



Gluten Free Offerings

Spiced Banana Muffin

Delicious! Gluten Free & Paleo

Best Ever Gluten Free Brownie!

Dairy, Grain & Gluten Free

Made with almond butter, chia seeds & zucchini

Scones

Zesty Lemon, Chocolate Chip, Raspberry & Bacon Cheddar

Chocolate Chip Cookie

Gourmet chocolate from France

Nourish Bar:

Original or Just Nutz

Vegan, Gluten Free & Dairy Free

100% Crushed Fruit Smoothie

No Sugar or Dairy added!

Variety of flavors · 12oz, 16oz or 24oz

Add Green Super Food & Protein · make it a meal in a cup!

Frittata

Southwestern baked Frittata

Vegetarian or Diestel Turkey Chorizo

The Melt

Baked eggs with your choice of meat & cheese, topped with veggies

Panini

Turn any Panini into a Gluten Free Panini with our house made Gluten Free Panini bread

Greek Salad

Kalamata olives, sundried tomatoes, artichoke hearts & feta on a bed of organic spinach

Turkey Tarragon Salad

Organic field greens topped with our savory

Turkey Tarragon (hormone free)

Soups

Coconut Yam Bisque or Taco Soup

8oz or 12oz