

The items listed in this menu are Gluten Free\*. My Friend's Place is not a Gluten Free environment. Products containing gluten are prepared in our kitchens and served from our sandwich tables\*\*.

MY FRIENDS PLACE GLUTEN FREE MENU March, 2010

Specialty Sandwiches	(NO BREAD)
Chicken Salad	Served with lettuce
Tuna Salad	Served with lettuce
Egg Salad	Served with lettuce
Tuna and Egg Salad	Served with lettuce

Deli and Clubs	(NO BREAD)
Turkey	Served with lettuce and tomatoes, can add cheese
Ham	Served with lettuce and tomatoes, can add cheese
Roast Beef	Served with lettuce and tomatoes, can add cheese
Pastrami	Served with lettuce and tomatoes, can add cheese
Corned Beef	Served with lettuce and tomatoes, can add cheese
BLT	Classic Bacon, Lettuce and Tomato
Egg Salad BLT	Egg salad with Bacon, Lettuce and tomato
Club MFP	Turkey, ham, bacon, Swiss & Amer.cheese, lettuce, tomato,mayo /mustard.
The Cyclist	Turkey, avocado, provolone, lettuce, tomato, 1000 island dressing.
The Swimmer	Tuna, avocado, provolone, lettuce, tomato, 1000 island dressing.
The Tri Athlete	Roast Beef, turkey, ham, bacon, cheddar cheese, lettuce, tomato, mayonnaise, mustard
The Road Runner	Turkey, provolone, lettuce, tomato, creamy Italian dressing

Hot Melts	(NO BREAD)
Tuna Mushroom Melt	Tuna salad, mushrooms, and Swiss cheese
Chicken Salad Melt	Chicken salad, tomatoes, and cheddar cheese
Turkey Broccoli Melt	Roasted turkey, broccoli, and mozzarella cheese with 1000 island dressing

Hot Deli Sandwiches	(NO BREAD)
The All American	Ham, Swiss cheese, honey mustard, onions, and tomatoes
The New Yorker	Corned beef, pastrami, onions, Swiss, and spicy mustard

Turkey Bacon

Turkey, bacon, provolone, lettuce, tomato, and creamy Italian dressing

<b>Reubens</b> (availability will vary at different MFP delis.)	<b>(NO BREAD)</b>
Corned Beef	Swiss cheese, sauerkraut, our homemade 1000 island dressing
Turkey	Swiss cheese, sauerkraut, our homemade 1000 island dressing
Pastrami	Swiss cheese, sauerkraut, our homemade 1000 island dressing
<b>Salad Plates &amp; Salads</b>	
Chicken Salad	Romaine lettuce, chicken salad, tomatoes, carrot stick
Tuna Salad	Romaine lettuce, tuna salad, tomatoes, carrot stick
Egg Salad	Romaine lettuce, egg salad, tomatoes, carrot stick
Tuna and Egg Salad	Romaine lettuce, tuna salad, tomatoes, carrot stick
Trio Salad	Romaine lettuce, chicken salad, tuna salad, egg salad, tomatoes, carrot stick
Chicken Avocado	Romaine lettuce, chicken salad, avocado, tomatoes, carrot stick
Tuna Avocado	Romaine lettuce, tuna salad, avocado, tomatoes, carrot stick
Garden Salad	Romaine lettuce, tomato, cucumber, carrots, choice of dressing
Chef Salad	Romaine lettuce, ham, turkey, Swiss, cheddar, tomatoes, carrots, hard boiled egg, choice of dressing
<b>Sides</b>	Potato chips, cole slaw, carrot sticks, fruit salad (where available)
<b>Add Ons</b>	Avocado, Bacon, Cheese, pickles, lettuce, tomato, mushrooms and onion
<b>Dressings &amp; Condiments</b>	All of our dressings & condiments are Gluten Free
<b>Beverages</b>	All teas and sodas are Gluten Free.

*\*Our vendors have supplied us with statements describing their products as Gluten Free. Variations may occur due to vendors and suppliers changing, and/or ingredients on our products changing or substituted without notification. The recommendations in this menu are based on the current vendor statements we have obtained. We cannot be liable or held responsible for future menu changes that may occur.*

*\*\*There is always a chance of bread crumbs entering the products, especially if there are crumbs that may remain on the utensil from a previous placement onto a slice of bread. When you come to any My Friend's Place, ask them to scoop out the tuna, chicken or egg salad from a new pan that hasn't been on the sandwich table yet. Whatever you order, let them know you cannot tolerate bread crumbs. If you could call ahead with your request, it may be better than coming in the middle of lunch.*