

FRESH CITY

GLUTEN FREE MENU

SALADS

Great Caesar (No Croutons)
Great Caesar w/ Chicken (No Croutons)
Buffalo Bleu
Farmer's Market

SANDWICHES

Served on Something Sweet Without The Wheat
Oatmeal Bread (Add \$.50)

All American Turkey, Ham, Roast Beef or Tuna
Havana
Asiago Roast Beef
Napa Valley Turkey
Kalamata Chicken

RICE BOWLS

Laredo
Cancun
The Big Easy

PROTEINS

Carnitas
Shrimp
Roasted Chicken
Steak
Tofu
Ham
Turkey
Tuna
Roast Beef

ASIAN STIR FRY

Any of our stir fry varieties with
Jasmine or Brown rice and Cactus BBQ or Teriyaki

SOUP OPTIONS

Please note, not all soups are available everyday

Chicken Tortilla
Organic Sweet Potato & Kale
Quinoa & Sweet Potato Chili w/Black Beans
Turkey Chili with Beans
Beef Chili
Moroccan Lentil Stew
Organic Black Bean
Turkey Sausage & Kale
Tuscan Style Chicken

SAUCES AND DRESSINGS

Please note, not all dressings are available at all
locations

Caesar
Market Ranch
Bleu Cheese
Fat Free Peppercorn
Low Fat Zinfandel Vinaigrette
Teriyaki
Cactus BBQ
Tomato Sauce
Mojo Sauce
Guacamole (Add \$1)

DESSERTS

Marshmallow Square
Something Sweet Without the Wheat Brownie

