



GLUTEN FREE OPTIONS



PLEASE INFORM YOUR SERVER IF YOU ARE ORDERING GLUTEN FREE TODAY!

GREAT BEGINNINGS

SERVED ALL DAY



Order Great Beginnings with gluten-free option of Udi's Bread.

MA'S GLUTEN-FREE FLAPS *(Contains Almonds)*

MA'S CHICKPEA SCRAMBLE

HUEVOS RANCHEROS

CELIA'S BREAKFAST BOWL

TWO EGGS YOUR WAY

BREAKFAST COMBO ORDERED WITH MA'S GLUTEN-FREE FLAPS*

MOTHER'S OMELETTE OR SCRAMBLE

FRESH SEASONAL FRUIT SALAD

MA'S CLASSIC TOFU SCRAMBLE

**additional charge*

SOUP & SALAD



Order with gluten-free options of organic brown rice, organic lemon quinoa or Udi's Bread.

HOUSE SALAD

GREEK SALAD

MA'S FIESTA SALAD

Served with beans, tempeh or tofu.

SPRINGTIME SALAD

MA'S TOMATO VEGETABLE SOUP

MA'S CHILI

All dressing choices are gluten free.

SANDWICHES & FROM THE GRILL



Order Sandwiches with gluten-free option of Udi's Bread.

AVOCADO & CHEESE

TUNA SALAD SANDWICH

TUNA MELT

TOFU MUSHROOM MELT

LEONA'S PORTABELLO & PESTO

JAIME'S AMAZING BURGER

MOTHER'S FAVORITES



Order Mother's Favorites with gluten-free option of organic brown rice.

YOGI SPECIAL

MA'S TERIYAKI BOWL

GINGERED GREENS WITH TEMPEH

MA'S STIR-FRY

PLOUGHMAN'S SHARE

Choice of two of the following: Cheese, Ma's chili, guacamole, mixed veggies, Ma's gravy, salsa, pinto or black beans, organic tofu or organic tempeh.

MAMA'S FIESTA



BAJA SURFER

NACHOS

CHOOSE YOUR TACO!

Filled with organic tempeh or organic tofu.

GLUTEN-FREE SIDES



- Avocado
- Arame Seaweed
- Baked Potato
- Baked Yam
- Cheddar
- Feta or Swiss
- Mozzarella
- Vegan Cheese

- Fresh Salsa
- Fresh Fruit
- Garlic Parsley Mashed Potatoes
- Guacamole
- Organic Lemon Quinoa
- Marinara Sauce
- Ma's Homestyle Potatoes

- Organic Tofu
- Organic Tempeh
- Tofu with Lemon Picatta
- Herb Roasted Veggies
- Steamed Yogi Veggies
- Gingered Greens
- Organic Brown Rice
- Organic Mexican Rice

- Enchilada Sauce
- Sour Cream
- Non-Fat Cottage Cheese
- Non-Fat Plain Yogurt
- Organic Corn Tortilla Chips
- Organic Corn Tortillas
- Fajita Veggies

Items that include gluten-free ingredients are prepared in a common kitchen with the risk of gluten exposure. Customers with gluten sensitivities should exercise judgement.