

## **Gluten Free Menu Items**

Grilled Rosemary Salmon  
Fresh Broiled Salmon  
Fresh Broiled Rainbow Trout  
Redfish w/ Tomatillo/Avocado Sauce  
Grilled Beef Tenderloin  
Grilled Pork Chop  
Grass-fed Chopped Steak  
Rosemary Roasted Chicken  
Light Herb Chicken  
Broiled Salmon Salad  
Chicken Salad

Garden Salad (No Croutons)  
Basil Vinaigrette Dressing  
Balsamic Vinegar and Olive Oil  
Fresh Fruit

All Steamed Vegetables w/ butter or olive oil and salt and pepper

## **Lactose Free Menu Items**

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

All broth soups  
Garden Salad  
Basil Vinaigrette Dressing  
Balsamic Vinegar and Olive Oil  
Fresh Fruit

All Steamed Vegetables (No butter)

## **Menu Items Containing MSG**

### **MENU ITEM**

Spinach Dip (Market)  
Chicken Sausage Gumbo  
Jambalaya  
Breakfast Tacos w/ Sausage  
Sausage/ Egg Casserole  
Cornbread Stuffing

### **INGREDIENT CONTAINING MSG**

Knorr Vegetable Blend  
Eckrich Sausage  
Pork Sausage Patties  
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## **Items with Nuts**

Pumpkin Muffins – Walnuts  
Croutons – Walnuts  
Chocolate Chip Cookie – Walnut  
Chocolate Chocolate Chip Cookie – Walnut  
Peanut Butter Cookie – Peanut Butter  
Chocolate Cake Squares – Walnuts  
Hello Dollies – Walnuts  
Brownies – Walnuts  
Apple Crisp – Almonds