



GLUTEN FRIENDLY

EATZIS.COM

lifestyle menu



*** SOME ITEMS ROTATE SEASONALLY AND MAY NOT BE AVAILABLE**

**** Please note the below items do not contain gluten. However, these items are prepared and stored in a facility which contains or uses gluten.**

2's Company Wafer Crackers

5 Bean Salad

7 Layer Dip

Ancho Pork Dinner

Artichoke & Crab Spread

Bacon Cheddar Twice Baked Potato

Baked Potato Soup

Balsamic and Black Pepper Asparagus

Basil Cream Spread

Black Bean Hummus with Feta Cheese

Butter Whipped Potatoes

Carb-Conscious Herb Grilled Chicken

Carb-Conscious Salmon

Carb-Conscious Turkey

Chef Salad

Chicken and Grape Salad

Chinese Chicken Salad

Chocolate-Covered Strawberries

Chocolate Oblivion Cake

Chorizo Queso

Cole Slaw

Collard Greens

Cranberry Lemon
Chicken Salad

Crème Brulee

Custom Salads

Diced Cantaloupe

Diced Honeydew

Diced Pineapple

Diced Watermelon

Egg Salad

Fruit Cup

Fruit Salad

Garlic & Herb Spread

Garlic Spinach

Greek Salad

Green Beans Amandine

Green Chile Pimento Spread

Grilled Chicken

Grilled Chicken Green Bean Salad

Grilled Salmon Dinner

Grilled Salmon with
Tomato Bruschetta

Grilled Vegetable Medley

Guacamole

Hummus

Joyce Farms Apricot
Chicken Breast

Jumbo Shrimp Cocktail

Kale Salmon Nicoise Salad

Kid's Turkey Tray

Lemon Grilled Shrimp

Lemon Grilled Chicken Breast

Maple Mustard Ham

Maple Oat Chicken Dinner

OAK LAWN

3403 Oak Lawn Ave.
Dallas, TX 75219
(214) 526-1515

LOVERS LANE

5600 W. Lovers Ln.
Dallas, TX 75209
(214) 358-3100

PRESTON ROYAL

6025 Royal Ln. #208
Dallas, TX 75230
(972) 499-6379

PLANO

5967 W. Parker Rd.
Plano, TX 75093
(972) 535-6305

GRAPEVINE

1200 W. State Hwy. 114
Grapevine, TX 76051
(817) 527-4007

FORT WORTH

1540 S University Dr. #100
Fort Worth, TX 76107
(817) 945-9095



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Maple Oat Chicken Salad

Maple Oat Chicken Tenders

Marinated Artichokes

Marinated Mushrooms

Mediterranean Beef Tenderloin

Mediterranean Salad

Mediterranean Sampler

Mediterranean Spiced Cauliflower

Mexican Shrimp Cocktail

Mixed Berry Cup

Mustard Dill Roasted Potatoes

Mustard Potato Salad

Olive Hummus

Pan-Seared Chicken Wings

Peas & Carrots

Pesto Hummus

Pimento Spread

Pizza Salad

Pot De Crème

Queso Dip

Red Grape Cup

Roasted Chile Hummus

Roasted Pepper Hummus

Roasted Turkey

Rotisserie Chicken

Sesame Chicken Kale Salad

Sesame-Crusted Ahi Tuna

Sesame Rice Crackers

Small Grilled Chicken Meal

Smashed Sweet Potatoes

Spinach Salad

Steamed Broccoli with
Lemon Vinaigrette

Sun-dried Tomato Spread

Sun-dried Tomatoes

Southwest Cobb Salad

Southwest Pepper Spread

Southwest Turkey Meatloaf

Southwest Turkey Meatloaf Dinner

Thai Shrimp Roll

Tomato Basil Soup

Tomato Cucumber Salad

Traditional Chicken Salad

Traditional Tuna Salad

Twice Baked Potatoes

Unrefined Bakery Snack Mix

Wedge Salad

Whole Roasted Carrots

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