

## 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)  
ALL Salad Dressings  
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