

Gluten Allergy Menu

Grilled Chicken Salad – available at Market Restaurant & Castle Burger

Mix greens, tomatoes, carrots, grilled chicken, dressing of your choice

(Allergy friendly: dairy, nuts, tree nuts, shellfish, fish, egg, soy)

¼ Rotisserie Chicken – available at Market Restaurant

¼ Slow roasted rotisserie chicken, served with roasted red bliss potatoes, vegetable medley.

(Allergy friendly: dairy, nuts, tree nuts, shellfish, fish, egg)

½ Rotisserie Chicken – available at Market Restaurant

½ Slow roasted rotisserie chicken, served roasted red bliss potatoes, vegetable medley

(Allergy friendly: dairy, nuts, tree nuts, shellfish, fish, egg)

Norwegian Salmon – available at Market Restaurant

6oz Norwegian Salmon, lightly seasoned, served with roasted red bliss potatoes, vegetable medley & seared lemon

(Allergy friendly: dairy, nuts, tree nuts, shellfish, egg)

Orange Peel Chicken – available at Market Restaurant

Marinated chicken breast meat, zesty orange sauce, Asian vegetable blend, fried rice

(Allergy friendly: dairy, nuts, tree nuts, shellfish, fish, egg)

Contains: garlic, ginger, soy sauce, sesame oil, cornstarch, red peppers, green peppers, onions

Ultimate Garden Salad – available at Lakeside Sandwich Shoppe

Mix greens, tomatoes, carrots, dressing of your choice

(Allergy friendly: dairy, nuts, tree nuts, shellfish, fish, egg, soy)

Greek Salad – available at Lakeside Sandwich Shoppe

Mix greens, tomatoes, carrots, black olives, feta cheese, dressing of your choice

(Allergy friendly: nuts, tree nuts, shellfish, fish, egg, soy)

Chicken Caesar Salad – available at Lakeside Sandwich Shoppe

Chopped romaine, tomatoes, grilled chicken, Parmesan cheese, dressing of your choice

(Allergy friendly: nuts, tree nuts, shellfish, fish, egg, soy)

Granny Apple Fries – available at Granny Apple Fries

Fries made from Granny Apples, dusted in cinnamon sugar, served with a side of vanilla whipped cream..

(Allergy friendly: nut, tree nut, shellfish, fish, egg)

Contains: cornstarch, soy (in the oil), dairy (whipped cream), cinnamon

Fruit cups – available at Market Restaurant & Lakeside Sandwich Shoppe

Cantaloupe, honeydew, grapes, blueberries

(Allergy friendly: dairy, nuts, tree nuts shellfish, fish, egg, soy)

Contains: blueberries

Novelty Ice Cream – available at the Ice Box

A selection of ice cream novelty selections

Ben & Jerry Ice Cream Cups – available most food locations

Flavors include: Chocolate fudge brownies, vanilla, strawberry shortcake & Cookie dough

We work very closely with our suppliers; however, some ingredients may be substituted without prior notice which may change allergy content. In formation is available upon request. While we take every care to preserve the integrity of our dishes, we must advise the dishes are prepared in multi-kitchen environment. All dishes are prepared alongside other foods, so may contain traces of any of known allergens. Drinks and condiments are excluded from this analysis. Please see packs and dispensers for information.

Updated 10.21.11 - rks