

Mother's Café

Gluten Free Menu Listing

(Wheat, Rye, Oat, and Barley Free)

Gluten Free Menu Items

All Enchiladas **except Mole Enchiladas**

All Salads and Dressings/Fruit Salad

Tropical and Garden Stir Fries

Vegetable Medley/Rancheros

Southwestern Stuffed Pepper

Some non-dairy soups

Savory Baked Tofu

Chile Melt

Peasants Meal (**not Pinto Bean Chili/no bread**)

Baked Potato & Veggies

Deluxe Nachos

Quesadilla (**substitute corn tortillas**)

We do offer Gluten Free buns for sandwiches

Cheese alternatives - Spiced Tofu and Vegan Cheese

All Smoothies

Mocha Almond Torte

Gluten Free Brunch (Sat & Sun 10:00 to 3:00)

All Omelettes (**without the muffin**)

Santa Fe Breakfast Tacos (**substitute corn tortillas**)

Migas/Tofu Migas

Huevos Mexicanas/Tofu Mexicanas

Huevos Motulenos/Tofu Motulenos

Roasted New Potatoes

Our organic Tamari is gluten free

* Customers with a severe gluten allergy are strongly urged to avoid eating at Mother's Café – all menu items are produced in our kitchen where **Wheat** is a frequently used ingredient. **Rye** and **Oats** are ingredients in one menu item each; rye in our rye bun and oats in our muffins served during weekend brunch. We use no **Barley** in our recipes.