

GLUTEN FREE & VEGETARIAN MENU

Peanut Warning



The following food item classifications (Gluten Free/Vegetarian) are based on common definitions. Guidelines vary based on individual sensitivities or interpretation. **Cross contamination is impossible to prevent (see #4).** If you have any uncertainties about an item, **please do not eat it.** Mother's encourages you to eat only what's right for you.

GF = Gluten Free V = Vegetarian

Biscuit, buttermilk (see #2)		V	Omelet, build your own (see #2 & 6)	GF	V
Biscuit, with egg or cheese (see #2)		V	Omelet, ham & cheese (see #2)	GF	
Bread Pudding (see #2)		V	Omelet, Jerry's (see #2)	GF	
Brownies (see #2)		V	Omelet, Mae's (see #2)	GF	
Cabbage	GF		Omelet, red bean (see #2)	GF	
Calamari, grilled (see #4)	GF		Omelet, shrimp Creole (see #2)	GF	
Catfish, grilled (see #4)	GF		Omelet, veggies only (see #2)	GF	V
Cereal (see #2 if adding milk)		V	Oysters, grilled (see #4)	GF	
Cheese (see #2)	GF	V	Pancake(s) and toppings (see #2)		V
Chicken, grilled (see #4)	GF		Pecan Pie (see #2)		V
Cocktail Sauce (see #3)		V	Potato Salad	GF	V
Cookies (see #2)		V	Red Beans	GF	
Corned Beef plate (Tues)	GF		Rice	GF	V
Debris in au jus gravy	GF		Roast Beef	GF	
Dirty Rice	GF		Salad, chef	GF	
Dressing, Blue Cheese (see #2 & 3)		V	Salad, garden	GF	V
Dressing, House Vinaigrette (see #3)		V	Salad, grilled catfish (see #4)	GF	
Dressing, Ranch	GF	V	Salad, grilled shrimp (see #4)	GF	
Dressing, Thousand Island (see #2 & 3)		V	Sausage, smoked or hot	GF	
Eggs (see #2)	GF	V	Shrimp Creole	GF	
French Bread		V	Shrimp, grilled (see #4)	GF	
French Fries (see #4)	GF	V	Split Pea Soup (Wed)	GF	
Fruit, fresh	GF	V	Sweet Potato Pie (see #2)		V
Grits (corn) (see #5)		V	Tartar Sauce (see #2 & 3)		V
Ham	GF		Toast		V
Jerry's Jambalaya	GF		Turkey	GF	
Ketchup	GF	V	Turnip Greens	GF	
Mayonnaise (see #2 & 3)	GF	V	Turtle Soup (Sat)	GF	
Muffin (see #2)		V	Waffle (see #2)		V
Oatmeal (see #5)		V	White Bean Soup (Thurs)	GF	

1. Fried foods are prepared in **peanut** oil; grilled food with extra virgin olive oil; eggs with Canola oil.
2. Permissible for lacto-ovo vegetarians (items may contain butter, milk, cheese or eggs).
3. Contains vinegar(s) or pickled ingredients that may contain small amounts of yeast.
4. The possibility of gluten cross contamination exists with all menu items—including grilled—prepared our kitchen; both white and corn flour is held in open bins. Flour dust can travel through the air.
5. Statement from Quaker: "Although wheat, rye and barley are not part of the ingredients in Quaker Steel Cut, Quaker Old Fashioned, Quaker Quick **Oats**, Corn Bran Crunch, **Grits** and Cornmeal, there is the possibility that they could contain trace amounts of these grains. **For these reasons, we've never claimed these products are gluten free.**"
6. Depends upon ingredients selected by the guest.