

# **ALL ABOUT GLUTEN**

**GLUTEN IS FOUND IN WHEAT, OATS, RYE, BARLEY, SPELT, KAMUT, TVP, MALT, BROWN RICE SYRUP, HYDROLIZED PLANT PROTEIN**

## **MENU ITEMS THAT ARE GLUTEN FREE**

### **STARTERS:**

SOUP (usually-check ingredient list)

BLACK BEAN TOSTADA

FRIES (they are cooked in same fryer as gluten)

SWEET FRIES (they are cooked in the same fryer as gluten)

### **DRESSINGS:**

CAESAR DRESSING

GREEN DRESSING

TAHINI DRESSING

POPPYSEED DRESSING

### **SALADS:**

GARDEN SALAD

BIG SALAD

CALIFORNIA CLASSIC

CHOPPED CAESAR (tempeh cooked in the same fryer as gluten)

### **UNWRAPS:**

KATHMANDU WITHOUT TORTILLA

BLACK BEAN BURRITO WITHOUT TORTILLA

GRILLED VEG AND PESTO BURRITO WITHOUT TORTILLA

### **FRESH BOWLS:**

MACRO GREENS

### **SIDES:**

ANY NUTS OR SEEDS

ANY VEGETABLE OR SPROUT

ARAME

AVOCADO CHIPOTLE SAUCE

BBQ SAUCE

BLACK BEAN FILLING

CHICK PEAS

CHICK PEA CURRY (aka Garbanzo)

HUMMUS

MARMALADE

PESTO  
PESTO WHITE BEANS  
PLAIN RICE  
SALAD TOPPER  
SCRAMBLED TOFU  
SIDE CHEESE  
SLAW  
SPROUTED CORN TORTILLA  
GARLIC MAYO  
VEGAN MAYO

## **MENU ITEMS THAT CAN BE ADJUSTED TO BE GLUTEN FREE (and still be good)**

### **SALADS:**

TANGLED THAI with a gluten free dressing instead of peanut lime  
MEGA LIFE with unmarinated tofu or no tofu. Also with no tamari on the spinach.  
SUPER PROTEIN without tempeh  
CHOPPED CAESAR without tempeh (tempeh doesn't contain gluten, but is cooked in same fryer as gluten)  
GREEN DESTINY with unmarinated tofu or no tofu

### **WRAPS:**

HOLIDAY WRAP with unmarinated tofu or no tofu, and with no tortilla

### **FRESH BOWLS:**

SIMPLE RICE without tamari  
ENERGY without coconut curry and tofu  
BEACH without tamari  
POWERHOUSE with unmarinated tofu or no tofu, and with regular tahini dressing instead of spicy  
JERUSALEM with no tamari in the sauce or on the spinach  
GODDESS without simple sauce & tempeh

## **THE ITEMS THAT WE SERVE THAT HAVE GLUTEN IN THEM ARE:**

### **ITEM (gluten source)**

BURGERS (spelt)  
CHILI (beer-barley)  
COCONUT CURRY SAUCE (spelt)  
CORN BREAD (spelt)  
DOSA BATTER (spelt)

FALAFEL BALLS (wheat)  
GINGER TAMARI SAUCE (aka Simple Sauce) (tamari-wheat)  
GRANOLA (oats)  
HOT SAUCE (tamari-wheat)  
HOUSE DRESSING (tamari-wheat)  
MAGIC TOFU COATING (wheat)  
MARINADES FOR TOFU & GRILLED TEMPEH (tamari-wheat)  
MISO GRAVY (spelt)  
ONION RINGS (spelt and wheat)  
PANCAKES (wheat)  
PEANUT LIME DRESSING (tamari-wheat)  
SOBA (wheat)  
SOUP (soup base has hydrolyzed plant protein)  
SPICY TAHINI (aka Powerhouse Sauce) (tamari-wheat)  
SPRING ROLL DIP (hot sauce-tamari-wheat)  
SPRING ROLLS (wheat)  
TAMARI (wheat)  
THAI PEANUT SAUCE (aka Buddha Sauce) (soy sauce-wheat)  
TORTILLAS, BUNS AND PITAS (wheat)  
WILD GINGER DRESSING (tamari-wheat)

## **MENU ITEMS THAT ARE WHEAT FREE**

There is a big debate about whether spelt is wheat free. The majority of people who have a wheat allergy can eat spelt with no bad reaction, so we feel comfortable using it as a wheat substitute. However, there are some people with wheat allergies who cannot have spelt either. We classify the following items as wheat free even though some contain spelt.

### **STARTERS:**

soup (usually, please check soup ingredient list)  
corn bread (contains spelt)  
black bean tostada  
dosas (contains spelt)  
fries  
sweet potato fries

### **SAUCES:**

coconut curry (contains spelt)  
miso gravy (contains spelt)  
garlic mayo  
vegan mayo

### **WRAPS:**

black bean burrito without tortilla  
kathmandu without tortilla

grilled vegetable and pesto burrito without tortilla

**BURGERS:**

plain burger patty (contains spelt)  
deluxe burger without bun (contains spelt)  
miso burger without bun (contains spelt)  
mushroom onion burger without bun (contains spelt)

**FRESH BOWLS:** (see above for wheat free dressings & sauces)

macro greens

**SALADS:** (see below for wheat free dressings)

soup, salad & cornbread combo (see note by soup in starters section)  
garden salad  
big salad  
california classic  
chopped caesar

**DRESSINGS:**

green, tahini, poppyseed, caesar

**SIDES:**

any kind of nuts & seeds  
any vegetable or sprout  
any kind of cheese  
arame  
bbq sauce  
black bean filling  
chick pea curry  
chick peas  
hummus  
marmalade  
pesto  
pesto white beans  
rice  
salad topper  
slaw  
sprouted corn tortilla

**MENU ITEMS THAT CAN BE ADJUSTED  
TO BE WHEAT FREE (and still be good)**

**SALADS:**

Tangled Thai-with a wheat free dressing instead of the peanut lime

Megalife-with either unmarinated tofu cubes or no tofu cubes, and ask for no tamari on the spinach

Super Protein Salad-with no tempeh

Green Destiny-with either unmarinated tofu steaks or no tofu steaks

**WRAPS:**

Holiday Wrap- with unmarinated tofu cubes or no tofu cubes, and with no tortilla

**FRESH BOWLS:**

Simple rice-with no tamari

Warrior-ask for no tamari on the spinach

Energy-with either unmarinated tofu cubes or no tofu cubes

Dragon- with either unmarinated tofu steaks or no tofu steaks

Beach- with no tamari

Powerhouse-with either unmarinated tofu steaks or no tofu steaks, and with regular tahini instead of spicy tahini

Goddess-with no simple sauce and no tempeh

Jerusalem-with no tamari in the sauce or on the spinach