



## **Menu items that contain nuts**

Strawberry Chicken, Salmon Apple, and Jerk Chicken Salads

Pizza Salad combo with any of those salads

Turkey Bacon Club on Multigrain bread

All Milkshakes

## **Gluten/Wheat Free Menu items**

### **Appetizers**

Grilled Tenders, no sauce

BBQ Chicken Ranch Dip, no chips(sub celery & carrots)

Smoked Wings, no sauce

### **Salads**

Steak, Grilled Chicken, and Buffalo Chicken Salads no crouton or fries

Strawberry Chicken Salad, no almonds

Salmon Apple Walnut Salad, no walnuts

Iceberg Wedge with or without chicken

Jerk Chicken Salad

All Dressings

### **Sandwiches & Burgers**

Pulled Pork, no bun...no fried side

Texan & A1 Burgers, no onion straws, no bun no fried side

All other Burgers, no bun no fried side

### **Dinners**

Broiled Cod Florentine, plain cod with steamed spinach

# Dairy Free Menu items

## Appetizers

Basket of Fries or Chips, no ranch

Grilled Chicken Tenders, plain with no ranch

Smoked Wings, no sauce or ranch

Fried Wings, no sauce or ranch

## Salads

Jerk Chicken Salad

Strawberry Chicken Salad, no feta

Salmon Apple Walnut Salad, no walnuts

**Dressings:** Balsamic Vinaigrette, Strawberry Vinaigrette, Italian, Fat Free Raspberry Vinaigrette, Honey Lime Vinaigrette

## Hoagies

Steak and Italian, no cheese

## Sandwiches

Small and Large Fish Sandwich, no coleslaw or tartar sauce

Pulled Pork, sub kid bun and no coleslaw

Turkey Bacon Club, no cheese

Char Grilled Chicken Caprese, no cheese

Salmon BLT, no wasabi mayo

## Burger

NPL Burger, no cheese or bun