



## GLUTEN-FREE MENU RECOMMENDATIONS

Below is a list of our menu items and suggestions to modify them when ordering to comply with a gluten-free diet.

### Tapas:

*Thai Chicken* - no noodles.

### Appetizers:

*Lettuce Wraps* - jasmine rice instead of noodles.

### Salads:

*Nice Little Salad* - no croutons.

*Asian Prawn* - no noodles and suggest alternate dressing or extra Oriental Ginger (Stir Fry) sauce.

*Classic Cobb* - no modification needed.

*Firegrilled Steak* - no croutons or dusted onions.

*Chipotle Chicken* - no taco shell or tortilla strips

*Bistro* - no modification needed.

*Beet and Goat Cheese* - no modification needed.

### Lunch Features:

*Honey Mustard Chicken* - no modification needed.

*Pasta Raphael* - jasmine rice instead of noodles.

*Cobb Salad* - no modification needed.

**Pastas** - jasmine rice instead of noodles on these dishes:

*Broccoli Chicken*

*Prawn and Chicken* - (chicken unbreaded)

*Pasta Raphael*

*Wild Mushroom*

### Steaks:

*Steak Boursin* - no Madeira sauce or dusted onions.

*Firegrilled Steak* - no dusted onions.

*Steak Pescatore* - no dusted onions.

*Filet Mignon* - no Madeira sauce or dusted onions.

**Burgers** - no bun or fries

### Specialties:

*Liver & Onions* - unfloured, no gravy.

*Chicken Stir Fry* - Oriental Ginger and Gongga Gai sauce only. Rice instead of noodles.

*Sweet Chili Chicken* - no teriyaki sauce on wok veggies and no noodles.

*Honey Mustard Chicken* - no modifications.

*Maple Chili Salmon* - no teriyaki sauce on wok veggies.

*Chicken Pescatore* - no modifications.

### Brunch:

*Cafe Breakfast* - no toast or sausage

*Big Breakfast* - no toast or sausage

*Joe's Special* - no toast.

*All Omelettes* - no toast.

### Dessert:

*Low Fat Cheesecake with your choice of topping. Please refer to our dessert feature sheet.*

### Dressings:

Green Goddess	Italian
Balsamic Vinaigrette	Ranch

### Sauces (warm):

Stir Fry Sauce	Gongga Gai
Red Pepper Aioli	Garlic Aioli
Sweet Chili Dijon	Tomato Basil

### Sauces (condiments & dipping):

Guacamole	Salsa
Honey Mustard	Ketchup
Frank's Red Hot	Tartar
Mayonnaise	Sweet Chili

These are recommended items that we know do not contain gluten. However, because we have a bakery within our kitchens, there is naturally flour in the air so we cannot 100% guarantee that an item did not come in contact with flour.