

GLUTEN-SENSITIVE MENU

At Elmo's Diner we pride ourselves in thinking that we serve a little bit of everything for everybody.

We've pealed through our recipes and provided this aid for those of you who are trying to live a more gluten-sensitive lifestyle.

While we're very pleased to introduce this adaptation of the menu, we must remind you that our kitchen is not gluten-free.

We cook a whole lotta goodness under one roof, folks.

For that reason we cannot guarantee that cross-contact with other gluten-containing products will not occur.

We understand that sensitivity to gluten can vary from person to person - please inform your server of any food allergies you have so we may take any necessary precautions in the preparation of your meal with us.



BREAKFAST ANYTIME!

(\$) Substitute gluten-free bread for bread choice for an additional 1.45
We are happy to prepare a yolk-free entrée for an additional 1.00

OMELETS

Our three egg omelets* are served with a gluten-sensitive breakfast side and a choice of gluten-free bread (\$) or corn chips** for no additional charge.

*** While our corn chips are 100% corn,
we do fry them in oil that has been used to cook food items that contain gluten.
If your allergy is particularly sensitive, this may not be for you!***

FARMER'S

Tomatoes, broccoli, mushrooms & cheddar
cheese 8.25

MEXICAN

Sausage, onions, jack cheese & salsa 9.25

GREEK

Fresh spinach, feta cheese, black olives &
tomatoes 8.25

LOX & CREAM CHEESE

Smoked salmon, cream cheese, scallions &
tomatoes 10.20

CUSTOM 4

Your choice of four items from the list
below 8.25

CUSTOM 2

Your choice of two items from the list below
7.50

Ingredients:

- American
- Cheddar
- Cream Cheese
- Feta
- Jack
- Mixed
- Cheddar/Jack
- Provolone
- Sour Cream
- Swiss

- Bacon
- Ham
- Sausage
- Turkey Bacon

- Broccoli
- Green Peppers
- Fresh Jalapenos
- Kalamata Olives

- Sautéed
- Mushrooms
- Onions
- Salsa
- Scallions
- Fresh Spinach
- Tomatoes
- Shrimp* add 2.50
- Lox add 3.25
- Avocado add .75



FAVORITES

Eggs, meats and grilled items (French Toast) are cooked on a surface shared with gluten items!
Toasted Gluten Free Bread is done in a separate toaster.

EGGS ALL THE WAY

Two eggs any style*, choice of one of our gluten-sensitive sides, choice of gluten-sensitive meat, & choice of gluten-free bread (\$) or corn tortillas 7.00
– With three eggs 7.50

HUEVOS RANCHEROS *Spicy!*

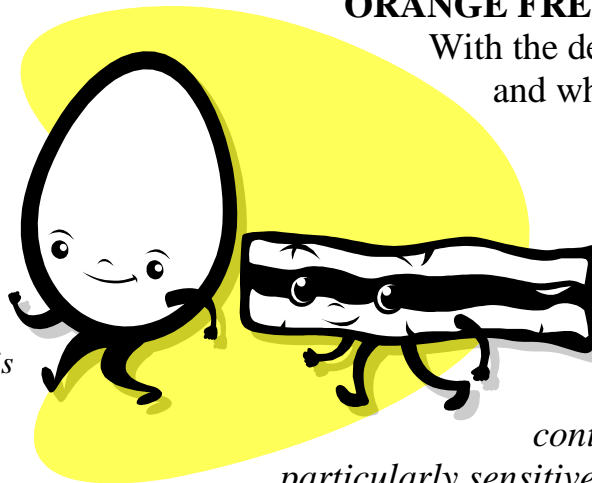
Three corn tortillas topped with our spicy red sauce, black beans, mixed cheddar/jack cheese, scrambled eggs*, diced tomatoes, scallions & a gluten-sensitive breakfast side 6.95

SANTA FE BREAKFAST BOWL *Spicy!*

Let your taste buds go wild for one of the newest additions to the Elmo's Menu. For those who love a little bit of everything, take a stab at this eclectic dish that offers black beans, seasoned sweet potatoes, spicy red sauce, two scrambled eggs*, feta cheese, sliced fresh avocado, diced tomatoes, fresh cilantro, and served up with corn tortilla chips** for a breakfast feast. 7.75

Add sausage 9.05 – Add sautéed shrimp* 10.500

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THE B.E.L.T.A. SANDWICH

Bacon, one egg cooked over well, lettuce, tomato & fresh avocado on gluten-free bread with a side of our creamy chipotle sauce & a gluten-sensitive breakfast side 9.55

EGGS & CORNED BEEF MELT

Home baked corned beef shaved & grilled served open faced on toasted gluten-free bread with melted Swiss, our creamy horseradish sauce, diced tomatoes & two eggs any style* Served with a gluten-sensitive breakfast side 8.88

ORANGE BLUEBERRY FRENCH TOAST

Three slices of gluten-free bread dipped in our own batter made with fresh oranges, topped with warm homemade blueberry compote, powdered sugar and whipped cream 9.95

ORANGE FRENCH TOAST

With the delicious fresh orange flavor and whipped cream 8.40

Gluten-Free Bread 3.45

Corn Chips 1.95**

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Gluten-Sensitive Breakfast Sides 2.35

- Applesauce-unsweetened*
- Warm Cinnamon Apples
 - Grits w/ margarine
- Cup of Oatmeal with milk
 - Tomato Slices
- Fresh Fruit Cup-Add 1.00

Gluten-Sensitive Breakfast Meats 2.90

- Bacon - 3 Strips
- Turkey Bacon-2 Thick Strips
- Sugar Cured Ham
- Sausage-2 Patties
- Shaved Corned Beef-Add .50
- Country Ham-Salty-Add 1.00

APPETIZERS

HUMMUS PLATTER *A Little Spicy!*

Our own blend of chickpeas, tahini, lemon, olive oil, garlic & spices. Served with celery & carrot sticks 6.95

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CHIPS & SALSA *A Little Spicy!*

Tasty corn chips** with our homemade salsa 3.10

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NACHOS *Spicy!*

Corn chips**, black beans, melted mixed cheddar/jack cheese, lettuce, sour cream, fresh jalapenos, diced tomatoes & salsa. Be sure to remind the server to ***NOT*** include our homemade queso at this time, as it is not gluten-free. 7.90

- Add fresh avocado slices 8.90

***While our corn chips are 100% corn, we do fry them in oil shared with gluten items.*

*If your allergy is particularly sensitive, this may not be for you!***

SOUPS

VEGETARIAN CHILI WITH BEANS *Spicy!*

CREAMY TOMATO WITH BASIL

Cup 3.10 / Cup with entrée 2.35

GAZPACHO (When available)

SOUP OF THE DAY

Speak with your server about gluten-sensitive soups of the day!

Bowl 4.25 / Bowl with entrée 3.20

SMALL SALADS

HOUSE 3.75 / With entrée 2.95

SPINACH or GREEK 5.00 / With entrée 4.25

SOUP, SALAD & GLUTEN FREE BREAD COMBO

Bowl of soup, a small House Salad with choice of dressing & gluten free bread 9.20

- With a cup of soup instead of a bowl 8.05

Sub a small Greek Salad or Spinach Salad for 1.25 more.

Salad Dressings

- Creamy Chipotle
- Greek
- Honey Dijon Vinaigrette

- Ranch
- 1000 Island

- Red Wine Vinegar & Oil
- Balsamic Vinaigrette



Salad Additions

- Avocado 1.00
- Bacon Crumbles 1.00
- Blue Crumbles 1.60
- Sautéed Shrimp* 5.00
- Scoop of Salad of Day 2.20
- Sugary Pecans 1.50
- Grilled Chicken (!)
- Broiled Fresh Catch of the Day(!)

(!) *Our Fresh Catch of the Day and our Chicken breast are prepared in a marinade that contains gluten. It is possible for us to wash either item to diminish the amount of marinade present, but this option may not be for you if your allergy is particularly sensitive. Please ALERT YOUR SERVER of any food allergies, so we can better assist in the preparation of your meal!*

LARGE SALADS

CRANBERRY, FETA & SUGARY PECAN SALAD

Fresh greens, dried cranberries, purple cabbage, tossed in our homemade honey Dijon vinaigrette then topped with feta crumbles, sugary roasted pecans & a grilled chicken breast. 9.70

LARGE SPINACH SALAD

Fresh spinach and red onion tossed in our honey Dijon vinaigrette, topped with diced tomatoes, raw mushrooms, a sliced boiled egg & your choice of crumbled bacon or pecans 8.25

VEGETARIAN TACO SALAD Spicy!

Fresh greens, black beans, diced tomatoes, mixed cheddar/jack cheese, jalapenos, sour cream & salsa, all surrounded by corn chips** 8.00

-- With sliced avocado 9.00

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SOUTHWEST SHRIMP SALAD Spicy!

We can substitute our corn chips** for the flour tortilla chips (or go without!) surrounding fresh greens, shredded purple cabbage, corn, black beans, red onion, sour cream & pico de gallo topped with grilled shrimp & creamy chipotle cilantro dressing 11.20

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LARGE GREEK SALAD

Fresh greens, diced tomatoes, red onions, cucumbers, feta, pepperoncinis & kalamata olives topped with zesty Greek dressing 8.25

CHEF'S SALAD

Fresh greens, house roasted turkey breast, sliced ham, strips of Swiss & cheddar, diced tomatoes, a boiled egg & choice of gluten-sensitive dressing.

Please be sure to let your server know that you would like this salad without croutons! 8.85

Add corn chips** 1.95

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Add gluten-free bread 3.45

SQUARE MEALS

Available Monday – Friday: Lunch & Dinner 11:30am until close.

Saturday & Sunday: Dinner only 4pm until close.

Sides listed with * are available anytime!

GRILLED CHICKEN BREAST

A chicken breast (!) topped with Swiss cheese & sautéed mushrooms. Served with two sides & a choice of gluten-free bread (\$) or corn chips 9.75

FISH FILLET

Ask about today's choice!
Broiled fish* fillet (!) served with two sides & a choice of gluten-free bread (\$) or corn chips 12.25

(!) Our Fresh Catch of the Day and our Chicken breast are prepared in a marinade that contains gluten. It is possible for us to wash either item to diminish the amount of marinade present, but this option may not be for you if your allergy is particularly sensitive. Please ALERT YOUR SERVER of any food allergies, so we can better assist in the preparation of your meal!



VEGETABLE PLATE

Choice of four sides from below & a choice of gluten-free bread (\$) or warm corn chips** for no additional cost 8.00

While our corn chips are 100% corn, we do fry them in oil shared with gluten items. If your allergy is particularly sensitive, this may not be for you!

You may substitute a soup or salad for a side choice:

Sub a cup of soup add .75

Small House or Caesar Salad add 1.50

Sub a Small Spinach Salad or Greek Salad add 2.50

A la carte 2.35

- Applesauce unsweetened*
- Warm Cinnamon Apples*
- Black Beans Spicy!*
- Fresh Broccoli*
- Cole Slaw*
- Fresh Fruit Cup add 1.00*
- Sliced Tomatoes*
- Spanish Rice*
- Green Beans
- Baked Sweet Potato
- Skin-on Mashed Potatoes
- Side of the Day
(Check with your server)

HOT & SPICY

Available every day for Lunch & Dinner starting at 11:30AM!

SANTA FE SHRIMP & AVOCADO BOWL *Spicy!*

Let your taste buds go wild for one of the newest additions to the Elmo's Menu. For those who love a little bit of everything, take a stab at this eclectic dish that offers black beans, seasoned sweet potatoes, spicy red sauce, feta cheese, sliced fresh avocado, diced tomatoes, fresh cilantro, and served up with corn tortilla chips** for a making of a delicious feast. 11.70

– Substitute sautéed fresh spinach for shrimp 7.95

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ENCHILADA DINNER *Spicy!* *See our chalk boards for today's choice!*

Two corn tortillas filled with today's choice of filling, topped with our SPICY red sauce, melted cheese, sour cream, diced tomatoes, scallions & shredded lettuce. Served with Spanish rice, black beans and a side of homemade salsa 8.85



SANDWICHES AND BURGERS ANYTIME!

All burgers and sandwiches are served with choice of side and garnished with pickle and slaw.

BURGERS

(Cooked on a surface shared with gluten items!)

*Can be served with no bun or substituting gluten-free bread for the bun for an additional 1.45
Please let server know!*

BASIC BEEF BURGER *

Beef patty served with lettuce, tomato, red onion & mayo 6.75

BACON CHIPOTLE BURGER *

A beef burger topped with bacon, our firecracker chipotle sauce, lettuce, tomato & red onion 8.25

BACON CHEESEBURGER*

A beef burger with your choice of melted American, Swiss, cheddar, jack or provolone cheese with bacon, lettuce, tomato, red onion & mayo 8.25



THE ELMO BURGER *

A beef burger topped with cheddar, sautéed fresh mushrooms, grilled onions, lettuce, tomatoes & mayo 7.90 -- -- Add bacon or turkey bacon 9.00

BLUE CHEESE BURGER *

A beef burger with lettuce, tomato, red onion & mayo with real blue cheese crumbles 8.35

AVOCADO, JACK & PICO BURGER *

A beef burger topped with melted jack, sliced avocado, lettuce & pico de gallo 8.75
– Add bacon or turkey bacon 9.75

BURGER AND SANDWICH TOPPINGS

- Add sliced cheese 1.00
- Add fresh jalapenos .75
- Add extra pickle chips .35
- Add bacon (Turkey or Pork) 1.00
- Add sautéed mushrooms 1.00
- Side dish of pickles 1.75
- Add blue cheese crumbles 1.60
- Add fresh avocado 1.00
- 2oz vegetarian chili .75

SANDWICHES

Grilled sandwiches are cooked on a surface shared with gluten items!

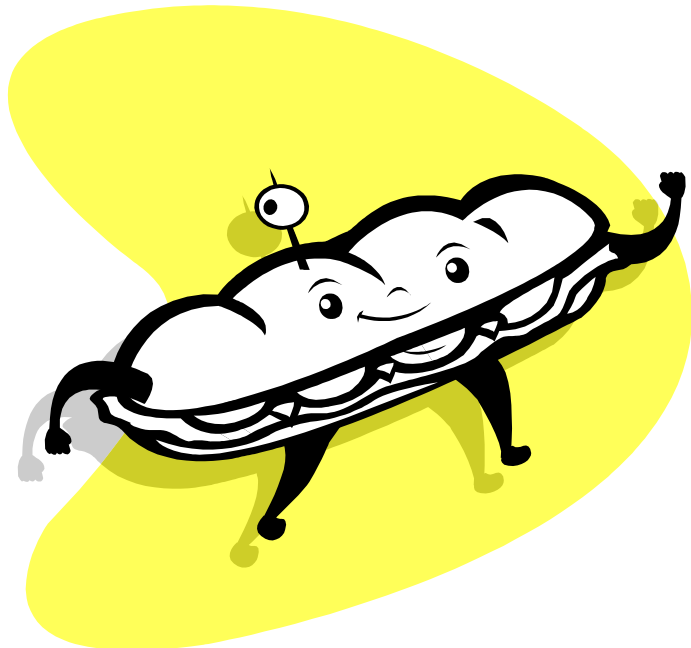
Toasted Gluten Free Bread is done in a separate toaster.

ELMO'S TRIFECTA *1/2 pound of meat!*

House roasted turkey, thinly sliced ham, melted Swiss, cheddar & provolone cheeses, cole slaw & 1000 Island dressing all piled high and served on gluten free bread 10.95

CORNERED BEEF OR TURKEY REUBEN

House baked corned beef or house roasted turkey breast grilled on gluten-free bread, with sauerkraut, two slices of melted Swiss cheese & 1000 Island dressing 10.20



TURKEY, JACK, AVOCADO & BACON

House roasted turkey breast, jack cheese, avocado, lettuce, tomato, red onion, bacon & our fresh basil mayo on toasted gluten-free bread 10.95

GRILLED HUMMUS *A Little Spicy!*

Spicy hummus, red onion, tomato & cucumbers on grilled gluten-free bread 8.40

VEGETARIAN GRILLED CHEESE

Cheddar, jack, sautéed mushrooms, grilled onion, tomato & fresh spinach on grilled gluten-free bread

8.65
With sliced



avocado
9.65

SALAD OF THE DAY SANDWICH

See our chalk boards for today's choice A scoop of today's homemade salad (Chicken, Tuna, Turkey, Egg-they change!) with lettuce & tomato on toasted gluten-free bread 8.70

JUST FOR KIDS

**Eggs & Meats & Grilled Items are cooked on a surface shared with gluten items!
Toasted Gluten Free Bread is done in a separate toaster.**

Breakfast

Kid Egg, Bacon & Gluten Free Toast

One egg served scrambled or over-well, (1) bacon (add an additional .45 for sausage or turkey bacon) and one slice of gluten free toast 3.50

Cup of Oatmeal or Rice Chex

Served with warm milk. Brown sugar available upon request

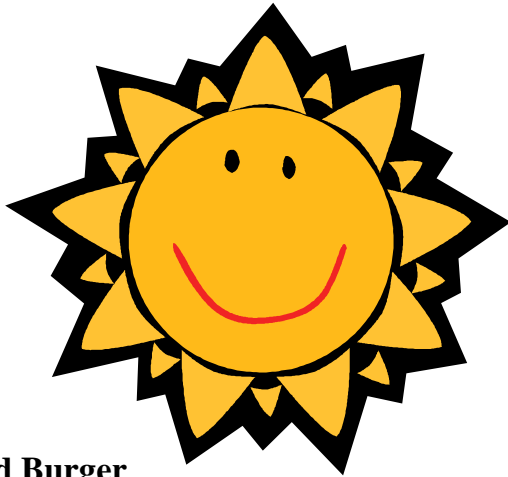
Small 2.35 Large 3.45

Add bananas or raisins .65

Kid Orange French Toast Combo

One piece of gluten free bread dipped in orange batter, grilled, then dusted with powdered sugar and served with (1) bacon (add an additional .45 for sausage or turkey bacon) and one egg served scrambled or over well. 5.15

-- Two slices 6.75



Kid Burger

A kid sized beef burger on gluten-free bread with pickles with choice of side 4.95

- With American cheese 5.45

Kid Grilled Cheese

Two slices of American cheese on grilled gluten-free bread with choice of side 4.95

Kid Quesadilla

Melted shredded cheese inside two grilled corn tortillas 3.30

Sides

Bacon-1 Strip 1.00
Sausage Patty-1 Patty 1.45
Turkey Bacon-1 Strip 1.45

Fruit cup 3.00
Applesauce 1.65
Cinnamon Apples 2.35

Lunch and Dinner

Kid Dog

A 100% beef, natural hot dog! No antibiotics, hormones, nitrites, nitrates, preservatives or artificial ingredients!

Served on gluten free bread 4.55

Kid Vegetable Meal

Pick three side choices from the Square Meals side choices or pick two sides and then pick between gluten-free bread or corn chips**. 5.20 (Upcharge for gluten-free bread and fruit cup applies)

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** Our products are prepared on surfaces that come into contact with shellfish, nuts, wheat, dairy and soy.*

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.