

CRAVINGS GLUTEN FREE MENU

While our kitchen serves gluten menu items, we would like you to know that our staff has been trained and we are committed to using gluten free plates, cooking surfaces, and utensils. At times, your order may take a bit longer to ensure proper preparation standards. We have made every attempt to verify the gluten content of all our brands. Since we are not a certified organic establishment, please dine at your own risk. Feel free to ask for further verification of products prior to ordering. We offer gluten free baked goods made in house; for our Celiac guests, we offer bread and prepackaged baked goods from BitterSweet Gluten Free Bakery; enjoy your meal!



EGGS, EGGS, EGGS

Eggs to order/any style

2 eggs cooked your way \$3.00 add home fries \$2.00 add hash browns \$3.00
add sausage or bacon \$2.50 add 2 slices of BitterSweet toast \$4.00 add side of fruit \$3.00

Cravings Dill Egg Breakfast \$12.50

scrambled eggs with a hint of lemon and dill, melted cheddar, bacon and BitterSweet toast

Quiche of the Day \$8.00

with a hash brown crust; served with a dollop of sour cream and fruit

Breakfast Bagel \$10.00

toasted Udi's bagel with eggs and choice of provolone, swiss or cheddar
add bacon, sausage, turkey or ham \$2.50

Cravings Potatoes Home fries, onions, mushrooms, and melted cheddar cheese \$7.00

Omelets served with home fries; substitute hash browns, BitterSweet toast or a side of fruit for \$2.00

Three Cheese provolone, swiss, cheddar \$9.00

Meat and Cheddar Cheese your choice of bacon, sausage, turkey or ham \$10.00

Garden Omelet spinach, mushrooms, onions, tomatoes, and cheddar cheese \$9.50

Cravings Omelet turkey, bacon, cranberries, and provolone cheese \$12.00

Veggie Omelet sundried tomatoes, artichoke hearts, and provolone cheese \$10.00

Denver Omelet ham, peppers, onions, and cheddar cheese \$10.50

Skillet Breakfast \$15.50

choice of sausage or bacon with home fries, mushrooms, peppers, onions and cheddar cheese topped with 2 eggs cooked as you wish and BitterSweet toast

****Substitute Daiya (dairy free) cheddar cheese for \$1.50**

BREADS & GRAINS

Oatmeal \$8.00

made to order with certified gluten free oats; served with raisins and a sprinkle of brown sugar
add fresh fruit, walnuts, or pecans \$2.00

Pancakes \$9.00

our wonderful pancakes made in house with gluten free flour; request pure maple syrup for \$2.00

****BitterSweet Bakery dairy free, gluten free pancakes may be available on weekends, please ask about them!****

Apple Walnut Pancakes \$11.00

You will love them! Topped with homemade maple butter; request pure maple syrup for \$2.00

Bagels Udi's plain bagel \$4.00 add cream cheese \$.75

Toast \$4.00

Two slices of BitterSweet Bakery Original (full flavor) or Honey Sunflower (toasted in a gluten free toaster)

SIDES

Jimmy Dean Sausage Patties \$3.00

Thick-sliced Hormel Black Label Smoked Bacon \$3.00

Substitute Hash Browns or Side of Fruit for Home Fries \$2.00

Small Side Fruit Cup \$3.00

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Soup & Salad

Dressings: Ranch, French, Caesar, Raspberry Vinaigrette, oil & vinegar

Soup of the Day ***our soup is made from scratch, in house, check the recipe to see if it is gluten-free***

House Salad small \$4.50 large \$8.00

organic greens, tossed in a light sweet vinaigrette with mandarin oranges, red onions and candied almonds

Side Salad \$4.50* ***VERIFY NO CROUTONS***

organic greens, cheddar cheese, and tomato with choice of gluten free dressing

Garden Salad \$9.00 ***VERIFY NO CROUTONS***

organic greens tossed with mushrooms, onions, cheese, tomatoes and cucumbers with choice of gluten free dressing

Caesar Salad small \$4.50 large \$8.00 ***VERIFY NO CROUTONS***

romaine, tomatoes, and parmesan cheese; add grilled chicken \$3.00

Raspberry Chicken Salad \$12.00

organic greens, chicken, grapes, gorgonzola cheese & toasted pecans tossed in a raspberry vinaigrette dressing

Sandwiches

*Served on a bed of lettuce or your choice of Bittersweet Bakery gluten free Original (full-flavored) or Honey Sunflower Bread
All sandwiches served with kettle chips (no gluten)*

Cold Sandwiches \$11.50

Turkey • Ham • Roast Beef (add \$1.00) • Tuna Salad • Chicken Salad • Egg Salad (seasonal)

choice of lettuce, tomato and onion; add provolone, swiss or cheddar cheese \$1.00

BLT Bacon, Lettuce & Tomatoes on toast with miracle whip \$12.00

Turkey Avocado turkey with a rich avocado spread with lettuce, tomato and onion \$13.00

Vegetarian rich avocado spread, provolone cheese, cucumber, lettuce, tomato and onion \$11.00

Hot Sandwiches

Tuna Melt fresh made albacore tuna salad with choice of provolone, swiss or cheddar cheese \$12.00

Turkey Melt turkey grilled to perfection with choice of provolone, swiss or cheddar cheese \$12.00 add bacon \$2

Veggie Melt sundried tomatoes, artichoke hearts and provolone cheese grilled to a golden brown \$11.25

Cravings Melt a favorite of many...turkey, provolone cheese, bacon and cranberries \$15.00

Three Cheese Grilled Cheese a gourmet version of a classic; with provolone, swiss and cheddar cheeses \$10.00
add bacon \$2 with cheddar cheese only \$8.00

Italian Chicken Sandwich Grilled chicken, fresh mozzarella, pesto, lettuce & tomato \$15.00

Classic Burger Lean burger with choice of cheese; served with lettuce, tomato & red onion \$14.00

Bakery & Desserts

*We aim to supply a selection of gluten free baked goods and desserts (most from BitterSweet Bakery).
Most items will be frozen, to retain freshness. Ask about our current selection.*

Muffins \$5.00 *Strawberry Rhubarb, Blueberry Pumpkin, Banana Chocolate Chip, Almond, and Carrot*

Cookies \$2.50 *Chocolate Chip, Double Chocolate, Oatmeal Raisin, Peanut Butter, and Sugar*

Bars \$5.00 *Cranberry Sunrise, Brownie, Pumpkin, Carmelita, Almond, and Lemon*

Cupcakes \$4.00 *Chocolate with frosting, Carrot Cake and Red Velvet Cake with cream cheese frosting*

Any of our whole desserts are available to order with 48 hour notice.

Give one of these desserts a try: Flourless Chocolate Cake,

Cheesecake with nut or no crust or pies with BitterSweet pie crust

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