### Beverages
- **Coffee:** Regular – Decaffeinated
- **Tea:** Regular – Decaffeinated – Chamomile
  - Fresh Brewed Iced Tea
- **Milk:** Whole – 1% - Skim – Lactaid – Soy – Low Fat Chocolate Milk
- **Soft Drink:** Ginger-Ale – Diet Ginger-Ale - Seltzer

### Juice & Fruits
- **Juice:** Orange – Apple – Tomato – Cranberry - Prune
- **Fruit:** Banana – Orange Apple – Seasonal Melon
- **Chilled Fruits:** Peaches – Applesauce - Pears – Mandarin Oranges – Marinated Fruit Salad

### Yogurt
- **Regular:** Plain – Vanilla - Strawberry
- **Lite:** Strawberry – Peach

### Cereal
- **Rice Chex**

### Breakfast Bakery Gluten Free
- **Muffins:** Blueberry
  - Plain Bagel - Roll – White Bread

### Breakfast Entrees
- **Eggs:** Scrambled - Egg Whites - Egg Substitute - Hard Boiled Egg
  - Omelet: Egg - Egg White - Egg Substitute
  - Choice of 4 Toppings: Diced Red Onions – Baby Spinach – Peppers – Ham – Broccoli - Diced Turkey – Mushroom
  - **Choice of Cheese:** American – Swiss
- **Sides:** Sausage Patty – Turkey Sausage Links – Home Fries

### Soups
- **Soups:** Lentil
- **Broths:** Vegetable

### Cold Plates / Entrée Salads
- **Fresh Fruit Plate with Vanilla Yogurt**
- **Hummus Plate:** Fresh Garden Vegetables
  - (Cucumbers, Cherry Tomatoes, Celery & Carrots)
  - Served with Creamy Hummus Dip

### Shake It Up Salad Station
- **(Create your own Main Course Gourmet Salad)**
  - **Choice of Lettuce:** Chopped Romaine Lettuce – Seasonal Baby Field Greens – Baby Hand Picked Spinach
  - **Choice of (1) Protein:** Baked Shrimp - Marinated Grilled Chicken – Sliced Flank Steak
  - **Choice of (up to 4) Toppings:** Sliced Red Onions – Cherry Tomatoes – Green Peppers – Walnut Pcs – Sliced Black Olives - Sliced Cucumbers – Dried Cranberries - Chickpeas – Sliced Mushrooms - Sunflower Seeds
  - **Dressings:** Lemon Juice - Olive Oil and Vinegar

### From The Grill
- **Sliced Flank Steak:** with Mushrooms and Onions
- **Grilled Cheese:** Choice of American or Swiss Cheese
- **Hamburger:**
  - Cheese Burger (American or Swiss Cheese)
  - Toppings: Lettuce – Tomato – Potato Chips

### Desserts
- **Fresh Marinated Fruit Salad**
- **Chilled Fruit:** Peach – Pears – Applesauce – Mandarin Oranges
- **Gelatin:** (Regular or Sugar Free) Strawberry or Orange
- **Fresh Hand Fruit:** Banana – Apple – Orange – Seasonal Melon
- **Ice Cream:**
  - Vanilla – Chocolate
  - Pudding: Vanilla – Chocolate – Rice
  - **Italian Ice:** Cherry – Lemon - Orange
GLUTEN RESTRICTED DIET

Your physician has ordered a gluten restricted diet for you. This diet does not allow wheat, rye, barley or oats in any form. Gluten is a protein found in these grains. Gluten can also be hidden in many food additives and other ingredients including modified food starch, hydrolyzed vegetable or plant protein and malt.

The following is a good resource for additional information on gluten restricted diets.

- Celiac Disease Foundation
  www.celiac.org
  Phone# 818-990-2354
  Email cdf@celiac.org

Our goal is to exceed your expectations. For this dedication we hope that if you receive a “Press Ganey Survey” we earn 5 out of 5 in your rating. If for any reason you would not rate your service a 5, please call or contact your Ambassador right away and let us know how we can improve our service to you.

Please call 8-3463 (8-DINE) to place your meal order