

Diet Restrictions

	Nuts	Shellfish	Vegetarian	Vegan	Gluten-free
LUNCH ENTRIES					
Thai Chicken Curry		Y	N	N	Y
Palak Paneer			Y	N	Y
Buffalo Burger			N	N	modify GF - modify no bread, no bbq sauce
Veggie Burger			Y	modify	modify vegan - modify no mayo GF - no bread, no bbq, no dressing
Curried Chicken Salad		Y	N	N	modify GF - modify no dressing on greens
Salmon Bento			N	N	N
Veggie Bento			Y	Y	modify GF - modify no soy sauce on tofu
Soba Noodle Bento			N	N	N
Tuna Bento			N	N	modify GF - modify no sauce on broccoli
Chicken Bento			N	N	N
Salmon Ochazuke			N	N	N
Shrimp Ochazuke		Y	N	N	modify GF - modify no ochazuke sprinkles
Plum Ochazuke			Y	Y	modify GF - modify no ochazuke sprinkles
Chicken Udon Noodle Soup-Chicken			N	N	N
Turkey & Brie Sandwich			N	N	N
Vietnamese Wrap			N	N	N
Portobello & Goat Cheese Sandwich			Y	N	N

MSG ALERT-sprinkles on the bento box rice and on the ochazuke dishes may have MSG - modify - no sprinkles

LUNCH SIDE DISHES

Asian Gazpacho			Y	modify	N	vegan - modify no yogurt
Curry Lentil			Y	modify	Y	vegan - modify no yogurt
Green Salad			Y	Y	modify	GF - modify no dressing
Brown Rice			Y	Y	Y	
Sweet Potato Salad			Y	Y	issue	GF - miso in sauce may be a concern
Tofu Side			Y	Y	modify	GF-modify no soy sauce

Cucumber Salad		modify	modify	modify	V/V/GF - modify no tosazu sauce
Broccoli Side		Y	Y	modify	GF-modify no sauce on broccoli
Edamame		Y	Y	Y	
Naan with mango chutney		Y	N	N	
Vegetable Eggrolls		Y	N	N	
Chips		Y	N	Y	

AFTERNOON TEA

Traditional menu		modify	N	N	vegetarian-modify 2 cucumber sandwiches
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BREAKFAST ENTREES

Scrambled Eggs		Y	N	modify	GF-modify no naan
Eggs & Salmon		N	N	modify	GF-modify no naan
Scrambled Tofu		Y	modify	modify	vegan & GF - modify no naan
Sausage, Naan, Raita		N	N	N	
Salmon, Naan, Raita		N	N	N	
Granola	Y	Y	N	Y	
Irish Oatmeal		Y	modify	issue	vegan-modify no honey no milk GF-oats may be a concern
Birchermeusli	Y	Y	N	N	

BREAKFAST SIDE DISHES

Chicken Sausage		N	N	Y	
Tea Cured Salmon		N	N	Y	
Ginger Scones		Y	N	N	

DESSERT

Gelato		Y	N	Y	
Sorbet		Y	Y	Y	
Salty Oat Cookie		Y	N	N	
Chocolate Salty Oat Cookie		Y	N	N	
Hungarian Tea Cake		Y	N	N	
Chocolate Silk w/gelato	Y	Y	N	Y	
Coconut Rice Pudding	Y	Y	N	Y	
Rugelach Trio	Y	Y	N	N	
Shortbread Cookie Trio		Y	N	N	
Toffee Chunk Cookie	Y	Y	N	N	

DRINKS

Vegetarian Vegan

Chai	Y	N
Other Teas-hot \$ iced	Y	Y
Tisanes-hot & iced	Y	Y
Chai Shake	Y	N
Ginger Limeade	Y	Y
Lassi	Y	N
All Juices	Y	Y
Japanese Sweet Green Tea	Y	Y
Zhenzhou Pearls	Y	N
Sodas- please read label		
Imli Cooler	Y	Y
Beer-NOT gluten- free	Y	Y

DISCLAIMER - While we've tried our best to thoroughly research these issues, we cannot guarantee the accuracy of the posted information. Please consult a doctor with any questions you may have.