

# 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



GRILLED PESTO CHICKEN



# GLUTEN FREE MENU

## 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

### AUTUMN QUINOA

Tricolored quinoa with roasted corn, charred red onions, black beans and grape tomatoes with a chili lime 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





# 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

### SCRAMBLED EGGS

### FAT FREE YOGURT

### 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



MEDITERRANEAN FRITTATA



GF DINER BREAKFAST WRAP



YOGURT PARFAIT



# GLUTEN FREE MENU

## 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

### 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

### HONEY & GARLIC GLAZED SALMON

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

## APPETIZERS

### ROASTED CHICKEN AND SWEET POTATO SKEWERS

Honey cider glaze and served with a pumpkin goddess dressing

### STEAK AU POIVRE CANAPES

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

### ASPARAGUS CHICKEN TWISTS

Served with tandoori dipping sauce

### 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 & CHEESE

### CRUDITES & RANCH DIP





## SIGNATURE SUSHI

### BOSTON POPS

Atlantic salmon, spicy tuna and avocado wrapped with mango

### CRABSTICK

Crabstick\*, Japanese cucumber and carrot with purple cabbage

### SPICY RAINBOW ROLL

Avocado, cucumber and crabstick with spicy tuna, mango and salmon on top

### TERIYAKI SALMON

Asparagus and sweet potato topped with torched salmon and teriyaki sauce

### SALMON AVOCADO

Atlantic salmon and avocado

### TUNA AVOCADO

Tuna and avocado

### CALIFORNIA

Crabstick\*, avocado and Japanese cucumber

### MAPLE MUSTARD SALMON

Roasted salmon and asparagus topped with a maple mustard sauce

### RAINBOW

Crabstick\* and avocado topped with salmon, tuna and avocado

### SASHIMI

Salmon, Tuna or Yellowtail

### NIGIRI

Salmon, Tuna or Yellowtail

## VEGETARIAN SUSHI

### ASPARAGUS SWEET POTATO

Sweet potato and asparagus

### CORNUCOPIA

Asparagus, spinach, red and yellow bell peppers, avocado and sweet potato wrapped in rice paper

### GREEN "MONSTAH"

Asparagus, Japanese cucumber and avocado with teriyaki sauce and topped with avocado

### PUBLIC "GAHDEN"

Avocado, spinach, purple cabbage, brown rice

### SPICY VEGGIE

Carrot, avocado, Japanese cucumber and asparagus with purple cabbage and spicy mayo

### STRAWBERRY MANGO

Japanese cucumber, sweet potato and teriyaki sauce topped with mango and sliced strawberry

### AVOCADO CUCUMBER

Avocado and Japanese cucumber with purple cabbage

### FALL FOLIAGE

Beets, butternut squash and sweet potato with brown rice

### GREENWAY

Roasted beets, sweet potato and avocado with brown rice

### RIVERWAY

Baby corn and avocado with brown rice, topped with sliced beets

### ROYAL VEGGIE

Asparagus, avocado, carrots with purple cabbage infused rice

### SWEET DRAGON

Avocado, oshinko, and spring mix with purple cabbage infused rice and topped with strawberries



# 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





# THANKSGIVING

## TRADITIONAL ROAST TURKEY (NO GRAVY)

Rubbed with sea salt & rosemary

## SAUTEED HEIRLOOM BABY CARROTS

Cooked with fresh thyme

## CRANBERRY & LEMON CHUTNEY

## WHIPPED POTATOES

## TRADITIONAL APPLE CRUMBLE

# HOLIDAY ENTREES & SALAD

## POMEGRANATE CHICKEN

Fire roasted pomegranate and honey rubbed chicken breast with a spiced sweet potato mash and slow roasted corn and butternut squash succotash

## PUMPKIN CHICKEN

Autumn spiced chicken breast with a maple pumpkin glaze and wild cherry reduction with Spanish style cauliflower rice and citrus roasted rainbow carrots

## IMPOSSIBLE MOROCCAN STUFFED BUTTERNUT SQUASH

Impossible beef sauteed with chickpeas, dried cherries, tomatoes, cheddar cheese, and Moroccan spices. Served over basmati rice and side of tandoori sauce

## SPICY GRILLED CAULIFLOWER

Chipotle cinnamon and olive oil rubbed cauliflower with citrus roasted rainbow carrots and slow roasted corn, bell peppers, and butternut squash succotash. Served with tandoori sauce

## SLOW ROASTED SALMON

With autumn vegetables and butternut squash pilaf. Served with lemon dill sauce

## HOLIDAY SALAD

Pomegranate, sweet potatoes, radicchio, and pistachios over mixed greens with feta cheese. Served with maple balsamic dressing

# HOLIDAY APPETIZERS

## STEAK AU POIVRE POTATO CANAPES

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

## BAKED FIG WITH HERB GOAT CHEESE & TORCHED HONEY

Black mission figs stuffed with herb goat cheese, then drizzled with clover honey and torched

## SWEET POTATO STUFFED MUSHROOMS

Baked crimini mushrooms with a whipped sweet potato puree, with candied pecans, cranberries, and maple

## STUFFED ROASTED ARTICHOKE

Roasted artichoke bottoms stuffed with creamy goat cheese, pecorino, roasted bell peppers, and chives. Served with fire roasted pepper aioli

# HOLIDAY SUSHI

## BEET AVOCADO

Sweet potato and cucumber topped with beets and avocado

## BLACKBERRY SWEET POTATO