavorings*
 - Spring Salad w/ or w/o Chicken – REQUEST NO BLUE CHEESE
 - Balsamic dressing contains spices*
 - Marinated chicken contains spices, flavorings*
 - Chinese Chicken Salad – REQUEST NO WONTONS AND NO SALAD DRESSING
 - Marinated chicken contains spices, flavorings*
 - Cobb Chopped Salad – REQUEST NO BLUE CHEESE
 - Cobb dressing contains spices*
 - Marinated chicken contains spices, flavorings*
 - Waldorf Chopped Salad with Dressing
 - Waldorf dressing contains spices*

- o BREAKFAST:
 - Sides: Fresh Fruit
 - Vegetable Scramble – REQUEST NO TOAST
 - Turkey & Broccoli Scramble – REQUEST NO TOAST
 - Sausage & Tomato Scramble – REQUEST NO TOAST
 - Sausage contains spices, flavoring*
 - Bacon & Peppers Scramble – REQUEST NO TOAST
 - Traditional Breakfast with Sausage – REQUEST NO TOAST
 - Sausage contains spices, flavoring*
 - Traditional Breakfast with Bacon – REQUEST NO TOAST

***Notes about Gluten:**

Some food products contain ingredients that may or may not be derived from a gluten source. These ingredients may or may not affect guests who are trying to avoid gluten. The following items are contained in some of the menu items listed above:

Flavoring may contain one or more of the eight major allergens.

Spices may contain gluten-containing grain.

This gluten review, conducted by HEALTHY DINING, is based upon product and recipe information supplied by Forklift. This review does not account for cross-contamination that may occur (1) during preparation of the menu item or (2) as a result of substituting alternative products to those customarily used and reviewed on 12/02/08.