

North Hills High School

Walt Disney World Trip – March 2018

Meal Choices – Vegan/Non-Dairy/Gluten Free

OPTIONS AT DISNEY

Special Dietary Requests

Walt Disney World Resort is committed to offering a wide range of culinary and dietary options for its Guests.

Delicious Alternatives

By substituting different ingredients and approaches, most Disney chefs, restaurants and quick-service locations can accommodate the following common food allergies:

- Gluten or wheat
- Eggs
- Fish
- Milk or lactose
- Peanuts and tree nuts
- Shellfish
- Soy
- Corn

Many Disney restaurants now offer allergy-friendly menus to address these food intolerances, and many are able to accommodate lifestyle requests as well—including low-fat, low-sodium, no-sugar-added and vegetarian options—often with no advance arrangements!

Guests with food allergies should discuss their dietary requirements with their server upon arrival at the restaurant. Guests also have the opportunity to consult with a chef or special diets-trained Cast Member if desired.

We strive to use reasonable efforts in our food sourcing, preparation and handling procedures to avoid the introduction of the named allergens into your menu choices. While we take steps to prevent cross-contact, we do not have separate allergy-friendly kitchens and are unable to guarantee that a menu item is completely free of allergens.

Please also note that our allergy-friendly offerings are reliant on supplier ingredient labels, and we cannot guarantee the accuracy of the contents of each food item. Allergen advisory statements (e.g., “ may contain”) are not regulated and therefore not taken into consideration when developing allergy-friendly meals. It is ultimately up to your discretion to make an informed choice based upon their individual dietary needs.

Metabolic Disorders and Multiple Allergies

Guests with the following concerns:

- Any allergy or intolerance not listed above under common food allergies
- Phenylketonuria (PKU)
- Metabolic disorders
- A single Guest with 4 or more allergies/intolerances or multiple Guests with allergies/intolerances within the same party should contact Special.Diets@DisneyWorld.com after booking dining arrangements for their visit and at least 14 days prior to their arrival:

Our team will assist you in navigating the dining process. Be sure to communicate your dietary restrictions upon arrival at the restaurant. You will have the opportunity to speak with a chef or special diets-trained Cast Member if desired. While our restaurants will do their best to accommodate dietary requirements, we cannot guarantee that they will be able to meet all requests.

Participating Restaurants

You'll find a wide range of culinary options at these Walt Disney World Resort restaurants and dining locations, and many will be able to accommodate special dietary requests.

Table-Service Locations

Most table-service restaurants are able to provide allergy-friendly menus and alternate meal options. You should indicate any food allergies or intolerances when making your dining reservations and again upon arrival at your dining location.

Quick-Service Locations

Select quick-service restaurants offer allergy-friendly menus and other meal options that may accommodate certain food allergies or intolerances. Guests should indicate any dietary requirements upon arrival at a dining location.

Buffets

Our buffet restaurants are able to provide allergen guides and alternate meal options. Please indicate any food allergies or intolerances when making dining reservations, and again upon arrival at the dining location.

When you arrive at the restaurant, please speak with a chef or special diets-trained Cast Member to discuss any food allergies or intolerances. Chefs are available to walk Guests through the buffet to explain what can be eaten based on specific dietary requirements. Please note that we cannot always guarantee we will be able to meet all dietary requests.

Making a Special Dietary Request

Our standard menu selections are available online, and allergy-friendly menus are available at many dining locations. When making reservations and arriving at your dining location, please follow these guidelines:

Reserving Online

When reserving a table online, please indicate all food allergies and intolerances at the time of booking.

Reserving by Phone

Please inform a Cast Member of your dietary requirements when making a dining reservation over the phone. To make a reservation, call (407) WDW-DINE or (407) 939-3463. Guests under 18 years of age must have parent or guardian permission to call.

At the Restaurant

Inform the server of any restrictions upon your arrival. You have the opportunity to consult with a chef or special diets-trained Cast Member if desired.

After receiving your dietary request, we will use reasonable efforts to prevent the introduction of your allergen of concern into your food through close attention to sourcing, preparation and handling processes. However (as noted above), Walt Disney World Resort cannot guarantee that a menu item is completely free of any allergen. It is ultimately up to your individual discretion to make an informed choice regarding whether to order any particular item. Always inform the server of any restrictions upon arrival – even if you have spoken to a Guest experience service Cast Member while planning your vacation or have noted your restriction on your dining reservation.

Contact Us with Additional Questions

For other questions related to food allergies and other special dietary needs and requests, contact us at Special.Diets@DisneyWorld.com. Our team will assist you in navigating the dining process.

VEGAN OPTIONS

Magic Kingdom

Kiosks, Carts and Walk Ups

Aloha Isle, Adventureland

Vegan Option: Pineapple Dole Soft Serve and Dole Whip Float, Pineapple Spear

Gaston's Tavern, Fantasyland

Vegan Option: Mixed Fruit Cup, Mixed Vegetables with Dip*, Hummus and Chips, Soy Milk

Prince Eric's Village Market, Fantasyland

Vegan Option: Mickey Pretzels, Pickles, Pineapple Cup, Whole Fruit, Hummus and Chips, Watermelon

Liberty Square Market, Liberty Square

Vegan Option: Snacks, Fruit

Quick Service

Be Our Guest, Fantasyland

Breakfast Vegan Option: Waffles, Oatmeal, Sweet Breads (Erin McKenna's), Fruit
Lunch Vegan Option: Quinoa Salad

Pinocchio Village Haus, Fantasyland

Vegan Option: Allergy Menu Pizza with Vegan Cheese

Columbia Harbor House, Liberty Square

Vegan Option: Vegetarian Chili *without Oyster Cracker*, Steamed Broccoli

Main Street Bakery – Starbucks, Main Street USA

Vegan Option: Coffee, Soy Milk available

Plaza Ice Cream Parlor, Main Street USA

Vegan Option: Tofutti and Rice Dream Ice Cream

Cool Ship, Tomorrowland

Vegan Option: Mickey Pretzel

The Lunching Pad, Tomorrowland

Vegan Option: Mickey Pretzel, Soy Milk, Edamame Salad

Cosmic Ray's Starlight Cafe, Tomorrowland

Vegan Option: Falafel Burger (order without tzatziki, ask about bun)

Pecos Bill Tall Tale Inn and Cafe, Frontierland

Vegan Option: **NOT ON MENU BUT IS AVAILABLE** – Roasted Vegetable Rice Bowl, *ask for plain white rice*

Epcot

Kiosks, Carts and Walk Ups

Fountain View – Starbucks, Future World

Vegan Option: Coffee, Non-Dairy Milk available

The Land Cart, Future World

Vegan Option: Hummus with pretzels, Fruit, Vegetables

Choza de Margarita, World Showcase (Mexico)

Vegan Option: Guacamole with Fried Flour "Chicharron"

Trinken Beer Cart, World Showcase (Germany)

Vegan Option: Large Pretzels

Kabuki Cafe, World Showcase (Japan)

Vegan Option: Kakigori *without the sweet milk topping*, Edamame

Block & Hans – World Showcase (America)

Vegan Option: Mickey Pretzels

Fife and Drum Tavern – World Showcase (America)

Vegan Option: Popcorn

L'Artisan des Glaces, World Showcase (France)

Vegan Option: Waffle Cone and Fruit Sorbet

Quick Service

Sunshine Seasons, Future World

Vegan Option: Vegan Korma with Gardein® Meatless Chik'n, Vegan Flatbread Sandwich, Soup*, Vegan Wrap, Vegetable Sushi, Vegetable Platter, Various Vegan Snacks (Surf Sweets, Enjoy Life, etc.), Vegan Dessert

Liberty Inn, World Showcase (America)

Vegan Option: Vegetable Burger (Beyond Meat Beyond Burger on vegan Brioche bun)

Katsura Grill, World Showcase (Japan)

Vegan Option: Edamame, Steamed Rice, Vegetable Roll

La Cantina de San Angel, World Showcase (Mexico)

Vegan Option: Chips and Guacamole

La Cava Del Tequila, World Showcase (Mexico)

Vegan Option: Chips and Guacamole

Tangierine Cafe, World Showcase (Morocco)

Vegan Option: Vegetable Platter, *ask to see pita ingredients as supplier often changes*

Hollywood Studios

Kiosks, Carts and Walk Ups

Anaheim Produce, Sunset Boulevard

Vegan Option: Fruit, Pretzels, Chips

Hollywood Scoops, Hollywood Boulevard

Vegan Option: Tofutti Ice Cream

Quick Service

Fairfax Fare, Sunset Boulevard

Vegan Option: 7-Layer Rice Bowl with Vegan Chili, ask for allergy rice (get without cheese and sour cream)

Starring Rolls Cafe, Sunset Boulevard

Vegan Option: Chips, Fruit

Trolley Car Cafe (Starbucks), Hollywood Boulevard

Vegan Option: Coffee, Soy and Coconut Milk available

Min and Bill's Dockside Diner, Echo Lake

Vegan Option: Loaded Chili Cheese Nachos without cheese and sour cream (chili is made with crumbles)

ABC Commissary, Commissary Lane

Vegan Option: Gardenburger Malibu Burger available upon request

PizzaRizzo, Muppet Courtyard

Vegan Option: Allergy Menu Pizza with Follow Your Heart Vegan Cheese

Animal Kingdom

Kiosks, Carts and Walk Ups

Caravan Road, Asia

Vegan Option: Edamame, Asian Noodle Salad

Mr. Kamal's, Asia

Vegan Option: Seasoned Fries *without tzatziki*, Hummus, Falafel *without tzatziki*

Creature Comforts (Starbucks), Discovery Island

Vegan Option: Coffee, Non-Dairy milk available

Dino-Bite Snacks, Dinoland USA

Vegan Option: Mickey Pretzels

Eight Spoon Cafe, Discovery Island

Vegan Option: Mickey Pretzels

Isle of Java, Discovery Island

Vegan Option: Mickey Pretzels

Harambe Fruit Market, Africa

Vegan Option: Fresh Fruits, Vegetables, Mickey Pretzels

Mahindi, Africa

Vegan Option: Popcorn, Nuts

Tamu Tamu Refreshments, Africa

Vegan Option: Pineapple Whip Soft-serve

Quick Service

Harambe Market, Africa

Vegan Option: Grilled Vegetable Stack (order without Pesto), served with Green Papaya Slaw and Black-Eyed Pea Salad – be sure to double check dressing and slaw

Restaurantosaurus, Dinoland USA®

Vegan Option: Black Bean Burger (ask to swap for Gardenburger® Malibu burger)

Pizzafari, Discovery Island

Vegan Option: Vegan Cheese Pizza on Pita Bread, Daiya vegan cheese

Satu'li Canteen, Pandora

Lunch/Dinner Vegan Option: Chili-Spiced Crispy Fried Tofu Bowl with Charred Onion Chimichurri (all bases are vegan: Quinoa and Vegetable Salad, Red and Sweet Potato Hash, Mixed Whole Grain and Rice, Romaine and Kale Salad) **BLACK BEAN VINAIGRETTE IS NOT VEGAN. Boba balls are now safe.**

Disney Springs

Kiosks, Carts and Walk Ups

Starbucks, Marketplace & West Side

Vegan Option: Coffee and drinks made with soy or coconut milk

Erin McKenna's Bakery NYC, The Landing

Vegan Option: Bakery full of vegan and gluten free treats

including donuts, cupcakes, breads, soft serve (only served Friday, Saturday and Sunday)

Sprinkles, Town Center

Vegan Option: Vegan Red Velvet Cupcake

Quick Service

Earl Of Sandwich, Marketplace

Vegan Option: Veggie Sandwich *without cheese or pesto*, Greek Salad *without chicken and cheese*, House Salad

Blaze Pizza, Town Center

Vegan Option: Build Your Own Pizza, Daiya Vegan Cheese Available, Gluten Free, High Rise, and Regular crust are all vegan

Typhoon Lagoon

Leaning Palms

Vegan Option: Black Bean and Plantain Burger* (may need to swap for Malibu Gardenburger), Fruit Cup

*Item may not be vegan. Remember to **always** ask your server or a chef if the item is vegan. Disney World restaurants are constantly changing ingredients and suppliers.

GLUTEN FREE OPTIONS

Disney Quick Service Restaurants

1. *Sunshine Seasons at Epcot*. This quick-service cafeteria located in the Land pavilion is a haven for anyone with food allergies or a special diet. For those looking for gluten-free items, the Grill is your go-to station, featuring hearty meat and potatoes dishes and salmon with veggies for a lighter option. A Power Salad is available with or without chicken, and several gluten-free snacks and desserts can also be found here. Skip the Wok and Sandwich stations though.
2. *Flame Tree Barbeque at Disney's Animal Kingdom*. Arguably the best quick-service location on Disney property, Flame Tree Barbeque serves up some delicious grub, from smoky and savory Ribs, Chicken, and Pork to refreshing Watermelon Salad that is the perfect way to cool down on a hot Florida day. Nearly everything on the menu is available gluten-free. Allergy-friendly desserts are also available at this location.
3. *Pinocchio's Village Haus at Magic Kingdom*. Just behind Cinderella's Castle in the heart of Fantasyland, Pinocchio's Village Haus is a great place for variety or picky eaters. Amy's Rice Macaroni & Cheese, Udi's Crust Pizza, and Allergy-friendly Chicken Tenders can all be found here, along with salad, fries, and gluten-free desserts.
4. *PizzeRizzo at Disney's Hollywood Studios*. Most of the menu at PizzeRizzo is available in a gluten-free version. Allergy-friendly rice crust Cheese, Pepperoni, or Vegetable Pizzas are available served with Potato Chips or salad. An antipasto salad is also an option, as well as allergy-friendly cookies and brownies.
5. *ABC Commissary at Disney's Hollywood Studios*. The commissary is a great option for everyone because of the diverse offerings on the menu. Gluten-free buns are available for the burgers and sandwiches, along with gluten-free chicken tenders, Asian Salad, Strip Steak with vegetables and fries, and Salmon with vegetables and fries. A variety of allergy-friendly kids' meals and desserts are also available.

Gluten Free Disney Snacks

1. Dole Whip. DOLE WHIP YOU GUYS! This classic Disney treat is currently available at Aloha Isle in Adventureland at Magic Kingdom, Tamu Tamu Refreshments in Harambe at Disney's Animal Kingdom, and Refreshment Port just inside World Showcase near the Canada pavilion at Epcot.
2. Turkey Legs. Another classic Disney treat can be found in Frontierland at Magic Kingdom and the America pavilion at Epcot.
3. Flavored Rice Chips at Terra Treats at Disney's Animal Kingdom. Located across from Creature Comforts on the way to Harambe, Terra Treats serves these tasty, crunchy chips as well as hummus and vegetables that make for a filling snack.
4. Whole fruit and vegetable snacks. Fruit and vegetables to snack on can be found at several locations throughout Disney World. Not only are they healthy, but also allergy-friendly. Bananas, grapes, apples, oranges, pineapple spears, carrots and celery with dip, and more can be found at various kiosks and locations, including Liberty Square Market at the Magic Kingdom, Anaheim Produce at Disney's Hollywood Studios, Harambe Fruit Market at Disney's Animal Kingdom, and Sunshine Seasons at Epcot.
5. Snacks with Character. Some merchandise locations carry the Disney branded allergy-friendly line of snacks, including 11 items such as cookies, chocolate bars, granola bars, and more.

OPTIONS AT SWEET TOMATOES

VEGAN

With a salad bar full of fresh produce, vegan diners get their pick of healthy, delicious fruits and vegetables. Our salad bar makes the perfect option for a vegan lunch or dinner, and because you construct the salad yourself, you can be sure your salad stays plant based. Plus, we stock a wide range of items, so you can make a vegan salad that's light and easy or hearty that'll keep you going for hours.

Start with a bed of crisp Romaine lettuce, hearty spinach, or delicious spring mix for a base that's crunchy, flavorful, and full of vital nutrients like iron and Vitamin A. Add some substance to your salad with our range of fresh vegetables and fruit, like vine-ripened tomatoes packed with the antioxidant lycopene, or, for a great vegan source of iron – pile on garbanzo, kidney or black beans. Remember to pair these foods with high vitamin C foods, like bell peppers or broccoli, to help increase the absorption of iron!

Those protein-rich beans will also keep you full for the long haul, as they are also filled with fiber – which will provide long-lasting energy. Finally, top off your salad with one of our delicious vegan dressings like housemade French or fat-free Italian. You can even try mixing our extra virgin olive oil with any of our vinegars and freshly cracked black pepper for your own custom-made vegan salad dressing!

GLUTEN FREE

GLUTEN FREE ITEMS AT SOUPLANTATION & SWEET TOMATOES

These items are (almost) ALWAYS available at our restaurants:

- Salad bar fresh-cut produce
- Joan's Broccoli Madness
- Deep Kettle House Chili with cheese & sour cream
- Baked potato with all the toppings
- Frozen yogurt
- Frozen Yogurt Toppings: Chocolate Syrup and Caramel Syrup, Candy Sprinkles, Peanuts, Toffee Bits, Strawberry and Pineapple toppings
- Dressings (Some are not available every day. Subject to change depending on location): Fat Free Honey Mustard, Fat Free Ranch, Fat Free Italian, Ranch Dressing, Cuban French Dressing, French Catalina, Blue Cheese, Thousand Island, Balsamic Vinaigrette , Low calorie Creamy Cucumber and Olive Oil & Vinegar
- Desserts: All flavored gelatins

OPTIONS FOR DOMINOS PIZZA DINNER

VEGAN

Thought all pizza places were ruled out for vegans? Think again! Surprisingly, vegan [Domino's](#) is a possibility if you know what to order. You can build your own pizzas, pastas, and sandwiches on the Domino's website and specify which toppings you want omitted on any of its dishes.

The [thin crust at Domino's is vegan](#), which opens up loads of cheese-free pizza possibilities. Just make sure you tell the employees that you're vegan and therefore want a cheese-less and meatless pizza. The [bread and penne pasta noodles are also vegan](#), meaning you have lots of sandwich and pasta options, too. Here are the best vegan Domino's menu items to keep in mind the next time you order out.

- 1. Pizza.** To make a vegan pizza, order Domino's thin crust with a tomato-based pizza sauce or barbecue sauce as your base since the Alfredo and marinara sauces are milk-based. Every topping except meat (including anchovies) is fair game on your vegan pizza. Try ordering the Honolulu Hawaiian pizza without bacon, ham, or cheese or get the Pacific Veggie without cheese. The best bet is to make your own pizza and load it up with toppings like banana peppers, black and green olives, garlic, green peppers, mushrooms, onions, pepperocini, pineapple, spinach, and tomatoes. You won't even miss the cheese and pepperoni when your pizza is piled high with veggies.
- 2. Pasta.** The penne pasta is vegan, but order it sauceless since the marinara and Alfredo sauces aren't vegan. Be sure and ask for it in a dish since the bread bowl contains milk. For a plain but filling pasta bowl, ask for all the vegetable toppings to be mixed in.
- 3. Sandwiches.** The artisan bread is vegan, so you can enjoy the Mediterranean Veggie sandwich. You'll have to leave out the cheese, but you'll still get a warm sandwich full of roasted red peppers, banana peppers, diced tomatoes, fresh baby spinach, and onions. If you order in store, you can make your own sandwich with all the veggies and either pizza sauce, barbecue sauce, or mango habanero sauce.
- 4. Salad** Salads always come in clutch for vegans. Domino's offers three salads, two of which can easily be made vegan. Get the Classic Garden salad without cheese or croutons for a full bowl of tomatoes, carrots, onion, and greens. You can also get the Chicken Apple Pecan salad without chicken and cheese for a fresh bowl of diced apple, dried cranberries, pecans, and greens. Italian, Catalina, and balsamic are the dressing options for both salads since ranch and Caesar dressings aren't vegan.

GLUTEN FREE

Finally a Gluten Free Crust that doesn't taste like the box it came in!

Domino's is proud to offer our Gluten Free Crust for those who are looking to reduce gluten in their diet. This product is not for everyone, so we want you to have all the information before you try it.

Our Gluten Free Crust contains no wheat, rye, or barley and has a gluten content of less than 20ppm. We make all of our pizzas in the same kitchens; and even as clean as we keep them, there may be trace glutens present. Therefore, it wouldn't be entirely honest to guarantee that pizzas made with this crust are absolutely gluten free. And if we weren't honest, we wouldn't be Domino's.

What ingredients are in Domino's® Gluten Free Crust?

Water, Modified Rice Starch, Rice Flour, Brown Rice Flour, Potato Starch, Olive Oil, Potato Flour, Evaporated Cane Sugar, Fresh Yeast, Honey, Avicel, Salt, Calcium Propionate. Note: Avicel functions as a fat replacer in Gluten Free crusts. It is used primarily to help retain moisture so the crust is not too dry and tough.

ITEMS THAT CONTAIN GLUTEN

- | | | |
|---|--|--|
| <ul style="list-style-type: none">● All Products with Hand Tossed Dough● All Products with Pan Pizza Dough● Thin Crust● Sandwich Bread● Alfredo Sauce | <ul style="list-style-type: none">● Boneless Chicken● Specialty Chicken● Pasta● Lava Cakes● Marbled Cookie Brownie | <ul style="list-style-type: none">● Chicken Caesar Salad● Classic Garden Salad● Hoagie Bread (select locations)● Dipped Chocolate Chunk Cookie (select locations) |
|---|--|--|

OPTIONS AT PANERA BREAD

VEGAN

Dining out vegan can be tricky, but at Panera, we think it should be easy for you to eat the way you want. Here we've gathered a collection of our already-vegan options, plus some choices that can be made vegan with just a swap or two. Our definition of a vegan item is a food with no animal sources: no meat, fish, shellfish, milk, egg or honey products, and no enzymes and rennet from animal sources allowed.

Of course, all of our menu items (vegan and non-vegan) are prepared in the same kitchen, so while we're happy to make your order just the way you want, we can't guarantee that there will be no cross-contact between ingredients.

One more thing to note: new items are added to our menu all the time, and some items are available only on a regional, test or seasonal basis. The list below will be updated periodically, but for the most up-to-date information, be sure to call or visit your local bakery-cafe and ask to speak to a manager, or check the nutrition information available at PaneraBread.com and on our mobile app.

Enjoy these items as-is:

Bakery

- Plain, Blueberry, Cranberry Walnut, Poppyseed and Sesame Bagels
- Black Pepper Focaccia, Sea Salt Focaccia, Country, Rye, Sesame Semolina and Sourdough Breads
- French Baguette
- Hoagie Roll

Breakfast

- Steel Cut Oatmeal with Strawberries, Pecans and Cinnamon Crunch Topping
- Steel Cut Oatmeal with Apple Chips, Pecans and Cinnamon Crunch Topping
- Seasonal Fruit Cup
- Peach & Blueberry Smoothie with Almond Milk

Salads

- Seasonal Greens: Try it with avocado and quinoa!

Broth Bowls

- Vegan Lentil Quinoa Bowl
- Soba Noodle Broth Bowl with Edamame Blend

Sides

- Apple
- Banana
- French Baguette
- Kettle Chips
- Pickle Spear

Try these with just a few customizations:

Salads – order without chicken and cheese. Try with quinoa!

- Ancient Grain, Arugula & Chicken: Order without chicken.
- Fuji Apple with Chicken: Order without chicken and Gorgonzola.
- Greek: Order without feta.
- Modern Greek: Order without feta.
- Asian Sesame with Chicken: Order without chicken and wontons.
- Spicy Thai with Chicken: Order without chicken and wontons.

Sandwiches

- Mediterranean Veggie: Order without feta and switch to one of the bread choices listed above.

Gluten Free

Avoiding Gluten? These Panera Bread menu items made without gluten ingredients may be just the thing if you're trying to avoid or reduce gluten in your diet. Panera Bread. It's right there in our name, and by now you probably know that we bake our bread fresh each and every day in our bakery-cafes. But, you may be surprised to hear that we offer a number of items that are or can be made without ingredients that contain gluten.

With all that fresh baked bread, it's just impossible for us to guarantee that any of our items have not come into contact with gluten in the bakery-cafe environment and/or in the supply chain, but if you want to avoid or reduce gluten and do not have celiac disease, a heightened gluten sensitivity or a wheat allergy, (in which case you should check with your doctor), these options might be just what you're looking for.

One more thing to note: new items are added to our menu all the time, and some items are available only on a regional, test or seasonal basis. The list below will be updated periodically, but for the most up-to-date information, be sure to call or visit

your local bakery-cafe and ask to speak to a manager, or check the nutrition information available at PaneraBread.com and on our mobile app.

Try These Items As-Is

- Greek Salad
- Seasonal Greens Salad
- Fuji Apple Chicken Salad
- Modern Greek Salad with Quinoa
- Southwest Chile Lime Ranch Salad with Chicken
- Green Goddess Cobb Salad with Chicken
- Strawberry Poppysseed Salad with Chicken
- Southwest Chicken Tortilla Bowl
- Baked Potato Soup
- Vegetarian Black Bean Soup
- Turkey Chili
- Steel Cut Oatmeal with Almonds, Quinoa & Honey*
- Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping*
- Steel Cut Oatmeal with Apple Chips, Pecans & Cinnamon Crunch Topping*
- Greek Yogurt with Mixed Berries*
- Triple Chocolate Cookie with Walnuts*
- Coconut Macaroon

Try These with Just a Few Modifications

- Caesar Salad (without croutons)
- Caesar Salad with Chicken (without croutons)
- Ancient Grain & Arugula Salad with Chicken (without ancient grain blend)
- Vegetarian Creamy Tomato Soup (without croutons)

Round Out Your Meal with These

- Coffee, Tea, Lattes, Espresso Drinks & Frozen Drinks
- Signature Hot Chocolate with Chocolate Chip Marshmallows
- Smoothies
- Orange Juice & Apple Juice
- Agave Lemonade
- Milk
- Soda
- Tea
- Joia® Grapefruit Soda
- Panera Bread Potato Chips
- Apple

**These menu items contain oats which carry a 'may contain wheat' allergy advisory statement due to the cross-contact that may result from customary methods of growing and harvesting crops, as well as from the use of shared storage, transportation or product equipment.*