

# foodlife®

## g Gluten Free Menu

please alert your foodlife chef if you wish to order a gluten free item

### stir-fry

gluten free teriyaki sauce  
all protein

all vegetables  
white & brown rice

### barbecue

sweet potatoes  
giant baked potato with toppings

corn on the cob  
real mashed potatoes

### comfort

roasted turkey (without gravy)  
pan seared salmon  
sweet potatoes

real mashed potatoes  
peas & carrots

### taqueria

barbacoa tacos  
chicken breast tacos  
pork carnitas tacos

nachos  
salsa roja  
chips & guacamole

### sausages

chicago hot dog  
braturst  
maxwell st. polish  
chicken apple gouda

hot italian  
jalapeno jack  
kobe beef hot dog

all veggie chili  
green chile chicken  
fresh-cut fries  
cheese sauce

### sushi

philadelphia roll

edamame

acapulco roll

### salad

grilled chicken, tofu, tuna salad,  
all toppings except wheat grains, wontons & croutons  
all dressings except blue cheese

### m burger

burgers & sandwiches served on lettuce  
ice cream without cone

### juice

our frozen yogurt and  
all of our vegetable and fruit juices are gluten free

### dessert

vanilla ice cream  
seasonal gelatos (ask chef for details)  
shakes without malt