

# GLUTEN FREE MENU

ALL OF OUR OPTIONS ARE PREPARED IN OPEN KITCHENS  
AND MAY COME INTO CONTACT WITH GLUTEN.

PLEASE ASK AN EMPLOYEE IF YOU NEED ANY FURTHER ASSISTANCE.

## STIR-FRY

gluten free teriyaki sauce • citrus chili sauce • pad thai sauce  
all protein & vegetables • white & brown rice • rice noodles

## BARBECUE

gluten free bun available upon request  
sweet potatoes • giant baked potato • corn  
real mashed potatoes • cajun potatoes • brisket platter

## COMFORT

roast turkey (without gravy) • pan seared salmon  
sweet potatoes • real mashed potatoes  
spinach • kale or broccoli

## TAQUERIA

chicken tinga • pork carnitas • steak  
rice bowl • nachos • chips & guacamole  
salsa roja • mexican rice • black & pinto beans

## SUSHI

edamame

## SALAD

grilled chicken • tofu • maple glazed & grilled salmon  
all toppings except wheat grains • wontons & croutons  
all dressings except blue cheese

## CHICAGO GRILL

gluten free bun available upon request  
plain hot dog • plain hamburger  
maxwell st. polish • italian sausage

## BIG BOWL

yellow curry • kung pao • white & brown rices

## JUICE

frozen yogurt • vegetable & fruit juices

## DESSERT

shakes without malt • coffee cake • joy cookie  
vanilla ice cream • seasonal gelatos (ask chef for details)

# foodlife®

CHICAGO'S ORIGINAL FOOD HALL