

GLUTEN FREE MENU

BREAKFAST

GF BAGELS AND WRAPS

Substitute any breakfast sandwich with a gluten free tortilla or bagel

MEDITERRANEAN FRITTATA

Sautéed zucchini, bell peppers and spinach baked with farm fresh eggs, basil and crumbled feta cheese

DUCKTRAP RIVER SMOKED SALMON

With sliced tomatoes and cucumbers

FRESH FRUIT

Sliced fresh fruit platter, berries & grapes, whole fruit, or fruit salad

WINTER FRITTATA (SEASONAL)

Roasted asparagus, rainbow tomatoes, broccolini, and Swiss cheese

SCRAMBLED EGGS

WILD MUSHROOM FRITTATA

Wild mushroom and tomato confit, roasted cipollini onions, sage and goat cheese.

SWEET POTATO HASH

Roasted sweet potatoes, Beyond™ Sausage*, maple syrup, rosemary and smoked paprika

SIGNATURE BREAKFAST POTATOES

Roasted potatoes with peppers and onions

GLUTEN SENSITIVE BREAKFAST TOTE

- Gluten free bagel with regular and seasonal flavored cream cheese
- Kind Bar
- Whole seasonal fruit
- Individual orange juice

FAT FREE YOGURT



GLUTEN FREE MENU

SANDWICHES

All sandwiches, including breakfast, can be modified to be gluten free with the substitution of a gluten free tortilla

SIGNATURE SALADS

BUFFALO CHICKEN

Grilled chicken tossed in a spicy buffalo sauce served over mixed greens with cherry tomatoes, shredded carrots and cucumbers. Served with ranch dressing

GRILLED PESTO CHICKEN

Grilled chicken served over mixed greens and baby spinach with a pesto sauce, avocado, cherry tomatoes, green beans, carrots and chickpeas. Served with Caesar dressing

ROASTED SALMON NIÇOISE

Roasted salmon served over mixed greens with sliced new potatoes, haricot verts, black olives, sliced hard boiled eggs, sliced avocados and cherry tomatoes. Served with herb vinaigrette

GOLDEN BEETS AND BABY KALE (SEASONAL)

Golden beets, mandarin oranges, sliced radishes, snow peas, goat cheese, and candied walnuts with baby kale and a winter citrus vinaigrette



GRILLED PESTO CHICKEN

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VEGETARIAN SALADS

GARDEN

Mixed greens with grape tomatoes, cucumbers, carrots, and purple cabbage. Served with herb vinaigrette

SUPER FOODS DETOX

Chopped broccoli, cauliflower, carrots, kale, parsley tossed with sunflower seeds, almonds, and dried cranberries. Served with honey balsamic dressing

AVOCADO SPINACH

Baby spinach and romaine hearts with avocado, chickpeas, roasted sweet potatoes, hearts of palm and purple cabbage. Served with Italian vinaigrette

HARVEST

Mixed greens with apples, dried cherries, spiced roasted pumpkin, candied pecans, and goat cheese with maple balsamic dressing

TRADITIONAL GREEK

Romaine lettuce with tomato, feta cheese, pepperoncini, cucumbers, Kalamata olives, lemon, and parsley. Served with herb vinaigrette

MEDITERRANEAN AVOCADO

Mixed greens with radicchio, chickpeas, black olives, avocado, cucumber, and heirloom tomatoes. Served with herb vinaigrette

ROCKPORT

Mixed greens with sliced pears, goat cheese, red grapes, dried cranberries, and pistachios. Served with honey balsamic dressing

WINTER QUINOA SALAD

Tricolored quinoa with roasted red peppers, cucumbers, red onions, and roasted chickpeas with a lemon-shallot vinaigrette

STRAWBERRY SPINACH

Baby spinach and mixed greens with strawberries, raspberries, blackberries, and blueberries. Served with honey balsamic dressing

ROASTED CAULIFLOWER FETA

Roasted shaved cauliflower, golden raisins, radicchio, pistachios and feta over mixed greens, arugula and baby spinach. Served with herb vinaigrette



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HOT ENTREES

QUINOA & RICE STUFFED PEPPERS

Chipotle seasoned roasted corn, black beans, bell peppers and quinoa topped with cheddar cheese. Served with garlicky string beans and smokey tomato salsa

HONEY & GARLIC GLAZED SALMON

Slow roasted honey and garlic glazed salmon served over sweet potato and arugula rice with roasted green beans and pecans

ROASTED SALMON

Pan roasted Atlantic salmon, served over scallion rice with sautéed lemon garlic broccolini. Served with your choice of teriyaki or creamy dill sauce

STEAK AU POIVRE (SEASONAL)

Pepper crusted steak with a brandy, shallot demiglace, roasted garlic mashed potatoes, and glazed brussel sprouts

APPETIZERS

ROASTED CHICKEN AND SWEET POTATO SKEWERS

Honey cider glaze and served with a pumpkin goddess dressing

ASPARAGUS CHICKEN TWISTS

Served with tandoori dipping sauce

STEAK AU POIVRE CANAPES

Herb roasted potatoes with seared steak, brandy spiked caramelized onion peppercorn jam, and roasted heirloom tomato compote

ROASTED VEGETABLE SKEWERS

Grilled zucchini and yellow squash, red peppers, mushrooms and butternut squash

HUMMUS PLATTER

English cucumbers, heirloom tomatoes, baby carrots, and tortilla chips served with Spicy Buffalo Hummus, Green Goddess Hummus, and Sweet Potato Chipotle

CRUDITES & RANCH DIP

CRUDITES & CHEESE



GLUTEN FREE MENU

DESSERT

FLOURLESS COOKIES

Chocolate brownie, almond and coconut macaroon

FROSTED BROWNIES

Vegan, gluten sensitive brownies with chocolate frosting

DARK CHOCOLATE FLOURLESS TRIFLE

Layers of flourless chocolate cake, chocolate mousse and fresh whipped cream

BERRIES & CREAM

Fresh berries and a bowl of fresh whipped cream

CHOCOLATE DIPPED STRAWBERRIES

White and dark chocolate

HOT CHOCOLATE BAR (SEASONAL)

