



## **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**