



Kendal~Crosslands

Alternative Menu

ENTREES

♥Vegan Moroccan Stew ~ Gluten Free

Carrots, Sweet Potatoes, Eggplant, Bell Peppers, Diced Tomatoes, Zucchini, Garbanzo Beans, Raisins, with Parsley, Onions, Garlic, Cumin, Turmeric, Cinnamon & Red Pepper Flakes

Vegan Chili ~ Gluten Free

Black Beans, Crushed Tomatoes, Corn, Rice, Onions, Bell Peppers & Garlic

Vegan Roasted Red Pepper Pasta ~ Gluten Free

Roasted Red Peppers, Onions, Garlic, Italian Seasoning, Spaghetti Sauce, Nutritional Yeast, Coconut Milk over Gluten Free Pasta

Beyond Burger (Vegan) on a Brioche Bun (non-vegan) with Lettuce, Sliced Tomato & Sliced Onion

Chipotle Black Bean Burger (Vegan) on a Brioche Bun (non-vegan) with Lettuce, Sliced Tomato & Sliced Onion

Hamburger or Cheeseburger on a Brioche Bun with Lettuce, Sliced Tomato & Sliced Onion ~Plain Hamburger is Gluten Free

Grilled Cheese Sandwich

♥Grilled Chicken Breast~Gluten Free

(Seasoned upon Request)

♥Poached Fillet of Fish~Gluten Free

(Seasoned upon Request)

Plain or Cheese Omelet

~Your choice of regular or cholesterol free eggs~

Cheese Selections Menu Items: American, Cheddar, Swiss & Vegan Cheddar

ACCOMPANIMENTS

♥Baked Potato

♥Green Beans

OTHER GLUTEN FREE SELECTIONS

Whole Grain Bread

Gluten Free Snickerdoodles or Brownie

♥Denotes Heart Healthy

Please allow preparation time for Alternative
Selections as they are prepared to order.

