

# 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  
Caribbean Jerk 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

