

Dietary Restricted Meal Menu

Buddy Holly

- I need this information from you:
 1. Are you coming to the Brunch or the Evening show?
 2. What is your table number?
 3. What time would you like your meal served at?

1) APPETIZER (PICK ONE)

Salad

Choice of Romaine **or** Baby Greens

with your choice of toppings: Red peppers, Carrot, Mushrooms, Cucumber, Beets, Hard Boiled Egg, Tomato

Served with Raspberry Vinaigrette **or** Balsamic Dressing **or** Vinegar and Oil

OR

Hummus Dip

Sesame Seeds, Chickpeas, Lemon, Garlic, Olive Oil

(Gluten Free, Nut Free, Dairy Free, **VEGAN FRIENDLY**)

Served with Rice Crackers **or** Hand Cut Vegetables **or** Baked Baguette (**CONTAINS** Wheat)

2) MAIN COURSE (Pick ONE from each option)

PICK (ONE) MEAL

6 oz. CAB Sirloin Steak (*& how would you like it cooked?*) (Gluten Free, Dairy Free, Nut Free)

OR

Oven Roasted Chicken Breast (Gluten Free, Dairy Free, Nut Free, **CONTAINS**: Soy)

OR

Pan Seared Blue Cod (Gluten Free, Dairy Free, Nut Free)

OR

Vegan Vegetable Chili with Basmati Rice (Gluten Free, Dairy Free, Nut Free, **VEGAN FRIENDLY**)

PICK (ONE) SAUCE/SEASONING

Roasted Tomato Sauce and Basil (Gluten Free, Dairy Free, Nut Free)

OR

Balsamic Garlic Cream (Gluten Free, Nut Free, **CONTAINS**: Dairy)

OR

Mushroom Gravy (Gluten Free, Dairy Free, Nut Free, **VEGAN FRIENDLY**, **CONTAINS**: Soy)

OR

Salt & Pepper

Served with Seasonally Inspired Steamed Vegetables & PICK (ONE) SIDE

Herb & Olive Oil Roasted Baby Potatoes (Gluten Free, Nut Free, Dairy Free, **VEGAN FRIENDLY**)

OR

Mashed Potato (Gluten Free, Nut Free, **CONTAINS**: Dairy)

OR

Basmati Rice

3) DESSERT (PICK ONE)

Fresh Fruit Salad with Vanilla Yogurt (Gluten & Nut Free, **TAKE OUT YOGURT IF VEGAN**)

OR

Mango and Raspberry Sorbet, with Berries (Gluten, Nut, Dairy Free, **VEGAN FRIENDLY**)

OR

Coconut Chocolate Vegan Cake (Gluten, Nut, Dairy Free, **VEGAN FRIENDLY**, **CONTAINS**: Coconut Milk, Soy)

Made in a bakery where there may be trace of nuts