



Valid Through November 2006

## Suggested Menu Options for WHEAT/GLUTEN Allergies

We have prepared this suggested list of menu options based on the most up-to-date ingredient information from our food suppliers and their stated absence of wheat/gluten protein within these items. Please be aware that during normal kitchen operations, involving shared cooking and preparation areas and common fryer oil, the possibility exists for food items to come into contact with wheat/gluten proteins. Due to these circumstances, we are unable to guarantee that any menu entrée below can be prepared or are wheat/gluten-free.

**\*\***Due to the cross-contamination of food items within our fryers, our fried foods could pick-up wheat/gluten proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried foods.

### SOUPS:

**Baked Potato**

**SALADS:** *Select dressings only from "Salad Dressings" listed below.*

**Caesar Salad – Dinner & Chicken** - No Croutons

**Dinner House Salad**– No Croutons, No Dressing

### SALAD DRESSINGS:

**Caesar, Citrus Balsamic Vinaigrette, Honey Lime, Honey Mustard, Low-fat Vinaigrette, Thousand Island**

### SIDES:

**Broccoli, Corn on the Cob, Fresh Vegetables, Guiltless Corn, Guiltless Fresh Vegetables, Kettle Black Beans, Loaded Mashed Potatoes, Mashed Potatoes NO gravy, Pico, Rice, Salsa, Sautéed Mushrooms**

**SIZZLE & SPICE:** *Select side items only from "Sides" listed above.*

**Honey BBQ Sirloin** – No Garlic Toast, BBQ is allowed

**Margarita Chicken**

**Ribs**

**Salmon** – Garlic Spread is allowed

**Sirloin** – No Garlic Toast, No Herb Au Jus

### EXTRAS:

**Bacon, BBQ Sauce, Blossom Sauce, Chipotle Pepper Sauce, Corn Tortillas Raw, Guacamole, Honey BBQ Sauce, Marinara**

**BIG MOUTH BURGERS:** *Omit Fries\* Select only from "Sides" listed above.*

**Bacon Burger & Old Timer Burger**- No Bun

**Chipotle Bleu Cheese Burger**- No Bun, No Bleu Cheese Dressing and No Bleu Cheese Crumbles

**Mushroom Swiss Burger** – No Bun, No Fajita Onions

**Peppercorn Burger** – No Bun, No Blue Cheese Dressing, No Blossom Strings. Peppercorn is OK.

**STEAK:** *Select side item from "Sides" listed.*

**Cajun & Flame Grilled Ribeye** – No Garlic Toast, No Herb Au Jus

**Classic Sirloin & NY Strip** – No Garlic Toast, No Savory Steak Butter, No Herb Au Jus

**Honey BBQ Sirloin** – No Garlic Toast

**GUILTLESS GRILL:** *Select side items only from "Sides" listed above.*

**Guiltless Salmon**

**GRILLED ENTREES:** *Select side item only from "Sides" listed above.*

**Baby Back Ribs**

**Grilled Margarita Chicken** – No Tortilla Strips

**Salmon with Garlic & Herbs**

**PEPPER PALS:** *Select side items only from "Sides" listed above.*

**Little Mouth Burger & Cheeseburger** – No Bun  
**Rib Basket**

**DESSERTS:** *Ask Manager if prepared in dedicated mixer.*

**Chocolate Shake**

At Chili's, a top priority is always the health and safety of our guests. As part of our ongoing commitment to our guests with allergens concerns, we provide the most current information available from our suppliers on the eight most common allergens, including information for individuals with gluten intolerance.

For information about food allergies, please contact the *Food Allergy & Anaphylaxis Network:*  
[www.foodallergy.org/](http://www.foodallergy.org/) or (800) 929-4040