

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

Gluten-Free Dressings:

Signature Toasted Sesame
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

**Grilled
Flank Steak** ^{GF}
mixed greens, grilled-
to-order steak, grape
tomatoes, Wisconsin
Gorgonzola, grilled red
onion, shoestring
potatoes, choice of
gluten-free
dressing 14.95

Sandwich

Turkey Sandwich ^{GF}
provolone, lettuce, tomato, Dijon mustard on
gluten-free whole grain bread, choose side of:
fruit, garden salad, or hummus & veggies 10.50

Dessert

2 Scoops of Ice Cream ^{GF} 4.00

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 to see exact calorie and nutritional information on our featured healthy dishes. Enjoy!

LC less than 650 calories **V** vegetarian **GF** gluten-free