

# GLUTEN FREE BUFFET

## BREAKFAST

All Eggs And Omelets Cooked To Order • Scrambled Eggs

### All Breakfast Meats:

Bacon • Sausage Links • Sausage Patties • Baked Ham • Corn Beef Hash • Turkey Sausage

**Breakfast Potatoes:** Hash Browns • Country Fried Potatoes

## LUNCH AND DINNER ITEMS

**Entrees:** Enchiladas, Cheese, Chicken And Turkey (*No Seafood*),  
Jambalaya, Seafood Creole (*No Imitation Crab*)

## MEATS

Baked Ham • Roasted Turkey • Baked And Roasted Chicken • Roast Beef  
Pork Loin • Beef Ribs • Pork Ribs (*Non Breaded*) • Pork Chop (*If Broiled*) • Taco Meat  
Beef Machaca • Pork Carnita

## SAUCES

Marinara • Bolognese • Pomodoro • Raisin • Fruit Glaze • BBQ Sauce • House Made Salsas  
Pico De Gallo • Roasted Red Salsa • Tomatillo Salsa

## FISH

**All Fish Is Gluten Free:** Swordfish, Tilapia, Salmon (*Not Stuffed*), Swahi Basa, Catfish  
Depending on Preparation

Baked, Poached, Broiled Are Gluten Free (*With No Sauce Or Flour That Has Been Added*)

## POTATOES, BEANS, AND RICE

Mashed Potatoes • Roasted Potatoes • Baked Potatoes • Baked Or Roasted Sweet Potatoes  
Brown Rice • Wild Rice • Rice Pilaf • Dirty Rice • Red Beans • Refried Beans  
Chinese Sticky Rice (*Stir Fried Rice Has Small Amounts Of Gluten*)

## VEGETABLES

*All Vegetables Are Gluten Free*

Broccoli • Zucchini • Squash • Green Beans • Corn On The Cob • Cut Corn • Collard Greens  
Vegetable Blends (*Except Chinese Stir Fry Vegetables Have Small Amounts Of Gluten*)

## SALAD BARS

Lettuce • Fresh Vegetable And Salad Toppings • Yogurts • Cottage Cheese  
All Fresh Fruits And Melons (*Some Canned Fruits May Contain Small Amounts Of Added Gluten*)  
Most Dressings Contain Small Amounts Of Gluten (*Use Olive Oil And Vinegar*)

## DESSERTS

*All Desserts Contain Some Form Of Gluten*

**Frozen Yogurts:** Contains Very Small Amounts Of Gluten

**Sorbet:** Are The Only Gluten Free Items

Watermelon • Strawberry • Lemon • Mango • Passion Fruit

We reserves the right to change any of the  
buffet items without prior notice and items may  
vary on a daily basis.

# GOLD COAST<sup>®</sup>

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Years of Boyd Style