



## GLUTEN FREE MENU

**We have many gluten free options available for our customers. We make gluten free muffins, cupcakes and granola, offer gluten free bread and wraps, as well as many of our other menu items are or can be made gluten free. Please inquire.**

### GLUTEN FREE BENTO BOXES

**(24 hour notice please)**

#### **THE GRILLED CHICADO**

Baked peppercorn chicken, brown rice topped with avocado, grape tomato, grilled corn and black bean garnished with roasted sesame seeds, pea sprouts and coriander.

Chipotle cilantro dressing on the side with a lime wedge

***\$14.95 each***

#### **THE SHOGA BOX**

Organic quinoa topped with julienned carrot, cucumber, sautéed nappa cabbage, grilled baby bok choy and tofu with shelled edamame and garnished with pea sprouts. Ginger orange

dressing on the side with a lime wedge

***\$14.95 each***

#### **FIELD OF GRAINS**

Red and white organic quinoa topped with julienne mango and carrot, broccoli florets, dried cranberry, baked soya protein and garnish with watermelon radish and salad seed mix.

Green chili mint and mango dressing with a lime wedge

***\$14.95 each***

#### **THE TABOULI**

Falafel on seasoned brown rice, with chopped parsley, tomato, cucumber, cabbage with a tahini humus dip

***\$14.95 each***

**PLACE ORDER**