



GLUTEN CONSCIOUS MENU

**Items are made without gluten containing ingredients in a shared preparation space and are not guaranteed to be gluten free.*



Balanced Choices

BREAKFAST SIDES

- Brown Sugar Cinnamon Oatmeal
- Hashbrown

LUNCH & DINNER SIDES

- Mashed Potatoes
- Seasoned White Rice

PROTEINS

- Applewood Smoked Bacon
- Beef Steak
- Chicken Steak
- Egg Omelet
- Egg White Omelet
- Ham
- Hard Boiled Egg
- Italian Meat
- Oven Roasted Turkey
- Pepperoni
- Pulled Pork
- Roast Beef
- Roasted Chicken
- Sausage
- Scrambled Eggs
- Seasoned Black Beans
- Shredded Beef Brisket
- Turkey Sausage

CHEESES

- Crumbled Feta
- Grated Parmesan
- Shredded White Cheddar
- Sliced American
- Sliced Cheddar
- Sliced Pepperjack
- Sliced Provolone
- Sliced Swiss

SPREADS & DRESSINGS

- BBQ Sauce
- Balsamic Dressing
- Buffalo Sauce
- Butter
- Chipotle Sauce
- Cherry Pepper Relish
- Cranberry Sauce
- Cream Cheese (light, regular and veggie)
- Garlic Aioli
- Mayonnaise
- Mustard (brown and yellow)
- Old Bay Seasoning
- Oil and Vinegar
- Oregano
- Ranch
- Sour Cream

GREENS & VEGGIES

- Lettuce
- Romaine
- Spinach
- Spring Mix
- Avocado
- Bruschetta
- Cold Black Beans
- Carrot Ribbons
- Cucumbers
- Fresh Salsa
- Grape Tomatoes
- Hot Peppers
- Jalapeno Peppers
- Pickles
- Roasted Veggies
- Silvered Onions
- Sliced Tomato
- Sweet Peppers
- Roasted Peppers

MADE-TO-ORDER BEVERAGES

- Chai
- Cold Brew
- Espresso
- Iced Coffee
- Matcha
- Blue Pom Smoothie
- Strawberry Smoothie
- Mango Smoothie
- Dragon Fruit Juice
- Passion Fruit Juice
- Dairy Base used in Milk Shakes and Cream Smoothies

BOOSTS & ADDITIONS

- Fresh Banana
- Protein Boost
- Yogurt
- Energy Boost
- Immunity Boost
- Hydration Boost
- Freeze Dried Strawberries
- Freeze Dried Dragon Fruit

SAUCES, SYRUPS & FLAVORS

- Caramel Sauce
- Mocha Sauce
- Pumpkin Sauce
- White Chocolate Sauce
- Apple Syrup
- Cane Sugar Syrup
- Mint Syrup
- Salted Caramel Syrup
- Vanilla Syrup
- Zero Sugar Salted Caramel
- Coconut Concentrate
- Cream Cheese

TOPPINGS

- Cold Foam
- Whipped Cream

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Balanced Choices

BREAKFAST

- **Sizzli Egg Bites** with bacon and white cheddar cheese
- **Chicken Steak and Egg White Omelet Bowl** with cheddar cheese, spinach, fresh salsa, and avocado
- **Scrambled Egg Breakfast Bowl** with turkey sausage, spinach, and tomato
- **Strawberry Mango Banana Yogurt Smoothie**

SALADS & BOWLS

- **Southwest Roasted Veggie Salad** customized to remove crispy jalapenos and include romaine, white cheddar cheese, black beans, fresh salsa, and ranch dressing
- **Rice and Bean Bowl** with chicken steak, lettuce, red onion, fresh salsa, avocado, and creamy chipotle sauce
- **Mashed Potato Bowl** with chicken steak, fresh spinach, and BBQ sauce

SIDES & SNACKS

- **Small Side Cup of Roasted Veggies, Mashed Potatoes, Rice, or Black Beans**
- **Express Fruit Cups** (varies, see label)
- **Express Apple Peanut Butter Dipper**

LUNCH & DINNER

- **No-Bun Hoagie** with Italian meats, provolone cheese, mayo, hot peppers, tomato, and lettuce
- **No-Bun Burger** with Angus beef burger, sharp pepper jack cheese, chipotle sauce, fresh salsa, roasted veggies, and jalapeno peppers
- **Cheeseburger Dinner Salad** with romaine, Angus beef burger, white cheddar cheese, grape tomatoes, red onion, and creamy ranch dressing



The ingredients and recipes listed above are all made without gluten but are **not certified gluten free.*

*These ingredients share storage and preparation areas with gluten containing products, therefore, cross-contamination through our supply chain and in our store environment is possible. These products are not suitable for people with **Celiac Disease, gluten sensitivity, or a wheat allergy**.*

