

GLUTEN FREE & VEGETARIAN MENU

Peanut Warning (see #1)



The following food item classifications (Gluten Free/Vegetarian) are based on common definitions. Guidelines vary based on individual sensitivities or interpretation. **Cross contamination is impossible to prevent (see #4).** Fried food cooked in peanut oil. If you have uncertainties about an item, **please do not eat it.** Mother's encourages you to only eat what's right for you.

GF = Gluten Free V = Vegetarian (NOT all items are vegan)

Biscuit, buttermilk (see #2)	V
Biscuit, with egg or cheese (see #2)	V
Bread Pudding (see #2)	V
Brownies (see #2)	V
Cabbage (see #4)	GF
Calamari, grilled (see #4)	GF
Catfish, grilled (see #4)	GF
Cheese (see #2 & 4)	GF V
Cheese po' boy (by special request, see #2)	V
Chicken, grilled (see #4)	GF
Cocktail Sauce (see #3)	V
Cookies (see #2)	V
Corned Beef plate (Tues) (see #4)	GF
Debris in au jus gravy (see #4)	GF
Dirty Rice (Sat) (see #4)	GF
Dressing, Blue Cheese (see #2 & 3)	V
Dressing, House Vinaigrette (see #3)	V
Dressing, Ranch (see # 3 & 4)	GF V
Dressing, Thousand Island (see #2 & 3)	V
Eggs (see #2 & 4)	GF V
French Bread	V
French Fries (see #4)	GF V
Fruit, fresh (see #4)	GF V
Green Beans + Tomatoes, Jake's (see #4)	GF V
Grilled cheese (children's menu) (see #2)	V
Grits (corn) (see #5)	V
Ham (see #4)	GF
Jerry's Jambalaya (see #4)	GF
Ketchup (see #3 & 4)	GF V
Mayonnaise (see #2, 3, & 4)	GF V
Muffin (see #2)	V

Oatmeal (see #5)	V
Omelet, build your own (see #2, 4 & 6)	GF V
Omelet, ham & cheese (see #2 & 4)	GF
Omelet, Jerry's (see #2 & 4)	GF
Omelet, Mae's (see #2 & 4)	GF
Omelet, red bean (see #2 & 4)	GF
Omelet, shrimp Creole (see #2 & 4)	GF
Omelet, veggies only (see #2 & 4)	GF V
Oysters, grilled (see #4)	GF
Pancake(s) and toppings (see #2)	V
Pecan Pie (see #2)	V
Potato Salad (see #2, 3 & 4)	GF V
Red Beans (see #4)	GF
Rice (see #4)	GF V
Roast Beef (see #4)	GF
Salad, chef (see #4)	GF
Salad, garden (see #4)	GF V
Salad, grilled catfish (see #4)	GF
Salad, grilled chicken (see #4)	GF
Salad, grilled shrimp (see #4)	GF
Sausage, smoked, hot, or turkey (see #4)	GF
Shrimp Creole (see #4)	GF
Shrimp, grilled (see #4)	GF
Split Pea Soup (Wed) (see #4)	GF
Sweet Potato Pie (see #2)	V
Tartar Sauce (see #2 & 3)	V
Toast	V
Turkey (see #4)	GF
Turnip Greens (see #4)	GF
Turtle Soup (Sat) (see #4)	GF
Waffle (see #2)	V
White Bean Soup (Thurs) (see #4)	GF

1. Fried foods are prepared in **peanut** oil; grilled food with extra virgin olive oil; eggs with Canola oil.
2. Permissible for lacto-ovo vegetarians (items may contain butter, milk, cheese or eggs); not all items are vegan.
3. Contains vinegar(s) or pickled ingredients that may contain small amounts of yeast.
4. **The potential for gluten cross contamination exists with all menu items—including grilled—prepared in our kitchen.** Both white & corn flour are stored in open bins. Flour dust can travel through the air and circulate throughout the restaurant via HVAC air vents.
5. Statement from Quaker: "Although wheat, rye and barley are not part of the ingredients in Quaker Steel Cut, Quaker Old Fashioned, Quaker Quick **Oats**, Corn Bran Crunch, **Grits** and Cornmeal, there is the possibility that they could contain trace amounts of these grains. For these reasons, we've never claimed these products are gluten free."
6. Dependent upon ingredients selected by the guest.