

Menu Suggestions for Gluten Free Diets

Our menu is flexible and vegetarian friendly. Below are some suggestions to cater to your specific diet. As always, please alert your server to any allergies or sensitivities.

- Red Beans are made with a small amount of soy sauce, otherwise gluten free with the option of corn chips
- Szechuan Stir Fry contains Soy Sauce
- Veggie Burger, Tempeh, Roasted Rosemary Potatoes & Meatballs are NOT Gluten Free
- Gluten Free Dressing options are—Champagne Dill, Buttermilk Ranch, Curry Yogurt, Oil & Vinegar

Menu Items that can be ordered Gluten Free :

- ◇ Tofu can be made with Tamari (instead of soy sauce) upon request
- ◇ Grilled Potatoes / Grilled Potatoes w/ cheese
- ◇ Roasted Beet Caprese
- ◇ Parkside Salad
- ◇ Garfield Salad
- ◇ KC Salad
- ◇ Shaved Salad
- ◇ Greek Salad
- ◇ Mediterranean Plate / substitute corn chips instead of pita
- ◇ 3– Cheese Plate / substitute corn chips instead of croutons
- ◇ Risotto Cakes (Dinner Only)
- ◇ Yvonne and Bagel(Rice) #1 can be made with Tamari (instead of soy sauce) upon request
- ◇ All Bagel Sandwiches can be served over rice
- ◇ Burger / no bun
- ◇ Spinach Saute on rice
- ◇ Creole Catfish
- ◇ Airline Chicken (Dinner Only)
- ◇ Salmon
- ◇ Steak (Dinner Only)

Menu Suggestions for Vegan Diets

Our menu is very flexible and very vegetarian friendly. We do offer many options for Vegan & Gluten free diets. Below are some suggestions to cater to your specific diet. As always, please alert your server to any allergies or sensitivities.

- Tempeh and Tofu are available to add to any menu item
- Rye Bread or Bagels are Vegan
- Homemade Pies are Vegan
- Vegan Dressing options are Oil & Vinegar or Sesame Soy Vinaigrette

Menu Items that can be ordered Vegan:

- ◇ Grilled Potatoes
- ◇ Roasted Beet Caprese / without buratta
- ◇ Mediterranean Plate
- ◇ Parkside Salad / without bacon & gorgonzola
- ◇ Garfield Salad / without turkey & swiss
- ◇ KC & Greek salad / without feta
- ◇ Shaved Salad / without Champagne Dill
- ◇ Side Salad
- ◇ Tempeh Rueben / without dressing & swiss (Lunch Only)
- ◇ Grilled Peanut Butter Sandwich (Lunch Only)
- ◇ Veggie Burger / on rye or bagel
- ◇ All Bagel Sandwiches / with Tempeh or Tofu
 - * sesame soy dressing or oil and vinegar
 - * omit feta from #2
 - * can be served over Rice instead of Bagel
- ◇ Yvonne on Rye / without swiss
- ◇ Red Bean Burrito / without cheese or sour cream / add Tempeh or Tofu (Lunch Only)
- ◇ Red Beans & Rice / without cheese or sour cream / add Tempeh or Tofu
- ◇ Spinach Saute / without feta / add Tempeh or Tofu
- ◇ Orange Szechuan Stir Fry / add Tempeh or Tofu
- ◇ Tomato Herb / without cheese/add Tempeh or Tofu
- ◇ Ling Ratatouille w/o butter & cheese Dinner Only
- ◇ Olive Tapenade Bruschetta w/o feta Dinner Only