

fresh salads

request NO honey-wheat roll

Gluten-Free Salads:

- El Capitan Salad
 - Farmer's Garden
 - Turkey, Feta & Pomegranate
 - Orange Miso Shrimp & Avo
 - Mediterranean Quinoa
- You can also create your own salad!
Ask us for the "CYO Salad Options"*

When ordering any other salads, request:

- NO wonton strips
- NO croutons
- grilled chicken or turkey (instead of crispy chicken)

Gluten-Free Dressing Options:

- Red Wine Vinaigrette
- Buttermilk Ranch Dressing
- Pomegranate Vinaigrette
- Orange Miso Vinaigrette
- Thai Peanut Dressing
- Fresh Salsa
- Oil & Vinegar

SOUPS *request NO honey-wheat roll*

Gluten-Free Soups:

- Tomato Basil
- Potato Cheddar
- Butternut Squash
- Yellow Split Pea

sides & combos

- Hand-Cut French Fries
- Side Farmer's Garden Salad
- Edamame Sesame Quinoa
- Fresh Fruit Salad

breakfast

- American Bowl - *NO tortilla/ NO breakfast potatoes*
- Southwest Bowl - *NO tortilla/ NO breakfast potatoes*
- Californian Bowl - *NO tortilla*
- Pepper Jack Steak Bowl - *NO tortilla/ NO potatoes*
- Breakfast Sandwiches - *NO ciabatta roll*
- Tropical Açai Bowl - *NO granola*

sandwiches & burgers

When ordering any sandwich or burger, request:

- Lettuce-wrap instead of bread or bun

for Sandwiches:

- Grilled chicken instead of crispy chicken
- Choose fresh fruit instead of cookie
- NO Chipotle spread or BBQ sauce

for Burgers:

- Beef or Veggie patty (not crispy chicken)

Gluten-Free Spreads:

- Tarragon Mayo
- Horeseradish Mayo
- Edamame Hummus
- Fresh Pesto Sauce
- Mayo
- Crushed Avocado

bowls

- Kale & Sesame Quinoa is already gluten-free
- Substitute Organic Brown Rice or Quinoa instead of pasta noodles
- Request NO garlic bread (you can sub a side of fresh fruit)

Gluten-Free Sauces:

- Pesto Sauce
- Marinara Sauce
- Thai Peanut Sauce
- Toasted Sesame Oil
- Olive Oil

coolers & smoothies

- Sparkling Cucumber Mint
- Tropical Berry Cooler
- Citrus Sparkler
- Fresh Squeezed Lemonade
- Great Greenie Smoothie
- Lava Flow Smoothie
- Strawberry Paradise
- Granola Berry

Gluten-Free Disclaimer:

Please keep in mind that any items prepared without gluten products are made in a facility that handles many other wheat products. During normal kitchen operations, there is a possibility for food items to come into contact with wheat gluten/proteins. However unlikely, we are unable to guarantee that any menu item is completely gluten-free.