

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