

yum!

# gluten & allergen list

THE FOLLOWING ITEMS DO NOT CONTAIN ANY GLUTEN  
(SOME REQUIRE SLIGHT MODIFICATIONS);  
WE CANNOT GUARANTEE NO CROSS CONTAMINATION.  
PLEASE INDICATE SPECIFIC ALLERGENS AT TIME OF ORDER

## gf entrees

filet w/o amablu topping  
½ roasted chicken  
hugo's baja mahi tacos  
lemon chicken  
vegan tacos  
lemon salmon w/ kale  
mike's seafood stew (w/o bread)

## gf appetizers & sides

mashed potatoes  
simple green beans  
broccoli  
harissa roasted cauliflower  
crispy brussels sprouts\*\*  
french fries\*\*

## gf soup & salads

*ordered without bread*

bob's tomato soup  
chicken soup w/o noodles  
tarragon chicken salad  
dilled egg salad  
fancy schmancy tuna salad  
sampler salad  
apple harvest salad  
salmon beet salad  
fall steak salad (w/o crispy onions)  
lemon kale starter salad

## dairy, soy, egg & gf

hugo's baja mahi tacos  
w/o cheese

lemon salmon w/ kale  
w/o bread or mashed potatoes

lemon chicken  
w/o butter or mashed potatoes

apple harvest salad  
w/o cheese, no bread

salmon beet salad  
w/o wasabi drizzle, no bread

fall steak salad  
w/o cheese, no bread, no crispy onions

lemon kale starter salad  
w/o cheese

mike's seafood stew  
w/o bread, butter or aioli

vegan tacos

## gf sandwiches

*ordered without bread*

grilled chicken club  
steak sandwich  
burger, burger  
turkey focaccia

## gf bakery

nut goodley bar  
peanut butter cookie

dairy-free  
breads

caraway rye  
focaccia

gf: gluten-friendly (no added gluten) \*\*items fried in the same oil as breaded items



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## gf breakfast entrees

*ordered without bread*

steak & eggs w/o crispy onions

yum! breakfast

california scramble

fall scramble

## gf breakfast sides

one egg any style

house made sausage pattie

Jones Dairy Farm bacon

sweet & spicy candied bacon

roasted potatoes

fresh fruit

## gf bakery

nut goodley bar

peanut better cookie

## dairy-free breads

caraway rye

focaccia

*gf: gluten-friendly (no added gluten)*