



# Gzowski College

## Dietary Restrictions



Parea:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nuts?	Contains Gluten?
Mac and Cheese	Lacto vegetarian	NO	YES	YES	NO	YES
Chicken Fettuccini Alfredo	Ask for no chicken	NO	YES	YES	NO	Ask for gluten-free noodles
Spaghetti and Meatballs	Ask for vegetarian meatballs	NO	NO	NO	NO	Ask for gluten-free noodles
Create Your Own Pasta	Ask for noodles, tomato sauce, vegetables, tofu, vegetarian meatballs, or beans	Ask for noodles, tomato sauce, vegetables, tofu, or beans	Ask for halal chicken strips	Ask for tomato sauce, no cheese	NO	Ask for gluten-free noodles
Premium Scoop and Serve Pasta: Lasagna	NO	NO	YES	YES	NO	YES

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Premium Scoop and Serve Pasta: Rotini Primavera with Chicken in a Rose Sauce	NO	NO	YES	YES	NO	YES
Premium Scoop and Serve Pasta: Cheese Tortellini and Italian Sausage Casserole with Pesto Cream	NO	NO	NO	YES	NO	YES
Premium Scoop and Serve Pasta: Baked Penne with Turkey Bolognese	NO	NO	NO	YES	NO	YES
Premium Scoop and Serve Pasta: Shrimp Bowtie Alfredo with Spinach and Grape Tomatoes	NO	NO	YES	YES	NO	YES

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Premium Scoop and Serve Pasta: Beef and Cheese Ravoli with Roasted Mushrooms and Peppers in Tomato Sauce	NO	NO	NO	YES	NO	YES
Premium Scoop and Serve Pasta: Spinach and Cheese Cannelloni in Tomato Sauce with Mozzarella and Parmesan	Lacto/ovo vegetarian	NO	YES	YES	NO	YES
Premium Scoop and Serve Pasta: Teriyaki Chicken Stir Fry	NO	NO	YES	NO	NO	YES
Premium Scoop and Serve Pasta: Spicy Pepper Steak Stir Fry and Rice	NO	NO	NO	NO	NO	NO

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Premium Scoop and Serve Pasta: Pineapple Chicken with Vegetables and Rice	NO	NO	YES	NO	NO	NO
Premium Scoop and Serve Pasta: Sweet and Sour Pork with Rice	NO	NO	NO	NO	NO	NO
Premium Scoop and Serve Pasta: Butter Chicken with Rice and Naan	NO	NO	NO	YES	NO	Ask for no naan
Premium Scoop and Serve Pasta: Tofu and Vegetable Pad Thai	YES	NO	YES	NO	NO	NO
Four Cheese Naanza	Lacto vegetarian	NO	YES	YES	NO	YES
Bruschetta Naanza	YES	NO	YES	YES	NO	YES

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Pepperoni Naanza	NO	NO	NO	YES	NO	YES
Canadian Naanza	NO	NO	NO	YES	NO	YES
Greek Naanza	Lacto vegetarian	NO	YES	YES	NO	YES
Create Your Own Naanza	Sub no meat	NO	Sub halal chicken	YES	NO	YES
Caesar Salad	NO	NO	Sub no bacon bits	YES	NO	Sub no croutons
Garden Salad	YES	YES - use Italian or Balsamic dressing	YES	NO - ask for no Caesar or ranch dressing	NO	NO
Greek Salad	YES	NO	YES	YES	NO	NO
BYO Salad	Ask for no meat	Ask for no meat, cheese, ranch, Caesar, Greek dressing	Sub halal chicken	Sub vegan cheese	NO	Sub gluten free wrap

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Caesar Wrap	NO	NO	Sub no bacon bits	YES	NO	Sub gluten-free wrap
Garden Wrap	YES	YES - use Italian or Balsamic dressing	YES	NO - ask for no dressing	NO	Sub gluten-free wrap
Greek Wrap	YES	NO	YES	YES	NO	Sub gluten-free wrap
BYO Wrap	Ask for no meat	Ask for no meat, cheese, ranch, Caesar, or Greek dressing	Ask for halal chicken	YES - sub vega cheese	NO	Sub gluten-free wrap
Pesto Grilled Vegetable Panini	YES	Sub no cheese	YES	Sub no cheese	YES	Sub gluten-free wrap
Chicken Parmesean Sandwich	NO	NO	NO	YES	NO	YES
Chicken Shawarma	NO	NO	NO	NO	NO	Sub gluten-free wrap
Meatball Sandwich	NO	NO	NO	Sub vegan cheese / no cheese	NO	YES

# The Local Grill:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nuts?	Contains Gluten?
Chipotle BBW Pulled Pork Sandwich	NO	NO	NO	NO	NO	Sub gluten-free bun
Pesto Grilled Vegetable Sandwich	YES	YES	YES	NO	NO	Sub gluten-free bun
Fish and Chips	Pescatarian	NO	YES	Sub no tartar	NO	YES - ask for baked, not battered
Bamm Burger	NO	NO	NO	NO	NO	Sub gluten-free bun
Korean-Style Chicken Burger	NO	NO	NO	NO	NO	YES - Sub grilled chicken, gluten-free bun
"The Gzowski Hot" Southern-Style Chicken Sandwich	NO	NO	NO	YES	No	Sub grilled chicken, gluten-free bun
Black Bean Burger	YES	YES	YES	NO	NO	Sub gluten-free bun

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Swiss Cheddar Grilled Cheese	Lacto vegetarian	Sub vegan cheese	YES	Sub vegan cheese	NO	Sub gluten-free bread
Apple Brie Grilled Cheese	Lacto vegetarian	Sub vegan cheese	YES	Sub vegan cheese	NO	Sub gluten-free bread
California Club	NO	NO	NO	NO	NO	Sub gluten-free bread
Chicken Bites	NO	NO	NO	NO	NO	YES
Chicken Wings (1 lb or 1/2 lb)	NO	NO	NO	NO	NO	NO
Fries	YES	YES	NO	NO	NO	NO
Poutine	Lacto vegetarian	NO	YES	Sub vegan cheese	NO	NO
Sweet Potato Fries	YES	YES	YES	NO	NO	NO



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Sweet Potato Poutine	Lacto vegetarian	YES	YES	Sub vegan cheese	NO	NO
Onion Rings	YES	YES	YES	NO	NO	YES