

The Chicago Diner

meat free since '83

• GLUTEN FREE MENU •

ENTREES & SANDWICHES

AVOCADO TOSTADAS

Black beans, quinoa, grilled onions and peppers, lettuce, tomato, and avocado slices on corn tortillas with chimichurri. **\$13.5**

THE SOUL BOWL

Seasoned quinoa, chimichurri sauce, blackened tofu or grilled tempeh strips, flashed greens, sweet potato, and black beans. **\$13**

Add avocado for \$1.

PORTABELLA TRUFFLE MELT

Marinated mushrooms, arugula, tomato, onion, white truffle aioli, and Teese® vegan mozzarella on gluten free bread. **\$15**

S.U.V. (Straight Up Veggie)

Toasted gluten free bread with melted vegan or dairy cheese, avocado, sprouts, tomato, onion, lettuce, and Creole mustard. **\$12**

BUDDHA'S KARMA BURGER

Curried sweet potato-tofu burger with a GF bun with chimichurri sauce, grilled pineapple, sprouts, and sliced onion. **\$14 Add avocado for \$1.**

THAI BASIL STIR FRY

Tofu or tempeh, brown rice, and seasonal vegetables stir fried in a tamari garlic sauce with fresh basil. **\$13**

TRUFFLE MUSHROOM LENTIL LOAF

A soul-warming blend of mushroom and lentil casserole topped with a white truffle mushroom sauce. Served with sautéed vegetables and roasted potatoes. **\$14**

BOWL OF QUINOA CHILI

Spicy vegetable bean chili with cumin, chipotle peppers, and quinoa, with a jalpeño corn **fritter***. **\$10**
Get a cup for \$5. Add jalapeño for \$.50.

Cheese Options:

TEESE® or DAIYA®

Vegan cheese, non-GMO.

MONTEREY JACK or SWISS

Locally sourced, rBGH-free dairy cheese.

Sandwich Sides:

All sandwiches include a side, choose from: Sweet potato **fries***, hand-cut **fries***, yucca **chips***, mashed potatoes (no gravy), black beans, cup of soup, Mexican rice, potato **hash*** (brunch only), side salad, ginger garlic flashed greens (+1), steamed vegetables (+1), balsamic Brussels sprouts (+1), or a cup of quinoa chili (+1).

SIDE DISHES

MEXICAN RICE **\$3.5**

SWEET POTATO **FRIES*** **\$3.5/\$6**

HAND-CUT **FRIES*** **\$3.5/\$6**

YUCCA **CHIPS*** **\$3.5**

STEAMED VEGETABLES **\$4**

GINGER FLASHED GREENS **\$4**

CHIPS* & SALSA CRUDA **\$3**

GUACAMOLE **\$2/\$4**

SIDE OF SAUCE/SALSA **\$1**

TORTILLA **CHIPS*** **\$2**

GF BREAD **\$3**

SPICED BLACK BEANS **\$3.5**

MASHED POTATOES (NO GRAVY) **\$3.5**

JALAPENO CORN **FITTER*** **\$.5**

STARTERS & SALADS

SOUP

Our house-made vegan soups are usually gluten free. Please ask your server. **\$3 cup, \$5 bowl**

CHIPS* & GUACAMOLE WITH SALSA

Corn tortilla chips with house recipe salsa cruda and fresh guacamole. **\$8**

NACHOS

Chips*, beans, tomato, onion, cheese, guacamole, jalapeño, sour cream, and salsa. **\$10**

GARDEN SALAD

Salad mix, tomato, cucumber, sprouts, and beets. **\$6.5**
Order a side salad with entree for \$3.

QUINOA SALAD

White and red quinoa, black beans, corn, salad greens, cherry tomato, cucumber, bell peppers, red onion, and cilantro lime dressing. **\$11** Add avocado \$1

CAESAR SALAD

Caesar tossed romaine, grilled artichoke, sundried tomato, with grilled tempeh. **\$11**

SPINACH ARTICHOKE DIP

Everyone's favorite party food! Our creamy, spinach artichoke dip is served with tortilla **chips***. **\$9**

TACO SALAD

Mixed greens tossed in Southwest spice dressing with tomato, onion, corn, black beans, cheese, jalapeño, avocado, sour cream, and tortilla **chips***. **\$11**

CHICKEN RANCH SALAD

BBQ or Buffalo tempeh, ranch tossed salad mix, tomato, onion, bell pepper, and cucumber. **\$11**

BRUNCH

SCRAMBLED TOFU DELUXE

Scrambled tofu with sautéed veggies of the day and seasoned quinoa. **\$10**

CAGE FREE OMELET

With **hash***, fruit garnish, and 2 **GF** toast. Choose 3: tomato, onion, peppers, spinach, mushroom, Swiss, Monterey Jack, vegan cheese. **\$12**

Extras: +\$.50 ea.

Egg white only or avocado +\$1 ea.

MEXICANA BOWL

Eggs/scrambled tofu, tomato, onion, jalapeño, guacamole, cilantro, cheese, Mexican rice, black beans, and salsa. **\$11**

CHILAQUILES

Spicy tomatillo salsa tossed with house-made tortilla **chips*** and scrambled tofu or egg. Topped with melted cheese, lettuce, tomato, and green onions. **\$11**

Add avocado or sour cream for \$1 ea.

BRUNCH SIDES

TEMPEH **HASH*** **\$5**

POTATO **HASH*** **\$3**

2 ORGANIC FREE RANGE EGGS **\$4**

TEMPEH STRIPS **\$4**

SEASONAL FRUIT **\$3/\$5**

SIDE OF SCRAMBLED TOFU **\$4**

DESSERTS

SEASONAL CHEESECAKE

Please ask about our seasonal flavors at the time of ordering. Vegan cream cheese filling. **\$7**

AWARD-WINNING SHAKES

Our gluten free flavors are: chocolate peanut butter, mint chocolate chip, vanilla, vanilla chai, strawberry, mocha, and chocolate. **\$7/\$8.5**

PLEASE INFORM YOUR SERVER WHEN ORDERING A GLUTEN FREE ITEM. Many of these items have the same name as items on our regular menu, so let your server know if you want the gluten free preparation. All of these items are free of gluten ingredients, however all items are prepared in a shared kitchen with common utensils, equipment, and fryer oil. Total allergen isolation cannot be guaranteed.

The following items are prepared in a shared fryer:** tortilla chips, sweet potato/hand-cut fries, jalapeño corn fritters, fried plantains, and potato hash. They are marked with a **red asterisk.