



gluten free

Gluten is a binding protein that can be found in foods that contain wheat, barley and rye. Because of its binding properties, it is sometimes added by food manufacturers to items that don't contain wheat, barley or rye. Because gluten can be added to almost anything, it is important that to know which items on our menu are gluten free. **Please be sure to notify your server if you have a wheat allergy or celiac disease.**

While most of our non bread items are gluten free, if these items are cooked with oil that has previously cooked a gluten item, there is a strong chance that the gluten-free item will be contaminated. This is why it's important to let our staff know you are seeking a gluten free option, so we can be sure our cooks are using fresh oil when grilling items and cleaning the grill thoroughly, in order to avoid transfer.

items on our menu THAT CONTAIN GLUTEN:

- **Breads: Toast, Biscuits, Muffins, Wraps, Buns, Telera, Flatbread**
- **Pancakes, French Toast, Waffles**
- **Homefries**
- **French Fries**
- **Sausage Gravy**
- **Hollandaise**
- **Corned Beef Hash** (*contains homefries*)
- **Fried Chicken, Chicken Fried Steak**
- **Croutons or Tortilla Strips**
- **Soups: Chicken Noodle, Clam Chowder, Potato, Tomato Bisque, French Onion**
- **Quiche**
- **Oatmeal**

*****Fryer Oil** (*because we cook fries/homefries - transfer will occur*)



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BREAKFAST

We Now Offer Gluten Free Bread Available to Substitute

Big Bite Breakfast two eggs, choice of bacon, ham or sausage w/ hash browns, grits, fresh fruit, or organic yogurt

Power Breakfast two scrambled egg whites, chicken sausage links, fresh fruit

Berry Yogurt Bowl fresh fruit topped with organic yogurt

Banana Bread Oatmeal

Big Breakfast Sandwich fresh fruit topped with organic yogurt

Any Omelette served without toast or substitute GF toast fresh fruit topped with organic yogurt

Sunny's Skillet

Carnitas Burrito Scramble our burrito as a scramble with no wrap, served with homemade salsa and sour cream. *Side of hash browns, grits, fresh fruit, or organic yogurt.*

Protein Wrap Scramble egg whites, chicken sausage, fresh spinach, mushrooms and Jack cheese with no wrap, served with homemade salsa and sour cream. *Side of hash browns, grits, fresh fruit, or organic yogurt.*

Carnitas Breakfast Tacos

LUNCH

Bistro Burger served with no bun, or sub GF bread. Choice of side salad (*no croutons*), tomato slices, or fresh fruit

Chipotle Chicken & Veggie Fajita Flatbread served as a bowl, no flatbread.

All Sandwiches (*except reuben*) made on GF Bread

Buffalo Chicken Salad with grilled chicken, no tortilla strips, no fatbread, choice of dressing

Berry Avocado Salad no flatbread, can add grilled chicken, choice of dressing

Ranchito Chicken Salad no flatbread, choice of dressing

