

## **Gluten Free Menu Items**

Fresh Broiled Salmon  
Grilled Rosemary Salmon  
Grilled Cajun Catfish w/ tartar or cocktail  
Fresh Broiled Rainbow Trout  
Grilled Pork Chop  
Grass-fed Chopped Steak  
Light Herb Chicken  
Jamaican Jerk Chicken  
Rosemary Roasted Chicken  
Santa Fe Wrap(corn tortilla tacos)  
Southwest Quinoa/Avocado/Kale Salad  
Chicken Salad  
Fresh Fruit  
Garden Salad (No Croutons)  
Dressings-Vinaigrette, Cucumber, Ranch,  
Jala Ranch, Balsamic Vin.& Olive Oil  
Mashed Potatoes/Garlic Mashed Potatoes  
Southwest Cornbread  
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 Quinoa/Avocado/Kale Salad  
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)

## **Items with Nuts**

Brownies – Walnuts  
Croutons – Walnuts  
Pumpkin Muffins – Walnuts  
Sauteed 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  
Chocolate Chocolate Chip Cookie – Walnuts  
Peanut Butter Cookie – Peanut Butter  
Chocolate Cake Squares – Walnuts  
Hello Dollies – Walnuts  
Apple Crisp – Almonds  
Texas Crunch-peanuts  
Baked Brie Crostini & Walnut Crusted Chicken Skewers

## **Items with MSG**

Sauteed Kale with walnuts and cranberries-Soy sauce may create MSG when cooked