

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. If you need any further details, please inquire with a food manager.

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

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

**Banana Pudding:** milk, cream, shortbread

**Biscuits:** rice, corn, tapioca, potato, sorghum, xanthan, aluminum-free baking powder, butter, milk, eggs

**Blueberry muffin:** rice, corn, tapioca, potato, sorghum, xanthan, baking powder, coconut oil, oat milk, eggs

**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, aluminum-free baking powder, xanthan, eggs, butter

**Chocolate Cake:** almond flour, millet, sorghum, tapioca, aluminum-free baking powder, xanthan, oat milk, vegetable (soybean) oil

**Cinnadough bites:** millet, sorghum, tapioca, aluminum-free baking powder, xanthan, psyllium, eggs, milk, butter

**Cinnamon roll:** tapioca, millet, sorghum, aluminum-free 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, aluminum-free 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:** corn, garlic, paprika, oregano, red pepper, onion, black pepper

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

**Fried chicken patties:** corn, rice, onion, garlic

**Graham Crackers:** rice, corn, tapioca, potato, sorghum, xanthan, aluminum-free baking powder, butter, eggs

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

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

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

**Pancakes:** tapioca, brown rice, rice, xanthan, aluminum-free 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, aluminum-free 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, aluminum-free baking powder, xanthan, psyllium, eggs, milk, butter

**Pumpkin roll:** rice, corn, tapioca, potato, sorghum, xanthan, aluminum-free 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

**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, aluminum-free baking powder, eggs, milk, butter

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

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

**Tortillas:** rice, corn, 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, aluminum-free baking powder, eggs, milk, vegetable (soybean) oil

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