



GLUTEN CONSCIOUS

Made without gluten containing ingredients
*see disclaimer on page 2

CHOOSE THESE

BREADS/GRAINS/GREENS

- Brown Sugar Cinnamon Oatmeal
- Cheesy Grits
- Hashbrown
- Lettuce
- Mashed Potatoes
- Quinoa
- Romaine
- Seasoned White Rice
- Spinach
- Spring Mix

PROTEINS

- Applewood Smoked Bacon
- Beef Steak
- Chicken Steak
- Egg Omelet
- Egg White Omelet
- Ham
- Hard Boiled Egg
- Italian Meat
- Oven Roasted Turkey
- Pepperoni
- Pulled Pork
- Roast Beef
- Roasted Chicken
- Sausage Crumble
- Scrambled Eggs
- Seasoned Black Beans
- Turkey Sausage Patty

CHEESES

- Crumbled Feta
- Grated Parmesan
- Shredded Asiago
- Shredded White Cheddar
- Sliced American
- Sliced Cheddar
- Sliced Pepperjack
- Sliced Provolone
- Sliced Swiss

TOPPINGS

- Avocado
- Caramelized Onions
- Cold Black beans
- Carrot Ribbons
- Cucumbers
- Grape Tomatoes
- Hot Peppers
- Hummus
- Jalapeno Peppers
- Pickles
- Roasted Peppers
- Roasted Veggies
- Romaine
- Salsa
- Shredded Lettuce
- Sliced Red Onions
- Sliced Tomato
- Slivered Onions
- Spinach
- Spring Mix
- Sweet Peppers
- Sunflower Seeds

SPREADS & DRESSINGS

- BBQ Sauce
- Balsamic Dressing
- Buffalo Sauce
- Butter
- Chipotle Sauce
- Cherry Pepper Relish
- Cranberry Sauce
- Cream Cheese (light, regular and veggie)
- Garlic Aioli
- Mayonnaise
- Mustard (brown and yellow)
- Old Bay Seasoning
- Oil and Vinegar
- Oregano
- Poblano Ranch Dressing
- Ranch
- Remoulade Sauce
- Sour Cream

*Certain menu items are subject to availability by store

MEAL IDEAS

BREAKFAST

- **Chicken Steak and Egg White Omelet Bowl** with cheddar cheese, spinach, salsa, avocado and hot sauce packet (*optional*) (250 cal)
- **Scrambled Egg Breakfast Bowl** with turkey sausage, spinach and tomato (610 cal)
- **Cinnamon Brown Sugar Oatmeal** with CranRaisin Blend Topping (320-530 cal)

SALADS

- **Chef Salad** customized to remove croutons and include romaine, ham, oven roasted turkey, white cheddar, cucumbers, grape tomatoes, hard boiled egg, and ranch dressing (520 cal)
- **Southwest Chicken Salad** customized to remove crispy jalapeno and include romaine, roasted chicken, white cheddar, cold black beans, salsa, and fire roasted poblano dressing (570 cal)
- **Italian Antipasto Salad** to include spring mix, Italian meats, shredded asiago, grape tomatoes, hot peppers, and balsamic vinaigrette (410 cal)

BOWLS

- **Quinoa and Roasted Chicken Bowl** with hummus, cucumbers, feta cheese, red onion, hot peppers, spinach and red wine vinegar (530 cal)
- **Rice and Bean Bowl** with chicken steak, lettuce, red onion, salsa, and chipotle sauce (540 cal)
- **Lettuce and Oven Roasted Turkey Bowl** with hard-boiled egg, white cheddar, roasted peppers and garlic aioli sauce (430 cal)
- **Mashed Potato Bowl** with chicken steak, spinach, and bbq sauce (690 cal)

SIDES & SNACKS

- **Side Cup of Mashed Potatoes, Rice or Black Beans** (160-630 cal)
- **Express Fruit Cups** (varies, see label)
- **Express Farmhouse Garden Veggie Salad** (110 cal)
- **Express Apple Snack Pack** (60 cal)
- **Apple Peanut Butter Dipper** (310 cal)
- **Express Apple Peanut Butter Snack Cup** (320 cal)



*** The ingredients and recipes listed above are all made without gluten but are not certified gluten free.**

These ingredients share storage and preparation areas with gluten containing products, therefore, cross-contamination through our supply chain and in our store environment is possible. These products are not suitable for people with Celiac Disease, gluten sensitivity or a wheat allergy.