

Gluten Free Menu Items

Grilled Rosemary Salmon
Fresh Broiled Salmon
Grilled Cajun Catfish w/ tartar or cocktail
Fresh Broiled Rainbow Trout
Grilled Pork Chop
Grass-fed Chopped Steak
Grass-fed Meat Loaf (either sauce)
Light Herb Chicken
Chicken St. Caroline (grilled)
Jamaican Jerk Chicken
Rosemary Roasted Chicken
Santa Fe Wrap (corn tortilla tacos)

Lactose Free Menu Items

Grilled Rosemary Salmon
Grilled Cajun Catfish with cocktail
Grilled Beef Tenderloin (No butter)
Grilled Pork Chop
Meat Loaf
Light Herb Chicken
Spaghetti w/ Marinara Sauce (No parmesan)
Southwest Quinoa/Avocado/Kale Salad
Southwest Salad (No feta cheese)

All broth soups
Garden Salad
Light Basil Vinaigrette Dressing
Balsamic Vinegar and Olive Oil
Fresh Fruit
All Steamed Vegetables (No butter)

Items with MSG

Sautéed Kale with walnuts and cranberries (*soy sauce may create MSG when cooked*)

Southwest Quinoa/Avocado/Kale Salad
Chicken Salad/Tuna Salad
Fresh Fruit
Garden Salad (No Croutons)
Dressings: Light Basil Vinaigrette, Creamy Cucumber, Ranch, Jalapeno Ranch, Balsamic Vinegar/Olive Oil
Mashed Potatoes/Garlic Mashed Potatoes
All Steamed Vegetables w/ butter or olive oil and salt & pepper
Southwest Cornbread
Banana Pudding

Items with Nuts

Brownies (*walnuts*)
Croutons (*walnuts*)
Pumpkin Muffins (*walnuts*)
Sautéed Kale with walnuts and cranberries
Roasted Butternut Squash with walnuts and cranberries
Roasted Sweet Potatoes with walnuts and cranberries
Pumpkin Cheesecake
Key Lime Pie (*almonds*)
Chocolate Chip Cookie (*walnuts*)
Peanut Butter Cookie
Chocolate Cake Squares – Walnuts
Hello Dollies – Walnuts
Apple Crisp – Almonds
Texas Crunch - peanuts
Baked Brie Crostini
Walnut Crusted Chicken Skewers