

Gluten-Free Daily Options

...in addition to the featured gluten-free station

MONDAY

Eggs w/cheese, Scrambled Eggs
Bacon, Hash Brown, Potatoes
Toast, Fruit, Select Cereals
Tropical Smoothie Bowl
Yogurt, Hot Cherry Topping

TUESDAY

Scrambled Eggs
Sausage Patty, Potatoes
Toast, Fruit, Select Cereals
Warm Strawberry Applesauce
Yogurt, Tiramisu Chia Pudding

WEDNESDAY

Scrambled Eggs
Ham, Redskin Potatoes
Toast, Fruit, Select Cereals
Tropical Smoothie Bowl
Yogurt, Overnight Oats

THURSDAY

Scrambled Eggs, Nacho Chips,
Enchilada Sauce, Cheese Sauce,
Chorizo Parry, Salsa, Sour Cream
Yogurt, Fruit, Select Cereals
GF Toast upon request
Avocado Toast, Salmon, Bacon
Cucumber, Mozzarella, Sprouts,
Hard-boiled Eggs, Tomato Jam,
Everything Bagel Seasoning
Yogurt

FRIDAY

Scrambled Eggs, Fried Eggs
Bacon, Cream of Rice
Toast, Fruit, Select Cereals
Tropical Smoothie Bowl
Yogurt

SATURDAY

BRUNCH

Scrambled Eggs, Frittata
Turkey Bacon, Potatoes
Toast, Fruit, Select Cereals
Yogurt
Chicken Cheesesteak
Onions/Mushrooms
Cheese Sauce
Lettuce, Tomato, Mayonnaise
Baked Beans, Fries
Chef's Choice Vegetable
BYO Deli, BYO Salad
GF Pizza upon request

SUNDAY

BRUNCH

Scrambled Eggs,
Hash Browns, Baked Oatmeal
Toast, Fruit, Select Cereals
Yogurt
Salmon, Sweet Potato
Broccoli & Mushrooms
BYO Deli, BYO Salad
GF Pizza upon request

Shrimp, Grits
Cajun Cream Sauce
Tomato Pepper Sauce
Zucchini & Carrots
Shredded Cheddar
Bacon Bits, Scallions
Grilled Chicken, Parm Potatoes
Country Blend Veg
Caprese Insalata
BYO Deli, BYO Salad, Fruit
GF Pizza upon request

Taco Beef, Hard Taco Shells
Boom-Boom Cauliflower
Southwest Rice, Lettuce
Cheese, Corn & Beans,
Salsa, Chipotle Ranch
Sour Cream, Guacamole
Tortilla Strips, Jalapeno
Sausage, Kale & Potato Soup
Grated Parm
BYO Deli, BYO Salad, Fruit
GF Pizza upon request

Fries, Hot Honey Carrots
Lemon Kale Slaw, Chipotle Ranch
Avocado Mayo
Crispy Tofu, Bibb Lettuce
Marinated Cucumbers, Asian Slaw
Sriracha Mayo
Toasted Peanuts & Sesame Seeds
Tomato Basil Soup, Pesto
Shredded Parm
BYO Deli, BYO Salad
GF Pizza upon request

Mashed Potatoes
Fresh Sauté
Succotash
Wild Rice
BYO Deli, BYO Salad, Fruit
GF Pizza upon request

Mashed Potatoes, Corn
Broccoli, Cheddar Cheese
Scallions
Togorashi Chips
Cilantro & Scallion
Diakon/Red Cabbage
Ponzu Dipping Sauce
Sweet Chili Sauce
Chopped Peanuts
BYO Deli, BYO Salad
GF Pizza upon request

Roasted Chicken Thighs
Baby Potatoes
Baby Carrots & Asparagus
Wild Rice & Pecan Salad
Flank Steak, Shrimp
Bibb Lettuce, Asian Slaw
Korean Cucumbers, Peanuts
Soy Sauce, Sriracha, Sweet Chili
Beef Vegetable Soup
Parmesan, Scallions
BYO Deli, BYO Salad, Fruit
GF Pizza upon request

Chicken Tikka Masala
Fries, Vegetable, Artichoke Dip
Butter Chickpeas, Coconut Rice
Kachumber Salad, Lettuce
Raita, Green Chutney
Cuban Black Bean Soup, Pico
Cilantro, Sour Cream
Tri-Color Tortillas
BYO Deli, BYO Salad
GF Pizza upon request

Chicken or Shrimp Stir Fry
Cilantro Rice, Black Beans
Corn, Salsa Ranch, Cilantro Lime
GF Pasta upon request, Marinara
Chicken Sausage, Italian Steak
Vegetables
Chicken & Rice Soup, Scallions
BYO Deli, BYO Salad, Fruit
GF Pizza upon request

Rice, Sticky Noodles
Vegetable Sauté
Nacho Chips, Pulled Pork
Beef Brisket, Cheese Sauce
Shredded Lettuce, Pico
Jalapenos, Guacamole
Sour Cream, Black Olives
BYO Deli, BYO Salad
GF Pizza upon request

LUNCH

Flank Steak, Mushrooms
Sweet Potatoes, Winter Veg
Green Beans, Scalloped Apples
Veg & Lentils Soup, Parm Crisps
Crispy Garbanzo Beans, Parsley
BYO Deli, BYO Salad, Fruit
GF Pizza upon request

DINNER