

Gluten Free

Here are suggestions for our guests with Celiac condition (gluten sensitivity).

For dessert we suggest our gluten free Raw Cheesecakes which have crust made with walnuts, pecans, almonds, dates & flax seed.

The Chicago Diner
MEAT FREE
SINCE '83

GLUTEN FREE VEGETABLE QUESADILLA
Corn tortillas with grilled mushrooms & spinach, or peppers-onion-jalapenos & melted cheese. Served with salsa. 6.95
Add guacamole +1.95

GLUTEN FREE HUMMUS
Hummus, tortilla chips & veggie dippers. 6.50

EDAMAME
Steamed soybean pods, lightly salted. 3.95

GLUTEN FREE MIDDLE EASTERN PLATTER
Hummus, stuffed grape leaves, feta or tofu, crudites, cucumber sauce & tortilla chips. 8.95

POLENTA FIESTA
Sun dried tomato polenta, topped with oven roasted sweet potato fries, garlic sauteed spinach & onions, melted cheese, spiced black beans & Spanish rice, marinara. 12.95

GLUTEN FREE NACHOS
Tortilla chips with beans, tomato, onion, jalapenos, black olives, guacamole, sour cream, cheese & salsa. 7.50

CHIPS & GUACAMOLE
Corn tortilla chips with our homemade fresh salsa & guacamole. 6.95

GLUTEN FREE BEANS & RICE
Steamed carrots, kale, spiced black beans, brown rice, sun sprouts, grilled tofu & a pickle, with salsa or tomato vodka sauce. 8.95

GLUTEN FREE VEGETABLE STIR FRY
Rice or rice noodles with carrots, broccoli, mushrooms, onions, bean sprouts, zucchini, cabbage & peppers, stir fried in Braggs liquid aminos or garlic & olive oil. 10.95

GLUTEN FREE GREEN EGGS (served before 3:30 pm)
Scrambled free-range eggs, with spinach, broccoli, peppers, onions & pesto, with fruit garnish & brown rice or mashed potatoes. 7.95

GLUTEN FREE OMELETTE (served before 3:30 pm)
A 3 egg (free range) omelette served with rice, sweet potatoes or mashed potatoes & fruit garnish, with up to 3 ingredients: 7.95
tomato, onion, broccoli, green pepper, spinach, mushroom, Swiss, cheddar, soy cheese, feta.
Additional ingredients: +.50 ea
Eggwhite +1.00

GLUTEN FREE THUNDER SALAD
Mixed greens, mushroom, onion, carrot, broccoli, cauliflower, cucumber, sprouts, red cabbage, tomato, olives, garbanzos. With tofu, jack, soy mozzarella or avocado slices. Served with tortilla chips. 10.95

GREEN MACHINE SALAD
Greens, spinach, cucumber, green peppers, broccoli, sprouts, cheese & lime cilantro dressing, avocado slices. 7.95

GLUTEN FREE SANTA FE SALAD
Mixed greens, lime cilantro dressing, tomato, onion, avocado, olives, corn, jicama, black beans, cheese & tortilla chips. 10.95

GLUTEN FREE GARDEN SALAD
mixed greens, red cabbage, carrot, tomato, cucumber. 5.95