



# Anna Mae's



## Gluten Conscious Menu

**ALLERGEN WARNING:** Please be advised that our facility uses the following ingredients: **WHEAT, EGGS, MILK, SOY, PEANUTS, TREE NUTS, MUSTARD,** and **FISH.** Additionally, **SULPHITES** may be present in some of the ingredients we use. While we take every precaution to prevent cross-contamination, **we cannot guarantee that any product is completely free of allergens.** Please inform us of any food allergies so we can do our best to accommodate your needs.

### Daily Board Options ~ Portion Sizes & Pricing in Menu

The following options if on the Daily Black Board are Gluten Conscious:

- **Roast Beef** (ask about gravy)
- **Pork Ribs**
- **Pork Roast** (ask about gravy)
- **Farmer's Sausage**
- **Pork Chops** with apple sauce (no mushroom gravy)
- **Roast Chicken** (no dressing & ask about gravy)
- **Roast Turkey** (no dressing & ask about gravy)
- **Pig Tails**
- **Mashed or Steamed Potatoes** (ask about gravy)
- **All Vegetables** (except Hot Cabbage)
- **Potato Salad** (in season)
- **Coleslaw**

Please note, our Broasted Chicken, French Fries & Caesar Salad are NOT gluten conscious.

Please view our rotating **Meat Schedule** on our website.

**\*\* The broth for our daily meats & vegan items may contain Yeast Extract \*\***



### Homemade Vegan Soup ..... 7.99

Made with garlic, onion, red pepper, potato, carrots, celery, tomatoes, spinach, chickpeas, cashews, pepper & spices. Served with gluten-conscious white or seed roll.

### Homemade Vegan Chili ..... 7.99

Made with onion, garlic, celery, peppers, tomatoes, beans & spices. Served with gluten-conscious white or seed roll.

**\*\* The broth for our daily meats & vegan items may contain Yeast Extract \*\***

### Tossed Salad (all salad dressings).....(Bowl) 4.49 .... (Plate) 10.99

Ask for a gluten-conscious white or seed roll. **Add grilled chicken to any salad for \$3.99**

## SANDWICHES

Your choice of gluten-conscious white or seed bread.

Bread must be toasted. Please note we DO NOT have a gluten free toaster, so cross-contamination is possible.

- |                                      |                     |                       |
|--------------------------------------|---------------------|-----------------------|
| ♥ 2 Egg Western Ham & Onions         | ♥ Turkey Bacon Club | <b>9<sup>99</sup></b> |
| ♥ BLT Bacon, Lettuce, Tomato, Mayo   | ♥ Chicken Salad     | <b>6<sup>99</sup></b> |
| ♥ Roast Beef & Cheese Mayo & Lettuce | ♥ Tuna Salad        |                       |
| ♥ Summer Sausage                     | ♥ Grilled Cheese    |                       |
- 7<sup>49</sup>**

## DESSERTS

Gluten-conscious **Butter Raisin or Butter Pecan Tart** - \*caution HOT!\*

Gluten-conscious **Chocolate Chip Cookies**

Gluten-conscious **Ice Cream** - Vanilla & Chocolate (Chapman's)

Gluten-conscious **Chocolate Sundae**

**4<sup>49</sup>** ea.





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## VEGETARIAN OPTIONS

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**Caesar Salad** (request no bacon).....(Bowl) **5.49** (Plate) **11.99**

**Tossed Salad** .....(Bowl) **4.49** (Plate) **10.99**

Made with green leaf lettuce, carrots, peppers, and red cabbage

**Homemade Vegan Soup** ..... **7.99**

Made with garlic, onion, red pepper, potato, carrots, celery, tomatoes, spinach, chickpeas, cashews, pepper & spices. Served with gluten-conscious, vegan roll.

**Homemade Vegan Chili** ..... **7.99**

Made with onion, garlic, celery, peppers, tomatoes, beans & spices.  
Served with gluten-conscious, vegan roll.

## SANDWICHES

*All sandwiches are served with your choice of tossed salad or fries.*

*Your choice of gluten-conscious white or seed bread.*

*Bread must be toasted. Please note we DO NOT have a gluten free toaster, so cross-contamination is possible.*

♥ Egg Salad

♥ Grilled  
Cheese

**9<sup>99</sup>**

♥ Grilled Cheese

*with tomato*

**11<sup>49</sup>**

## OMELETTES

**Served with Tossed Salad or Fries**

**Veggie Omelette** mushrooms, onions,  
tomatoes, green peppers, cheese .....(2 eggs) **12.99**

**Spinach & Mushroom Omelette**  
spinach, mushroom, onion, green pepper.....(2 eggs) **12.99**

**Millbank Cheddar Cheese Omelette** ..(2 eggs) **11.99**  
\* *Make any omelette with 3 eggs for \$1.49 extra.*



## VEGAN OPTIONS



**Tossed Salad** .....(Bowl) **4.49** (Plate) **10.99**  
Made with green leaf lettuce, carrots, peppers, and red cabbage

**Homemade Vegan Soup** ..... **7.99**

Made with garlic, onion, red pepper, potato, carrots, celery, tomatoes, spinach, chickpeas, cashews, pepper & spices. Served with gluten-conscious white or seed roll.

**Homemade Vegan Chili** ..... **7.99**

Made with onion, garlic, celery, peppers, tomatoes, beans & spices.  
Served with gluten-conscious white or seed roll.

**Homemade Vegan Tart** -*\*caution HOT!\** ..... **4.49**  
Blueberry or Raspberry

