



Gluten Information

We believe you will find the information contained in this document helpful and informative. Please use this document in advance to help you order meals at Flying Star Cafes. Our counter staff is happy to comply with your changes, but will not be able to assist you with Gluten issues. Please feel free to contact us at info@flyingstarcafe.com for more information.

Flying Star does not have the ability to responsibly produce 100% gluten free foods. Our commissary and cafes are such that cross contamination with ingredients containing gluten is inevitable. THIS ALSO APPLIES TO ITEMS PURCHASED FROM OUTSIDE GLUTEN FREE FACILITIES USED IN OUR PRODUCTION.

Therefore, we believe it is impossible for us to offer any gluten free menu items at this time.

Below is a list of menu items that DO NOT CONTAIN GLUTEN (which are NOT gluten free) when modified as suggested. Note the eliminations/substitutions remove gluten containing foods but not the possibility of cross contamination.

Menu Items to Avoid:

- **ANYTHING deep fried** - Although our frying oil is 100% canola oil & trans fat free, cross contamination with gluten containing items is certain.
- **Blue corn tortillas** - They are not 100% gluten free.
- **Soups**- Our soups are made from scratch and are the inventions of our chefs. Most begin with a flour based roux and the final ingredients are at the chef's discretion.
- **Pot Pie**- Our pot pie mix also begins with a flour roux.
- **Sauces** - Buddha sauce, green chile sauce, Lo Mein sauce- all made with a vegetable base that may contain modified starches.
- **Dressings** - Other than House, Avocado Vinaigrette and Spicy Asian Sesame. We use small amounts of various starches to thicken our creamy dressings.

Choosing any of the following Menu Items is at your own risk.

Flying Star/Satellite Coffee/Rio Chan Foods cannot guarantee they are gluten free even with suggested modifications.

Continued on next page:

Salads:

Mediterranean Nosh – Hummus, olives, cucumbers, tomatoes, fresh basil, and olive oil. **REQUEST NO BREAD OR SUB BROWN RICE.**

Acapulco - Pan fried shrimp, avocado slices, field greens, jicama, orange slices and Avocado Vinaigrette*. **REQUEST NO CORN CHIPS.**

*Avocado Vinaigrette contains mashed avocados, cider vinegar, onion, garlic, canola oil, olive oil, sugar, salt, lemon and lime juices.

Caesar Salad (with or without Chicken) – Romaine lettuce, Caesar dressing*, shaved Pecorino Romano, **REQUEST NO CROUTONS.**

*Caesar dressing consists of Romano, Parmesan cheeses, egg yolk, red wine vinegar, olive and canola oils, roasted garlic, salt, black pepper, Dijon mustard, Worcester sauce, anchovy paste.

Chinese Crunch - **REQUEST NO WONTON CHIPS** - Romaine lettuce, red cabbage, nappa cabbage, edamame, carrots, cucumber, cilantro, green onions, grilled all natural chicken breast (**grilled on a surface where gluten containing products have been cooked**) or tofu (**fried in a fryer where breaded items might have been fried**) and Spicy Asian Sesame dressing*.

*Spicy Asian Sesame dressing consists of an olive/canola oil blend, sesame oil, apple cider vinegar, sweet Thai chili sauce, salt & pepper.

Crave - Bleu cheese, dry roasted almonds, field greens, fresh strawberries, fresh granny smith apples, House dressing*, almonds, dried cranberries, & fresh oranges.

*House dressing consists of olive/canola blend, rice wine vinegar, lime juice, roasted garlic, salt, pepper, sugar, granulated onion, Dijon mustard, & oregano.

Chopped Cobb - Romaine lettuce, bacon (**cooked on a surface where gluten containing products have been cooked**), roasted turkey breast, fresh avocado, bleu cheese, free farmed eggs hardboiled, fresh tomatoes tossed with House dressing*, ingredients listed above.

Miscellaneous Foods:

Beef Burgers - 100% all natural, hormone free beef. **REQUEST NO BUN.** (Buns are grilled on the same grill as the burger). Order with brown rice or pinto beans as a side.

Breakfast All Day - An egg dish or an omelette could possibly be a satisfying & a safe choice. Free farmed eggs, your choice of three ingredients in the omelette. There are no fillers in our turkey sausage (local turkey, green chile, salt). (**Turkey sausage & bacon are cooked on a grill that also is used to cook gluten containing products.**) You may request fruit and/or brown rice as substitutes for toast and potatoes.

Create Your Own Meal by ordering Side Dishes – 1) Brown Rice 2) Steamed Buddha Vegetables or Broccoli (**NO Buddha sauce**) 3) Pinto Beans 4) Fresh fruit 5) Little Greens with House dressing and Goat Cheese.

*****It is important to note that all of above products are made in a facility that produces and cooks items containing gluten*****