

Carrows Gluten-Free List

Breakfast Entrée's

Joe's Omelette (w/o toast or bread)	Prime Rib & Eggs (w/o toast or bread)
Denver Omelette (w/o toast or bread)	Breakfast Enchiladas (w/o toast or bread)
Bacon Avocado Jack Omelette (w/o toast or bread)	Supreme Skillet (w/o toast or bread)
Vegetable Omelette (w/o toast or bread)	Vegetable Skillet (w/o toast or bread)
Steak & Eggs (w/o toast or bread)	Hearty Breakfast Skillet (w/o toast or bread)
Corned Beef Hash & Eggs (w/o toast or bread)	Migas Skillet (w/o toast or bread)
Joe's Omelette (w/o toast or bread)	Prime Rib & Eggs (w/o toast or bread)

Breakfast Sides

Eggs	Country Potatoes
Fresh Seasonal Fruit	Hash Browns
Breakfast Meats (Bacon, Saus. Links or Patty, Turkey Saus.	

Lunch/Dinner Entrée's

Mile High Santa Barbara Chopped Caesar Salad (no croutons)	T-Bone Steak (w/o bread)
Charleston Salad	Ribeye Steak (w/o bread)
Southwest Chicken Salad	Top Sirloin Steak (w/o bread)
Active & Lively Sirloin Steak Dinner (w/Baked Potato-Plain)	Prime Rib (w/o bread)
BBQ Ribs (w/o bread)	Blackened Prime Rib (w/o bread)
Salmon - grilled & served natural (no teriyaki), (w/o bread)	

Lunch/Dinner Sides

Dinner Salad (no croutons)	Salad Dressings:
Dinner Vegetables	Chipotle Dressing
Creamed Spinach	Honey Mustard Dressing
Baked Potato	Lite Italian Dressing
Mashed Potatoes	Ranch Dressing
Broccoli Soup	Thousand Island Dressing
Potato Cheese Soup	
Split Pea Soup	
Chicken Tortilla Soup	

Desserts

Ice Cream	Mini Hot Fudge Sundae
Old Fashioned Shakes	Root Beer Float

Allergens: Please be aware that due to shared cooking and preparation areas, including common fryer oil, the possibility exists that a food may come in contact with other foods. As a result, we are unable to guarantee that any particular food item can be free of specific allergens.