



# Celiac-Friendly Choices

## Lunch and Dinner

The following is a list of menu items with gluten free ingredients. We are not a "wheat-free" kitchen; however we strive to give you options for your specific dietary needs. Our toast is made in a toaster used only for gluten-free bread.

### Soup - 6.00

Our soups change daily. Ask your server if today's soup is gluten free.

### House-cut Fries - 4.00

Made in-house using our gluten free fryer!

**PLEASE ADVISE YOUR SERVER THAT YOU ARE ORDERING FROM THE CELIAC MENU**

### Green Salad - 9.50

A blend of fresh salad greens, peppers, carrots, red onions and cherry tomatoes with Balsamic herb vinaigrette.

### Add Cajun or lemon pepper marinated chicken breast - 6.00

### Add Diner's Vegetarian Burger patty - 4.00

5oz patty made in-house from soy beans, brown rice, eggs, onions, sunflower seeds and flax meal.

### Jambalaya - 16.00

A Cajun Classic! A spicy combination of sausage, chicken, rice, tomato and shrimp slowly simmered. Served with corn tortillas.

### Nachos - 10.00

Crispy corn tortillas, refried beans and cheddar cheese, baked, then topped with fresh diced tomatoes, green onions and jalapenos.



Order with house-made salsa, sour cream or Diner's guacamole.

\*Add 2.00 for each dip.

### Hummus Plate - 13.00

The traditional Middle Eastern chick pea dip served with corn tortillas and choice of fries, green salad or steamed veggies.

### Gluten free Diner's Clubhouse - 17.00

Locally raised chicken breast, bacon, tomato, lettuce & mayonnaise on toasted gluten free bread. Choice of fries, green salad or steamed veggies.

### Chicken Souvlaki Plate - 17.00

6oz of tender chicken thigh meat marinated in lemon juice, olive oil and herbs, grilled and served with rice, tsatsiki and choice of green salad or steamed vegetables.



### Spinach Enchilada - 15.00

Cooked spinach, tomatoes, onion, garlic, herbs and spices, wrapped in corn tortillas with jack cheese.

Served with rice, Santa Fe black beans and house-made salsa. **Substitute salad or steamed veggies instead of rice & beans \$2.00**



**Thai Coconut Curry Chicken - 17.00**

7oz chicken breast (skin on – wing bone in), locally raised, antibiotic & hormone free, marinated in lemongrass and spices, served over rice in a curry coconut sauce with steamed veggies.

**Chicken Fajitas - 17.00**

Locally raised chicken breast with grilled red and green peppers, onions and cheddar cheese wrapped in corn tortillas and baked. Topped with sour cream, Diners' guacamole, house made salsa, diced tomatoes and green onion. Served with rice and Santa Fe black beans

**Substitute salad or steamed veggies** instead of rice & beans \$2.00

**Ukrainian Thursdays - 17.00**

Every Thursday we serve gluten-free pyrogys with sautéed onion and sour cream, Widynowski's garlic sausage, your choice of sweet Holubtsi (cabbage rolls) in tomato sauce, or sour cabbage rolls in cream sauce, and a cup of Adam's home-made borscht with dill sour cream.

**Black Bean Chili - 13.00**

A vegetarian delight made with Santa Fe spiced chilis, topped with cheddar, Diner's guacamole and sour cream, with corn tortillas for dipping.

**Chicken Tostada - 16.00**

Corn tortillas layered with re-fried beans, lettuce, tomato, green onions, jalapenos, Cajun chicken breast, Diner's guacamole, sour cream, house-made salsa and cheddar cheese.

**Beef Tostada - 15.00**

Replace the chicken with locally produced antibiotic & hormone-free seasoned ground beef.

**Veggie Tostada - 13.00**

## Highlevel Diner Desserts

**Flourless Chocolate Cake - 7.50**

A decadent treat – dense, rich and chocolaty. Topped with raspberry coulis and real whipped cream. You won't believe how good it is.

**Planning a Party?** Your family and friends will enjoy this cake as much as you will. Order a whole cake "to go" for \$30.00 (8 oz. container of raspberry coulis included). Must be ordered by noon the day before.



# Frozen Delights

**Pinocchio's Italian \*Gelato - 5.25**

Madagascar Vanilla or Belgian Chocolate Gelato

**Pinocchio's Italian Sorbet - 5.25**

Ask your server about today's flavours

**Amaretto Ball - 6.50**

Amaretto gelato rolled in peanut pieces

**Hazelnut Kiss Ball - 6.50**

Chocolate Hazelnut gelato rolled in chocolate chips and hazelnut pieces

**Tartufo Ball - 6.50**

Rich Belgian Chocolate gelato rolled in cocoa with a Madagascar Vanilla gelato centre

\*Gelato is Italian ice cream. Our supplier, Pinocchio's, uses natural ingredients (no fillers) to make a rich, delicious dessert with much less sugar than most other ice cream products.