

Dietary Restricted Meal Menu

Mama Mia

- 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, Hard Boiled Egg, Tomato

Served with Buttermilk Ranch **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**)

OR

Traditional Tzatziki: (Contains Dairy and Sulfites)

Served with Gluten Free Crackers **or** Hand Cut Vegetables

OR

Chilled Seafood Platter: Chilled Shrimp, Salmon Gravlax, Smoked Peppered Mackerel, Marinated Seafood Salad,

2) MAIN COURSE (Pick ONE from each option)

PICK (ONE) MEAL

8 oz. CAB Striploin Steak (& how would you like it cooked?) (Gluten Free, Dairy Free, Nut Free)

OR

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

OR

Pan Seared Snapper (Gluten Free, Dairy Free, Nut Free)

OR

Vegan Roasted Vegetable Pasta: Grilled Vegetables, Vegan Friendly Rotini Pasta, Vegan Cheese, and Tangy Tomato Sauce

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

PICK (ONE) SAUCE/SEASONING

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

OR

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

OR

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

OR

Salt and 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

Steamed Rice

3) DESSERT (PICK ONE)

Vanilla Crème Brule (Gluten & Nut Free, **Contains** Dairy)

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