



# Dietary Facts

	Vegetarian	Vegan	Gluten Free	Tree Nut Free	Low Added Sugar	Seafood
Fruit & Veggie	Green	Yellow *	Green	Green	Green	
Pasta Salad	Green	Red	Red	Green	Green	
Sticky Buns	Green	Red	Red	Yellow *	Red	
Shrimp Cocktail	Red	Red	Green	Green	Yellow	Shell
Caesar Salad	Red	Red	Yellow *	Green	Green	
Italian Toasted Pine Nuts Salad	Green	Green	Green	Yellow *	Green	
Rolls	Green	Red	Red	Green	Yellow	
Prime Rib	Red	Red	Green	Green	Green	
Tropical Chicken	Red	Red	Green	Green	Red	
Chicken Marsala	Red	Red	Red	Green	Green	
Chicken Parmesan	Red	Red	Red	Green	Green	
Salmon: Lemon Butter Sauce	Red	Red	Green	Green	Green	
Salmon: Teriyaki Glaze	Red	Red	Green	Green	Red	
Meatless Spaghetti Meatballs	Green	Green	Red	Green	Green	
Chickpeas, Rice & Veg Medley	Green	Green	Green	Green	Yellow *	
First Mates Meal	Red	Red	Red	Green	Red	
Mashed Potatoes	Red	Red	Green	Green	Green	
Rice	Green	Green	Green	Green	Green	
Angel Hair	Green	Green	Red	Green	Green	
Green Beans	Green	Red	Green	Green	Green	
Steamed Vegetable(s)	Green	Green	Green	Green	Green	
Red Velvet Cake	Green	Red	Red	Green	Red	
Tropical Banana Split	Green	Green	Green	Yellow *	Red	
Nacho Plate	Green	Yellow *	Green	Green	Green	
Chicken Nachos	Red	Red	Green	Green	Green	
Beef Nachos	Red	Red	Green	Green	Green	
Grilled Shrimp Po' Boy	Red	Red	Yellow *	Green	Yellow	Shell
Wings	Red	Red	Yellow *	Green	Yellow *	
French Dip Sandwich	Red	Red	Yellow *	Green	Green	
Blackened Prime Rib Sandwich	Red	Red	Yellow *	Green	Green	
Shrimp Scampi	Red	Red	Red	Green	Green	Shell
Tropical Chicken Flatbread	Red	Red	Red	Green	Red	
Quesadillas	Yellow *	Red	Red	Green	Green	
Prime Rib Philly	Red	Red	Yellow *	Green	Green	

### **Fruit & Veggie**

The ranch dressing is not vegan; Italian can be offered.

### **Sticky Buns**

If we consistently make a half sheet without nuts, then some toasted pecan pieces should be kept on hand. Raw pecan pieces have a different flavor.

### **Caesar Salad**

Exclude croutons for gluten free.

### **Italian Toasted Pine Nuts Salad**

Pine nuts can be excluded if there are nut allergy concerns.

### **Prime Rib**

GFS au jus base contains hydrolyzed wheat protein but is safe for celiacs.

### **Chicken Marsala**

GFS au jus base contains hydrolyzed wheat protein but is safe for celiacs.

### **Chickpeas, Rice & Veg Medley**

Exclude the teriyaki glaze if avoiding sugar; Tabasco can be offered.

### **Tropical Banana Split**

Pistachios can be excluded if there are nut allergy concerns.

### **Nacho Plate**

We can usually make some without cheese and sour cream.

### **Grilled Shrimp Po' Boy**

Exclude hoagie roll for gluten free.

### **Wings**

The golden sauce contains gluten! Both BBQ sauces contain significant added sugar.

### **French Dip Sandwich**

Exclude hoagie roll for gluten free. GFS au jus base contains hydrolyzed wheat protein but is safe for celiacs.

### **Blackened Prime Rib Sandwich**

Exclude hoagie roll for gluten free.

### **Quesadillas**

Portabella mushroom quesadillas are vegetarian.

### **Prime Rib Philly**

Exclude hoagie roll for gluten free.