



Gluten-free Options at Beans in the Belfry

Dear Patrons,

Upon special request, we can serve the following menu items on gluten-free bread, gluten-free bagel or gluten-free English muffins; we will heat them separately in our convection oven. This may take a little extra time.

Breakfast Sandwich (egg, bacon, American cheese)

Lox and Bagel

Eggs Benedict (Sunday Brunch only)

Smoked Turkey panini

Tuscan panini

Roma panini

Veggie panini

**Sanctuary Salad with our orange-sesame Sanctuary dressing
Harvest Salad, ask for lemon-juice and olive oil instead of dressing**

Gluten-free Desserts:

Fresh Fruit or Fruit Cup (not always available)

Gluten-free Cookies and Brownies

We would appreciate your feedback and suggestions!

Gluten-free Options at Beans in the Belfry

Gluten-free brown rice and oats bread

Gluten-free bagels

Gluten-free English Muffins

Ingredients used:

Hellman's Real Mayonnaise

Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, natural flavors, calcium disodium edta (used to protect quality).

Tuscan Sandwich:

Gluten-free bread, mayonnaise, hard salami, capicola ham, peppered ham, provolone cheese, tomatoes, fresh spinach, red onions

Meat Ingredients by Kunzler of Lancaster, PA

Hard Salami

Pork, Salt, less than 2% of the following: Dextrose, natural flavoring, wine, natural smoke flavor, garlic, lactic acid, starter culture, sodium ascorbate, potassium nitrate, sodium nitrate

Capicola Ham

Pork, water, sodium lactate, salt, sodium phosphates, carrageenan, natural flavoring, paprika, sodium erythorbate, sodium nitrate, dextrose

Peppered Ham

Pork cured with water sodium lactate, 2% or less of salt, sugar, sodium phosphates, carrageenan, sodium erythorbate, sodium nitrate, natural flavorings

Smoked Turkey Sandwich:

Gluten-free bread, mayonnaise, smoked turkey, pepper-jack cheese, whole cranberry sauce

Smoked Turkey by Perdue

Turkey breast, turkey broth, 2% or less of potassium lactate, salt, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrate, natural flavorings