



## **GLUTEN FREE OPTIONS**

### **APPETIZERS AND SNACKS**

**CRAB COCKTAIL SPREAD**  
**FETA CHEESE CRISPS**  
**STUFFED DATES**  
**MINI POLENTA ROUNDS WITH PESTO**  
**SMOKED SALMON CHEESECAKES BITES**

### **VEGETABLE AND FRUIT SALADS**

**SPINACH SALAD WITH ORANGE/BASIL DRESSING**  
**CUCUMBER SALAD**  
**PANZANELLA**  
**JICAMA AND PEAR SLAW**  
**SOBA NOODLES AND ASIAN DRESSING**

### **SOUPS**

**BEER CHEESE SOUP**  
**CREAM OF TOMATO SOUP**  
**CUMIN SCENTED PUMPKIN AND BEAN SOUP**  
**GAZPACHO WITH FRUIT**  
**TORTILLA SOUP**  
**ITALIAN MEATBALL SOUP**  
**WHITE CHILI**

### **PASTA-(MADE FROM BEANS, RICE, CORN, QUINOA, BUCKWHEAT)**

**PASTA WITH FRESH TOMATO SAUCE**  
**PAD THAI**  
**SOUTHWEST MAC AND CHEESE**  
**POTATO GNOCCHI**

### **FISH AND SEAFOOD**

**HONEY GLAZED SALMON WITH A PINEAPPLE CHUTNEY**  
**GRILLED TERIYAKI TUNA**  
**BLACKENED TILAPIA**  
**FISH AND CHIPS**  
**SHRIMP AND GRITS**  
**BAKED SCALLOPS IN WHITE WINE**  
**DEVILED CRAB**



### **POULTRY**

**GRILLED CHICKEN WITH CILANTRO PESTO**  
**BBQ BRINED CHICKEN**  
**CHICKEN PARMESAN**  
**BOURBON ORANGE CHICKEN**  
**TURKEY MEATLOAF**  
**MAPLE MUSTARD GLAZED TURKEY BACON**

### **MEATS**

**BEEF STROGANOFF**  
**CARNE ASADA**  
**CHIPOTLE GRILLED FLANK STEAK**  
**KIWI MARINATED FLANK STEAK**  
**ITALIAN MEAT LOAF**  
**BRAISED PORK CHOPS WITH RED WINE AND PLUMS**  
**CUMIN RUBBED PORK TENDERLOIN WITH CITRUS MARMALADE**  
**PAN SEARED ROSEMARY LAMB CHOPS**

### **DESSERTS**

**CORNFLAKE COOKIES**  
**DECADENT CHOCOLATE COOKIES**  
**FLAX COOKIES**  
**BOURBON BITES**  
**BLACK BEAN BROWNIES WITH ESPRESSO GANACHE**  
**BANANA LAYER CAKE WITH MAPLE CRÈME CHEESE FROSTING**  
**POPPY SEED ORANGE POUND CAKE WITH ORANGE GRAND MARNIER GLAZE**  
**OLD FASHIONED STRAWBERRY SHORTCAKE**  
**CHOCOLATE RASPBERRY BUNDT CAKE**  
**CHOCOLATE FUDGE PIE**  
**RUSTIC PLUM ALMOND TART**  
**APPLE CRANBERRY GALETTE**  
**TOP CRUST APPLE PIE**  
**BANANAS FOSTER ON TORTILLA SHELL**  
**FRUIT CRISP**  
**BUTTERSCOTCH PUDDING**

**THESE ARE JUST A SAMPLE OF THE MANY MENU ITEMS THAT CAN BE CREATED  
GLUTEN FREE TO ACCOMMODATE DIETARY ISSUES**