Gluten Free & the Magic ✨

Gluten Free Cup of Tea



1	Jolley Holiday Café	HIGHLIGHTS: BREAKFAST – grilled cheese sandwiches & soup LUNCH & DINNER – sandwiches, soups, muffins, & cookies
2	Carnation Café	HIGHLIGHTS: Breakfast – waffles & eggs LUNCH & DINNER – burgers
3	Tiana's Palace	HIGHLIGHTS: Gumbo & drumsticks
4	River Belle Terrace (reservation required)	HIGHLIGHTS: Mashed potatoes, & several options available but not officially listed – talk to server.
5	Alien Pizza Planet	HIGHLIGHTS: Salad, pepperoni, & cheese pizza
6	Red Rose Tavern	HIGHLIGHTS: BREAKFAST – scrambled eggs, hashbrowns, bacon, sausage, & harvest bowl DINNER – harvest bowl, salad & burgers
7	Café New Orleans	HIGHLIGHTS: LUNCH – Shepard's pie, soup, fruits, rice, mashed potatoes & vegetables DINNER – shrimp, fruits, rice, mashed potatoes, & vegetables
8	Rancho del Zocalo	HIGHLIGHTS: Nachos, chicken tacos, guacamole, cauliflower tacos, strawberries & sweet cream
9	Hungry Bear Restaurant	HIGHLIGHTS: Beef brisket sandwich, burgers, bbq combo platter
10	Café Daisy	HIGHLIGHTS: Pizza flipovers
11	Blue Bayou (reservation required)	HIGHLIGHTS: Shrimp, vegetables, fruit, rice, mashed potatoes

Good Food Makes Great Days

www.glutenfreecupoftea.com

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