

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

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

Salads

KALE & QUINOA GF

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

MANDARIN CHICKEN LC GF

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

GLUTEN FREE DRESSINGS:

Signature Toasted Sesame

≈ White balsamic vinaigrette ≈ Oil and vinegar ≈

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