

# Diet Restrictions

	Nuts	Shellfish	Vegetarian	Vegan	Gluten-free
<b>BIG DISHES</b>					
Thai Chicken Curry		Y	N	N	Y
Palak Paneer			Y	N	Y
Tempeh Curry			Y	Y	N
Curried Chicken Salad		Y	N	N	modify GF-modify no dressing on greens
Tofu Noodle Salad	modify		Y	Y	N nuts-modify no nuts
Buffalo Burger			N	N	modify GF-modify no bread & no bbq sauce
Veggie Burger			Y	modify	modify vegan-no mayo GF- no bread, no bbq, no dressing on greens
Crab Cake Sandwich		Y	N	N	N
Kebab Plate – Beef			N	N	Y
Kebab Plate – Chicken			N	N	Y
Kebab Plate – Shrimp			N	N	modify GF-change side salad-soy sauce in squash salad
Korean Beef BBQ			N	N	N
Seitan Stir Fry	modify		Y	Y	N nuts-modify no nuts
Udon Noodle Soup-Chicken			N	N	N
Udon Noodle Soup-Shrimp		Y	N	N	N
Turkey & Brie Sandwich			N	N	N
Vietnamese Wrap Sandwich			N	N	N
Portobello & Goat Cheese Sandwich			Y	N	N

## BENTOS

Salmon Bento			N	N	N
Veggie Bento			Y	Y	modify GF-modify no soy sauce on tofu
Chicken Bento			N	N	N
Meatball Bento			N	N	N
Tuna Bento			N	N	modify GF-modify no dressing on broccoli
Handroll Bento			N	N	modify GF-modify no soy sauce

**MSG ALERT**-sprinkles on the bento box rice may contain MSG-modify-no sprinkles

## OCHAZUKES

Salmon			N	N	N
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Plum	Y	Y	modify	GF-modify no ochazuke sprinkles
Beef	N	N	modify	GF-modify no ochazuke sprinkles
Shrimp	Y	N	N	modify GF-modify no ochazuke sprinkles

**MSG ALERT**-sprinkles on the Ochazuke dishes may contain MSG-modify-no sprinkles

## **SMALL & SIDES DISHES**

Miso Soup	N	N	issue	GF-miso may be a concern
Asian Gazpacho	Y	modify	N	vegan-modify no yogurt
Curry Lentil Soup	Y	modify	Y	vegan-modify no yogurt
Shrimp Rolls	Y	N	N	N
Green Salad	Y	Y	modify	GF-modify no dressing
Seaweed Salad	Y	Y	issue	seaweed salad has MSG
Vegetable Tempura	Y	N	N	
Vegetable Eggrolls	Y	N	N	
Sticky/Brown/Indian 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
Asian Slaw	Y	N	Y	
Sauteed Broccoli	Y	Y	N	
Cold Broccoli Side	Y	Y	modify	GF-modify no dressing
Green Beans	Y	Y	Y	
Cucumber Salad	modify	modify	modify	V/V/GF-modify no tozazu sauce
Purple Cabbage Side	Y	Y	Y	
Korean Cabbage Side	Y	Y	Y	
Edamame	Y	Y	Y	
Naan with mango chutney	Y	N	N	
Chips	Y	N	Y	

## **AFTERNOON TEA**

Traditional menu	modify	N	N	vegetarian-modify 2 cucumber sandwiches
Asian menu	N	N	modify	GF-modify no soy sauce on tofu

## **BREAKFAST SIDES & ENTREES**

Sourdough Waffle	Y	N	N	
French Toast	Y	N	N	
Scrambled Eggs	Y	N	modify	GF-modify no bread
Eggs & Salmon	N	N	modify	GF-modify no bread

Scrambled Tofu		Y	modify	modify	vegan & GF - modify no bread
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	
Chicken Sausage		N	N	Y	
Tea Cured Salmon		N	N	Y	
Berry Bread	Y	Y	N	N	
Scones-Ginger		Y	N	N	
Scones-Carrot Cake	Y	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
Creme Brulee		Y	N	Y
Mochi		Y	Y	Y
Rugelach Trio	Y	Y	N	N
Shortbread Cookie Trio		Y	N	N
Toffee Chocolate 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
Sodas- please read label		
Zhenzhou Pearls	Y	N
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.