

# Native Foods Café Wheat and Gluten Free Menu

All menu items are prepared in our kitchen which also prepares items using wheat and gluten.

## Starters and Sides

### Mini Greens

- **Order without croutons**

### Tandoori Kabobs

- **Order without Seitan Kabobs**
  - Chef Tanya's recommended substitute Extra Tofu Kabobs

## Daily Soup

### Order all soups below without soup cookie

- Hearty White Bean
- Wild Mushroom
- Black Bean Chipotle
  - **Order without cornbread croutons**
- Moroccan Lentil
- African Peanut
- Creamy Corn Chowder
  - **Order without croutons**

## Salads

### Ensalada Azteca

### Yo Amigo

- **Order without Taco Meat**
  - Chef Tanya's recommended substitute: Black or Red Beans
- **Order without tortilla chips** (cooked in oil which is also used to cook foods containing wheat and gluten)

### Greek Goddess

### Crunchy Kale Salad

- **Order without Maple Orange Dressing (contains soy sauce)**
- **Order without Tahini Dressing (contains soy sauce)**
  - Chef Tanya's recommended substitute Lemon Garlic Dressing

### Chimi Chop Salad

- **Order without Croutons**
- **Order without Peppered Seitan**
  - Chef Tanya's recommended substitute: Black Beans

## Earth Bowls

### Greek Gyro

- **Order without Seitan and Flat Bread**
  - Chef Tanya's recommended substitute: Portobello Mushrooms, Black or Red Beans

### Rockin' Moroccan w/ tofu

**If you have any questions or concerns, please ask to see a manager.**

# Native Foods Café Wheat and Gluten Free Menu

All menu items are prepared in our kitchen which also prepares items using wheat and gluten.

- **Chicken version contains wheat**

## Sesame Kale Macro Bowl

- **Order without Tempeh (contains soy sauce)**
  - Chef Tanya's recommended substitute: Black or Red Beans
- **Order without Ginger Sesame Sauce (contains soy sauce)**
  - Chef Tanya's recommended substitute: Lemon Garlic Dressing

## Kids

### Freddie's Mac and Cheese

## Sauces, Dressings & Cheeses

**Wheat and Gluten-free sauces include:** Apple-Mango Chutney, Buffalo Sauce, Chimichurri, Moroccan sauce, Hummus, Hollandaise (available with Spring Wellington ONLY), Marinara sauce, Sweet Mustard, Tandoori Marinade, Raita Yogurt Sauce and Pesto

**Wheat and Gluten-free dressings include:** Ranch, Chipotle, Lemon/Garlic/Olive Oil, Mango Lime Vinaigrette, Roasted Tomato Oregano Vinaigrette & Balsamic Vinaigrette

**Native Cheeses are Wheat and Gluten Free:** Original Native Cheese, Native Chipotle Crema, Native Parmesan, Native Feta Cheese

**All Salsas are Wheat Free:** Salsa Fresca, Azteca Salsa, Pomodoro Salsa, Chupacabra Salsa, Mango-Pepper salsa

## Menu items that contain a small amount of wheat and/or gluten

**Tempeh** contains a small amount of wheat. It is finished with a deglaze which contains a small amount of wheat (from soy sauce).

### Native Fries

- Cooked in oil which is also used to cook foods containing wheat and gluten

### Crispy Sweet Potato Fries

- Cooked in oil which is also used to cook foods containing wheat and gluten

### Native Nachos

- Order without Taco Meat
- The tortilla chips are cooked in oil which is also used to cook foods containing wheat and gluten
  - Chef Tanya recommended substitute: Extra Black Beans

### Chocolate Love Pie

- The chocolate contains barley malt which contains small amounts of gluten.

### Cheesecake

- The crust contains oats. The possibility of cross contamination from wheat, rye or barley in the field or during the milling process leaves oats unsuitable for a gluten-free diet.

**If you have any questions or concerns, please ask to see a manager.**