

NOSC Dietary Menu

LUNCH MENU

| <u>Menu Item</u> | <u>Gluten Free*</u> | <u>Vegetarian</u> | <u>Vegan</u> | <u>Contains Eggs</u> | <u>Contains Tree Nuts</u> | <u>Contains Dairy</u> | <u>Celiac Friendly</u> |
|-------------------------------------|-------------------------|-------------------|--------------|----------------------|---------------------------|-----------------------|------------------------|
| GULF COAST CATFISH | | | | | | | |
| TARTAR SAUCE | X | X | X | | | | X |
| RED BEANS w/ Sausage | X | | | | | | X |
| RICE | X | X | X | | | | X |
| VEGETARIAN RED BEANS (upon request) | X | X | X | | | | |
| JAMBALAYA | | | | | | | |
| SOUTHERN SPOON BREAD | | X | | | | X | |
| SALAD DU JOUR | Please ask Chef on Duty | | | | | | |
| BREAD PUDDING | | X | | X | Consult with Staff | X | |

DINNER MENU

| <u>Menu Item</u> | <u>Gluten Free*</u> | <u>Vegetarian</u> | <u>Vegan</u> | <u>Contains Eggs</u> | <u>Contains Tree Nuts</u> | <u>Contains Dairy</u> | <u>Celiac Friendly</u> |
|--------------------------------|-------------------------|-------------------|--------------|----------------------|---------------------------|-----------------------|------------------------|
| TOSSSED SALAD DU JOUR | Please ask Chef on Duty | | | | | | |
| CAESAR DRESSING | X | | | X | | | X |
| CHICKEN AND SAUSAGE GUMBO | | | | | | | |
| RICE | X | X | X | | | | X |
| TOP ROUND | X | | | | | | X |
| LOUISIANA FRIED CHICKEN THIGHS | | | | | | | |
| BAYOU SEAFOOD PASTA | | | | | | X | |
| CRAWFISH ETOUFEE | | | | | | | |
| HERB ROASTED SWEET POTATOES | X | X | X | | | | X |
| CORN MAQUE CHOUX | X | X | | | | X | |
| SOUTHERN STEWED OKRA | X | X | X | | | | X |
| BREAD PUDDING | | X | | X | Consult with Staff | X | X |
| DINNER ROLLS | | X | | X | | | |

SUNDAY BRUNCH MENU

| <u>Menu Item</u> | <u>Gluten Free*</u> | <u>Vegetarian</u> | <u>Vegan</u> | <u>Contains Eggs</u> | <u>Contains Tree Nuts</u> | <u>Contains Dairy</u> | <u>Celiac Friendly</u> |
|------------------------------|---------------------|-------------------|--------------|----------------------|---------------------------|-----------------------|------------------------|
| CHICKEN AND SAUSAGE GUMBO | | | | | | | |
| RICE | X | X | X | | | | X |
| FRENCH EGGS (11am only) | X | X | | X | | X | X |
| TOP ROUND (2pm only) | X | | | | | | X |
| GRILLADES | | | | | | | |
| GRITS | X | X | | | | X | X |
| SHRIMP (w/ Shrimp and Grits) | | | | | | | |
| SMOKED SALMON | X | | | | | | X |
| BISCUITS | | X | | | | X | |
| SOUTHERN WHITE SAUSAGE GRAVY | | | | | | X | |
| BREAKFAST POTATOES | X | X | | | | X | |
| PORK LINK SAUSAGE | X | | | | | | |
| CREOLE CREAMED SPINACH | X | X | | | | X | |
| BRIOSCHES A LA CANNALLE | | X | X | | | | |
| ASSORTED PASTRIES | | X | | X | MAY | X | |

* Disclaimer: Although some of these items are listed as having gluten free ingredients, due to our open air kitchen, we cannot guarantee a gluten free environment. They are prepared in the same kitchen and ovens as other non gluten free menu items and there is always a possibility of cross contamination from trace amounts crossing over through the air from the other kitchen areas.