

# 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	X						
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	X
CHICKEN AND SAUSAGE GUMBO							
RICE	X	X	X				X
TOP ROUND	X						X
LOUISIANA FRIED CHICKEN THIGHS							
BAYOU SEAFOOD PASTA						X	
CRAWFISH ETOUFFEE							
HERB ROASTED SWEET POTATOES	X	X	X				X
CORN MAQUE CHOUX	X					X	
CREOLE CREAMED SPINACH	X	X				X	X
BREAD PUDDING		X		X	Consult with Staff	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)	X						
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				
KING CAKE		X		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.