

# Gluten-Free

We practice caution in preparing our gluten-free items and do our best to produce a gluten-free product. We are not a gluten-free environment and therefore there is a possibility for food to come in contact with wheat gluten. Consider this information for your individual requirements and needs.

## Starters

**Soup of the day** GF  
cup 5.50 bowl 6.50

**Garden Salad** LC V GF  
choice of gluten-free  
dressing 5.95

**Hummus Platter** LC V GF  
marinated Wisconsin  
Feta, fresh vegetables 9.95

## Entrees

**Grilled Chicken** GF  
pommery sauce,  
fresh vegetables,  
whipped potatoes 13.95

**Grilled Alaska  
Salmon** GF  
fresh vegetables,  
whipped potatoes 16.95

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### Gluten-Free Dressings:

Signature Toasted Sesame  
Signature Maurice  
White balsamic vinaigrette  
Oil and vinegar

## Salads

**Kale & Quinoa**  
garbanzo beans, dried  
cranberries, almonds,  
Wisconsin feta cheese,  
brown rice and red quinoa  
blend, lemon vinaigrette  
9.95 LC V GF  
with chicken 11.95

**Mandarin  
Chicken** LC GF  
mixed greens, grilled  
chicken breast, red peppers,  
green onions, almonds,  
water chestnuts, pea pods,  
Signature Toasted  
Sesame dressing 11.95

**Maurice** GF  
ham, turkey, Wisconsin  
Monterey Jack, lettuce,  
egg, sweet gherkins,  
olives and our Signature  
Maurice dressing 11.95

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## Sandwich

**Turkey Sandwich** GF  
Monterey Jack, lettuce, tomato, Dijon mustard on  
gluten-free whole grain bread, choose side of:  
fruit, garden salad, or hummus & veggies 10.50

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## Dessert

**2 Scoops of Ice Cream** GF 4.00

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Ask your server about menu items that are cooked to order or served raw. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Check out [www.macysrestaurants.com](http://www.macysrestaurants.com) to see exact calorie and nutritional information on our featured healthy dishes. Enjoy!

LC less than 650 calories V vegetarian GF gluten-free