

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

gf appetizers & sides
mashed potatoes
simple green beans
broccolini
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
greek salad
pacific rim salmon salad

dairy, soy, egg & gf

green curry salmon

hugo's baja mahi tacos
w/o cheese

lemon chicken
w/o butter, no mashed potatoes

greek salad
w/o cheese, no flatbread

mike's seafood stew
w/o red pepper aioli, no bread

gf sandwiches

ordered without bread

grilled chicken club

steak sandwich

lto burger

yum! burger

(w/o crispy onions)

turkey focaccia

gf bakery

nut goodley bar

peanut better cookie

sinkicker

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
salmon hash

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 butter cookie
sinkicker
dairy-free breads
caraway rye
focaccia

gf: gluten-friendly (no added gluten)