

# The Gluten Free Diner Menu

Continued...

## Breakfast

### **Scrapple**

A Philadelphia favorite.

pg 4

### **Huevos Rancheros**

Served on homemade tortillas with Creamy Tomatillo Salsa.

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### **Frittatas**

Add in your choice of Mexcian Vegetable or Chorizo and Potato.

pgs 6, 7

### **3 Grain Hot Cereal**

Quinoa, Amaranth, Millet with fruit and nuts.

pg 8

### **Eggs and Potatoes on the Fence**

Fried egg with hashbrowns on top of a bacon weave.

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## Starters

### **Bacon Wrapped Avocados**

Warning, these will disappear fast!

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### **Wings**

Jerk, Buffalo or Sesame Ginger

pgs 12, 13

### **3 Salad Plate**

Three Onion Wild Tuna Salad, Pesto Chicken Salad and Egg Salad.

pgs 14, 15, 16

### **Posole**

A new Mexican Soup with chicken and pork.

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### **Beef & Buffalo Chili**

A lower fat version of an all time favorite.

pg 18

### **Roasted Tomato and Basil Soup**

Try a bowl with a side of polenta fries.

pg 19

### **Chili Piquin Vegetarian Tortilla Soup**

Vegetarian or we can add chicken.

pg 20

### **Creamy Tomatillo Salsa**

Roasted tomatillos, peppers, onions and garlic with avocado.

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## Burgers

### **California Cobb Salad Burger**

All of the ingredient you lik in your salad, presented as a burger.

pg 23

### **Duck, Duck, Duck Burger**

Moist and tender duck with an Asian kick. Best served with Simple Asian Slaw.

pg 24

### **Mini Tomatillo Chicken Burger**

Tons of flavor in a bite size burger.

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### **Cubano Jerk Burger**

Chicken Jerk Burger served on a Tostone with Picca-Peppa sauce.

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### **Buffalo Chicken Burger**

All of the enjoyment of Buffalo Chicken Wings with clean hands.

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### **Boeuf Bourguignon Burger**

All fo the great flavors of this traditional dish, in a burger.

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## Sides

**Onion Rings**  
Who can resist!

pg 30

**Hand Cut Oven Fries**

A healthier version of everyone's favorite that pairs well with most everything.

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**Polenta Fries**

A great twist on fries. Goes great with soup, pasta, burgers or a salad.

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**Creamy Mashed Potatoes**

My favorite!

pg 33

**Shallot Green Beans**

This is a go to side dish. Pairs with anything.

pg 34

**Red Bean and Rice**

Love these with anything Jerk.

pg 35

**Spicy Slaw**

Slide this on the plate with your Pupusas

pg 36

**Simple Asian Slaw**

Mixed fresh to eat with your Duck Burger.

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## Main Event

**Jerk Chicken and Pork**

Served with Red Beans and Rice.

pg 39

**Spiced Beef Brisket**

Cooked until it falls off the bones.

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**Greek Meatloaf**

Best ever! Serve with Green Beans & potatoes.

pg 42

**Roasted Chicken with Dates & Caperberries**

pg 41

This will melt in your mouth. Serve with Shallot Green Beans and Creamy Mashed Potatoes.

**Mediterranean Tuna Pasta with Artichokes**

pg 43

Serve this with Polenta Fries rubbed with garlic.

**Pork Arrabittata Pasta**

pg 44

A spicy dish served with your favorite pasta.

**Pupusas**

pg 45

A Salvadorian favorite, pork, chicken or beef. Served with Spicy Slaw.

**Mushroom Risotto**

pg 46

An Italian favorite that will make you look like a rock star!

**Swicy Shrimp & Mango Papaya Corn Salsa**

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Share this dish with someone you love!

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## Dessert

**Blueberry & Blackberry Crumble**

Fresh fruit at it's best.

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**Banana's Foster**

A twist on a traditional dish.

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**Apple Pupusas**

Serve with a scoop of vanilla ice cream.

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**Coconut Milk Ice Cream & Sorbet**

Blueberry, strawberry, cherry, vanilla, chocolate

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