

# GF GLUTEN FREE MENU GF

\*Our gluten free items are prepared in a kitchen where foods containing wheat/gluten are also prepared. We are not a gluten free restaurant and cannot ensure that cross contamination of ingredients does not occur in our kitchen. Therefore, WE DO NOT RECOMMEND consumption of our gluten free foods by those with celiac disease.

## SIGNATURE SALADS

THE FOLLOWING SALADS ARE GLUTEN FREE

**SOUTHWEST SALAD** mixed greens, cilantro lime antibiotic free chicken breast, roasted corn, black beans, radish, green onion, pepper jack, tortilla strips\*, cilantro lime dressing (\*tortilla strips are fried in same oil as items containing gluten)

**ITALIAN CHEF'S SALAD** mixed greens with antibiotic free salami, provolone, bell peppers, green beans, roma tomatoes, red onion, Italian Chef's dressing

**HILLTOP SALAD** mixed greens, candied walnuts, fresh pears, dried cranberries, gorgonzola cheese, balsamic vinaigrette

**KALE CAESAR SALAD (REQUEST NO CROUTONS)** romaine lettuce, baby kale, shredded parmesan, croutons, eggless Caesar dressing

**SAMANTHA SALAD (REQUEST NO CROUTONS)** mixed greens, sliced antibiotic free chicken breast, roma tomatoes, bell peppers, green beans, fresh parmesan, croutons, fat free honey mustard dressing

**SWEET LIFE SALAD (REQUEST NO BARLEY)** mixed greens, roasted sweet potato, golden raisins, barley, sliced antibiotic free chicken breast, spicy peanuts, honey-white balsamic dressing

**MEDITERRANEAN SALAD (REQUEST NO TABBOULEH)** romaine, baby kale, bulgur tabbouleh, feta cheese, bell peppers, Kalamata olives, lemon vinaigrette

**ASIAN CRUNCH SALAD (REQUEST NO NOODLES, SUB DRESSING)** mixed greens, napa cabbage, sliced antibiotic free chicken breast, edamame, carrots, radish, snap peas, green onion, chow mein noodles, sesame ginger dressing onion, chow mein noodles, sesame ginger dressing

### GLUTEN FREE DRESSINGS:

Balsamic Vinaigrette, Caesar Dressing, Italian Chef's, Cilantro Lime, Honey-White Balsamic, Lemon Vinaigrette, Fat Free Honey Mustard

## ANTIPASTI SALADS

KALE PESTO CAPRESE  
ABF CHICKEN SALAD  
ALBACORE TUNA SALAD

MEDITERRANEAN  
VEGETABLE SALAD  
SUPERFOOD SALAD

FRESH FRUIT SALAD  
CANNELLINI BEAN  
& ARUGULA

CHILLED BREAST OF ANTIBIOTIC FREE CHICKEN / CHILLED WILD ALASKAN SALMON

## SANDWICHES & SOUP

ALL SANDWICHES CAN BE PREPARED ON GLUTEN FREE BREAD

- AMALFI** cucumber, shaved beet, marinated radish, roasted cauliflower, feta, arugula and spinach, creamy edamame spread
- CAPRESE** fresh mozzarella, tomatoes, basil vinaigrette, parmesan cheese
- PARMA** smoked ham (ABF), Swiss cheese, lettuce, tomato, whole grain mustard dressing
- CORTINA** oven roasted turkey (ABF), provolone cheese, lettuce, tomato, pesto mayonnaise
- MILANO** roast beef (ABF), provolone cheese, lettuce, giardiniera, horseradish mayonnaise
- TURINO** sliced chicken breast (ABF), roasted red peppers, roasted zucchini, fresh mozzarella, lettuce, sun-dried tomato pesto mayonnaise
- PORTOFINO** premium MSC certified albacore tuna salad, dill-havarti cheese, lettuce, tomato
- ROMA** homemade ABF chicken salad, lettuce, tomato
- SORRENTO** sliced oven roasted turkey breast (ABF), white cheddar, applewood smoked bacon, mayo, tomato jam, arugula & spinach

VEGETARIAN MINISTRONE SOUP

## PASTA

GLUTEN FREE PASTA IS AVAILABLE UPON REQUEST

**PENNE PASTA CON POLLO (SUB GF PASTA)** pasta, sliced chicken breast (ABF), roasted red peppers, crimini mushrooms, snap peas, tomato basil cream sauce

**CAVATAPPI (SUB GF PASTA)** pasta with choice of gluten free sauce: arrabiatta, meat sauce, creamy tomato basil

## DESSERTS

GLUTEN FREE COFFEE FUDGE BROWNIE  
MARSHMALLOW RICE CRISPY TREAT

ABF = 100% RAISED WITHOUT ANTIBIOTICS

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## VEGAN MENU

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## SIGNATURE SALADS

SALADS CAN BE PREPARED VEGAN WITH THE LISTED ADJUSTMENTS

**SOUTHWEST SALAD (NO CHICKEN, NO CHEESE)** mixed greens, sliced antibiotic free cilantro lime chicken breast, roasted corn, black beans, radish, green onion, pepper jack, tortilla strips, cilantro lime dressing

**ITALIAN CHEF'S SALAD (NO SALAMI, NO CHEESE, SUB DRESSING)** mixed greens with antibiotic free salami, provolone, bell peppers, green beans, roma tomatoes, red onion, Italian Chef's dressing

**HILLTOP SALAD (NO CHEESE)** mixed greens, candied walnuts, fresh pears, dried cranberries, gorgonzola cheese, balsamic vinaigrette

**KALE CAESAR SALAD (NO CHEESE, NO CROUTONS\*, SUB DRESSING)** romaine lettuce, baby kale, shredded parmesan, croutons, eggless Caesar dressing

**SAMANTHA SALAD (NO CHICKEN, NO CHEESE, NO CROUTONS\*)** mixed greens, sliced antibiotic free chicken breast, roma tomatoes, bell peppers, green beans, fresh parmesan, croutons, fat free honey mustard dressing

**SWEET LIFE SALAD (NO CHICKEN)** mixed greens, roasted sweet potato, golden raisins, barley, sliced antibiotic free chicken breast, spicy peanuts, honey-white balsamic dressing

**MEDITER"GRAIN"EAN SALAD (NO CHEESE)** romaine, baby kale, bulgur tabbouleh, feta cheese, bell peppers, Kalamata olives, lemon vinaigrette

**ASIAN CRUNCH SALAD (NO CHICKEN)** mixed greens, napa cabbage, sliced antibiotic free chicken breast, edamame, carrots, radish, snap peas, green onion, chow mein noodles, sesame ginger dressing

## VEGAN SALAD DRESSINGS:

Balsamic Vinaigrette\*, Cilantro Lime\*, Honey-White Balsamic\*, Sesame Ginger, Lemon Vinaigrette\*, Fat Free Honey Mustard\*

\*contains honey

## ANTIPASTI SALADS

SUPERFOOD SALAD

BULGUR TABBOULEH

FRESH FRUIT SALAD

Check antipasti case for other seasonal vegan options.

## SANDWICHES &amp; SOUP

SANDWICHES CAN BE PREPARED VEGAN WITH THE LISTED ADJUSTMENTS

① **AMALFI (NO CHEESE, SUB ITALIAN CIABATTA)** cucumber, shaved beet, marinated radish, roasted cauliflower, feta, arugula and spinach, creamy edamame spread on pumpkin flax seed ciabatta

② **CAPRESE (NO CHEESE)** fresh mozzarella, tomatoes, basil vinaigrette, parmesan cheese

VEGETARIAN MINISTRONE SOUP

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## BREAKFAST

(NOT AVAILABLE AT 10 N. DEARBORN)

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## ALL AMERICAN BREAKFAST

scrambled eggs, potatoes, choice of ABF sausage or bacon, served with fruit

## WALKING CHILAQUILES

corn tortilla cup baked with eggs, antibiotic free ham, chihuahua cheese, red tomatillo salsa, topped with guacamole

## FRITTATAS

**SIDES:** roasted potatoes, ABF bacon, ABF sausage

AVOCADO TOAST ON GF BREAD

FRESH FRUIT SALAD

HARD BOILED EGGS

YOGURT PARFAIT (NO GRANOLA)

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## FRESH FRUIT

AVOCADO TOAST WITH TOMATO

ROASTED POTATOES

CHIA PUDDING\*

ASSORTED BAGELS

\*contains honey