

# THE GRANARY

## GLUTEN FREE GUIDE

We provide this menu guide to assist customers when ordering their food gluten free. Please note that there will be an up-charge to substitute items with the gluten free bread option.

It is the customer's responsibility to make the server aware of all changes and substitutions.

Thank you.

### PANCAKES

All our pancakes are available gluten free please ask when you order them. There will be an Upcharge for all GF pancakes \$\$

**Banana Crunch** - May contain traces of gluten

**Waffles - NOT GLUTEN FREE**

----- 0 -----

**Spicy Sausage Sandwich**- order gluten free bun \$\$

**Build Your Own** - order gluten free bun or muffin\$\$

**Sunshine Burger** - order gluten free bun \$\$

**Bacon Butty** - order gluten free bun \$\$

**Traditional BLT**- order gluten free bun\$\$

**Breakfast Grill Cheese** - NOT AVAILABLE

**Classic French Toast**- order gluten free bun \$\$

----- 0 -----

### OMELETS

Order sliced tomato instead of toast or a gluten free bun or muffin \$\$

**The Fry Up** - order sliced tomato instead of toast

**The Skillet** - order sliced tomato instead of toast

**All Types of Eggs Benedict** - order with GLUTEN FREE MUFFIN \$\$

**Crab Benedict** - IS gluten free if you order GF muffin

**Breakfast Quesadillas** - NOT GLUTEN FREE

**Two Eggs & Meat** - order sliced tomato no toast

**Country Steak** - NOT GLUTEN FREE

**Breakfast Tacos** - order with corn tortillas

**Breakfast Burrito** - NOT GLUTEN FREE

**Loaded Chorizo Hash**- order sliced tomatoes instead of toast

**Avocado Toast** - Order on a GLUTEN FREE MUFFIN

**Corned Beef Hash** - Order with sliced tomatoes instead of toast.

----- 0 -----

**Fresh Fruit Parfait** - order with no granola

**Skinny Omelet** - order side sliced tomato instead of toast OR with a gluten free muffin \$\$

**Oatmeal**- May contain traces of gluten

**KoKo Breakfast Wrap** - order with corn tortilla (Served taco style)

**The Healthy Platter** - order side sliced tomato OR a gluten free muffin \$\$

----- 0 -----

**GLUTEN FREE BUN - \$2 UPCHARGE**  
**GLUTEN FREE ENGLISH MUFFIN - \$1 UPCHARGE**

**SORRY BUT OUR  
FRENCH FRIES ARE NOT  
GLUTEN FREE AS THEY  
ARE FRIED IN THE SAME  
OIL AS MENU  
ITEMS CONTAINING  
GLUTEN**

## SALADS

**ALL OF OUR SALAD DRESSINGS  
ARE GLUTEN FREE WITH THE EXCEPTION OF  
THE ASIAN**

**Granary Salad** - order with no croûtons

**Mediterranean Salad** - 100% gluten free

**Caesar Salad** - order with no croûtons

**Oriental Salad** - Order without wontons  
and different dressing

**Crab and Avocado Salad** - 100% gluten free

**Bang Bang Salad** - 100% gluten free

----- 0 -----

**Seafood Chowder** - 100% gluten free

**Tomato & Basil Soup** - 100% gluten free

**Soup of The Day** - may contain gluten, please  
ask your server

----- 0 -----

**Deli Sandwich Selection** - order with gluten  
free bun or no bun. Order with slaw, fruit or  
salad. Order salad with no croûtons

**Pick 3 Options** - Order with a gluten free bun  
and take the other half of the bun home or  
Order with no bread

----- 0 -----

**Fish and Chips** - not available gluten free

**Chicken or Shrimp Tacos** - order with corn tortillas

**GLUTEN FREE BUN  
\$2 UPCHARGE**

**GLUTEN FREE ENGLISH MUFFIN  
\$1.50 UPCHARGE**

## ORDER ALL SANDWICHES WITH SLAW, FRUIT OR A SALAD WITH NO CROUTONS

**Ultimate Pastrami** - order gluten free bun \$\$

**Tuna Salad** - order gluten free bun \$\$

**Classic Grilled Cheese** - order with gluten  
free bun \$\$

**Thai Chicken Salad Wrap** - order with gluten  
free bun \$\$ or corn tortillas

**Tuna Melt with a Twist**- order with gluten free  
muffin \$\$

**Pulled Pork** - order with gluten free bun \$\$

**Grilled Chicken and Pesto** - order with gluten free  
bun \$\$

**Turkey & Guacamole Wrap** - order with corn  
tortillas (served taco style)

**Fried Cod** - NOT GLUTEN FREE

**Monte Christo** - NOT GLUTEN FREE

**Club Sandwich** - order with a gluten free bun \$\$

**Bang Bang CFS** - NOT GLUTEN FREE

**Crab Sandwich** - order on a gluten free bun

----- 0 -----

## ORDER ALL BURGERS WITH SLAW, FRUIT OR SALAD. SALAD WITH NO CROUTONS

**Lamb Burger** - order with gluten free bun \$\$

**BBQ Beer Burger** - order with gluten free bun \$\$

**Build Own Burger** - order with gluten free bun \$\$

**SORRY BUT OUR  
FRENCH FRIES ARE NOT  
GLUTEN FREE AS THEY  
ARE FRIED IN THE SAME  
OIL AS MENU ITEMS  
CONTAINING GLUTEN**