

The following is a detailed and comprehensive view of the **grains, nuts, dairy, spices**, and **common allergen** ingredients that are in our menu, to help you make an informed choice to meet your dietary requirements. Please note: common ingredients such as salt, sugars and yeast are **not** listed. Our baking powder is always aluminum-free. If you need any further details, please inquire with a food manager.

Bagels: tapioca, brown rice, millet, psyllium, xanthan

Banana Bread: rice, corn starch, tapioca, potato, sorghum, xanthan, vegetable (soybean) oil, eggs, bananas

Banana Pudding: milk, cream, shortbread

Biscuits: rice, corn starch, tapioca, potato, sorghum, xanthan, baking powder, butter, milk, eggs

Blueberry muffin: eggs, rice, corn starch, tapioca, potato, sorghum, xanthan, baking powder, coconut oil, oatmilk

Bleu Cheese dressing: corn syrup, egg yolk, garlic, milk, mustard, onion, soybean oil, xanthan

Bread (sandwich, sub, hamburger, hotdog): tapioca, brown rice, potato, xanthan, psyllium, butter, eggs

Brownies: rice, potato, tapioca, xanthan, eggs, butter

Corn Dogs: corn, tapioca, rice, egg, soy, xanthan, vegetable oil, spices

Cheesecake: eggs, butter, graham crackers, sour cream, cream cheese

Chicken salad: mayo, walnuts, seasoned salt

Chicken strips: corn, rice, onion, garlic, seasoned salt

Chili: tomato, ketchup, chili powder, black pepper, onion, worcestershire sauce

Chipotle crema: milk, peppers, garlic, xanthan, guar gum

Chocolate Chip cookies: rice, potato, corn, baking powder, xanthan, eggs, butter

Chocolate Cake: almond flour, millet, sorghum, tapioca, baking powder, xanthan, oat milk, soybean oil

Cinnadough bites: millet, sorghum, tapioca, psyllium, olive oil, canola oil, cinnamon

Cinnamon roll: tapioca, millet, sorghum, baking powder, xanthan, psyllium, milk, eggs, butter

Croutons: tapioca, brown rice, potato, xanthan, butter, eggs, olive oil, garlic, black pepper, italian seasoning, corn

Dairy-free Bread: eggs, tapioca, brown rice, potato

Donuts: millet, sorghum, tapioca, baking powder, xanthan, psyllium, eggs, milk, butter

Egg Rolls: rice, corn, egg, soy, ginger, guar gum, garlic, canola oil, black pepper, chili flakes

Fettuccine: rice, corn, potato, eggs, milk, canola oil, xanthan, guar gum

Fish: black pepper, corn flour, garlic, onion, oregano, paprika, red pepper

French Toast: brown rice, tapioca, psyllium, xanthan, butter, eggs, milk

Fried chicken patties: corn, rice, onion, garlic

Fried pickles: corn flour, garlic, paprika, oregano, red pepper, onion, black pepper

Fried pretzel bites: canola oil, margarine, millet, olive oil, psyllium, salt, sorghum, tapioca

Garlic knots: canola oil, garlic salt, italian seasoning, millet, olive oil, psyllium, sorghum, tapioca

Graham Crackers: rice, corn, tapioca, potato, sorghum, xanthan, baking powder, butter, eggs

Gravy, white: rice, corn, tapioca, potato, sorghum, xanthan, milk, butter, black pepper, pork sausage

Honey Mustard: corn syrup, egg, dijon mustard, paprika, soybean oil, spice, xanthan

Marinara sauce: tomatoes, olive oil, onion, garlic, italian spices, food starch, sunflower oil

Margarine: palm oil, soybean oil

Mayonnaise: eggs, soybean oil, mustard

Meatballs: breadcrumbs, eggs, milk, onion, garlic, nutmeg, italian seasoning

Mozzi sticks: eggs, corn, rice, garlic, italian seasoning

Oatmeal Creme Pies: rice, corn, tapioca, potato, sorghum, xanthan, oats, eggs, butter, cream

Onion Rings: corn, rice, onion, garlic, seasoned salt

Orange sauce: soy, corn, onion, garlic, xanthan, spices

Pancakes: tapioca, brown rice, rice, xanthan, baking powder, eggs, milk, vegetable (soybean) oil

Pan spray: soybean oil, soy lecithin

Pie crust: rice, corn, potato, xanthan, butter

Pistachio muffins: rice, corn, tapioca, potato, sorghum, xanthan, baking powder, eggs, milk,
butter, vegetable (soybean) oil, almond extract, pistachio nuts

Pizza dough: millet, sorghum, tapioca, psyllium, olive oil, canola oil

Pizza sauce: tomato, basil

Pretzels: millet, sorghum, tapioca, baking powder, xanthan, psyllium, eggs, milk, butter

Pumpkin roll: rice, corn, tapioca, potato, sorghum, xanthan, baking powder, eggs, milk

Ramen bowl: brown rice, millet, rice, soy, tomato, ginger, garlic, onion, sesame oil, black pepper, turmeric, food
starch, xanthan, potato, sunflower oil, curry, coconut sugar, spices

Ranch dressing: buttermilk, corn starch, eggs, garlic, milk, onion, soy bean oil, xanthan gum

Ravioli: rice, brown rice, tapioca, corn, potato, eggs, milk, xanthan, locust bean gum, guar gum

Rice Crispy Treat: gluten-free crispy rice, butter, marshmallows

Seasoned salt: onion, paprika, turmeric, garlic, corn starch

Shortbread: ?rice, potato, corn, xanthan, butter

Sugar cookies: rice, corn, tapioca, potato, sorghum, xanthan, baking powder, eggs, milk, butter

Sweet and Sour sauce: corn, soy, garlic, tomato, onion, spices

Teriyaki sauce: soy, rice, corn, ginger, garlic

Thousand Island dressing: corn, eggs, garlic, mustard seeds, onion, paprika, peppers, soy bean oil, xanthan

Tortillas: rice, corn starch, tapioca, potato, sorghum, xanthan, soybean oil, palm oil

Tots: potato, seasoned salt, fried in canola oil

Tuna salad: mayo, sweet relish

Waffles: tapioca, brown rice, rice, xanthan, baking powder, eggs, milk, vegetable (soybean) oil

White sauce: butter, garlic, heavy cream, mozzarella cheese, parmesan cheese

Wings: corn, rice, tapioca, vegetable oil, fried in canola oil