



# Gluten-Free Menus

## WOW Café

### SALADS

- Covington Salad without Croutons
- Buffalo Salad with Grilled Chicken, without Croutons
- Kentucky Grilled Chicken Salad without Croutons

### CHICKEN

- Grilled Chicken Tenders
- Baked Chicken Wings

### WRAPS

- Sonoma Chicken on a Gluten Free Wrap
- Buffalo Chicken with Grilled Chicken on a Gluten Free Wrap
- Kentucky Chicken with Grilled Chicken on a Gluten Free Wrap
- Lettuce Wrap
- Memphis Chicken on a Gluten Free Wrap
- West Coast Veggie on a Gluten Free Wrap (Vegetarian)

### BURGERS

- Crescent City Burger on a Gluten Free Bun
- Philly Burger on a Gluten Free Bun
- Texas Burger on a Gluten Free Bun

### SANDWICHES

- Grilled Chicken Sandwich on a Gluten Free Bun
- Grilled Cheese Sandwich on a Gluten Free Bun (Vegetarian)

### SIDES

- Side Salad
- Rice and Beans

### GLUTEN FREE SAUCES

Ranch, Honey Mustard, Kansas City Honey BBQ, Texas Mesquite BBQ, Buffalo I, Buffalo II, Buffalo XIII, Shanghai's Foo's Gold, Chinese Chili Mustard, Asian Teriyaki, Santa Fe Chipotle, Paradise City, Thai Chili

## SUBCONNECTION

### BUILD YOUR OWN CLASSICS\*

- Turkey
- Italian
- Ham & Cheese

- Roast Beef
- American
- Tuna Salad
- Veggie

\*with Gluten Free Wrap

### **PREMIUM HOT SUBS\***

- Baja Chicken
- Ultimate Bacon
- Turkey and Ham Club
- Chicken Fajita

\*with Gluten Free Wrap

### **FRESH SALADS**

- Baja Chicken Salad
- Chicken Caesar

### **TOPPINGS**

Ice Burg Lettuce, Romaine Lettuce, Mix Lettuce, Tomatoes, Onions, Red Onions, Pickles, Jalapenos, Pepperoncini, Bell Peppers, Roasted Bell Peppers, Banana Peppers, Olives, Salt & Pepper

### **GLUTEN FREE CONDIMENTS**

Mayo, Low-Fat Mayo, BBQ Sauce, Oil & Vinegar, Baja Sauce, Hot Sauce, Tomato Sauce, Caesar Dressing, Italian Dressing, Ranch and Yellow Mustard

# WHOLLY HABANEROS

## CLASSIC

- Pork Carnitas
- Tex Mex Vegetables
- Beef Carne Asada
- Chicken Tingo
- Southwest Ground Beef Taco Filling

## SIDES

- House Made Tortilla Chips
- Guacamole
- Roasted Corn and Avocado Salsa
- Chipotle Salsa
- Pico de Gallo
- Fire Roasted Tomato Salsa
- Chipotle Lime Salad Dressing

## TACOS

- Beef Barbacoa Crispy Tacos
- Chicken Tingo Crispy Taco
- Ground Beef Crispy Taco
- Tex Mex Vegetable Crispy Taco

## BURRITOS\*

Pork Carnitas, Tex Mex Vegetables, Carne Asada, Beef Taco Meat, Chicken Tingo, Southwest Ground Beef Taco Filling

\*ask for gluten free tortilla

# **SIMPLY TO GO**

Simply To Go menu items are located in the Market at the Union.

## **SNACKS**

- Fresh Fruit Cup
- Mandarin Orange Parfait
- Jello-O Cup
- Yogurt Cup without Granola
- Grapes and Cheese Cup
- **SALADS**
- Cobb Salad
- Chef Salad
- Greek Salad
- Strawberry Fields Salad
- Egg Salad Cup

## **DESSERTS**

- Vanilla Pudding Cup
- Chocolate Pudding Cup

# JAMBA JUICE

## CLASSIC SMOOTHIES

- Orange-A-Peel
- Mango-A-Go
- Caribbean Passion
- Mega Mango All Fruit
- Razzmatazz
- Strawberries Wild

## ALL FRUIT

- Mega Mango
- Strawberry Whirl (also Vegan)

## DAILY VITAMIN BOOST GLUTEN FREE AND VEGAN

- C & Zinc Boost
- Soy Protein

For more nutrition information, please see our website at: <https://csusm.sodexomyway.com/>