



# GLUTEN-FREE MENU

BREAKFAST SERVICE • EASTBOUND/NORTHBOUND

## WELCOME TASTE

Breakfast bar\*

## DELISH DISHES

Fresh fruit  
rotating selection

French toast\*  
maple syrup

Goat cheese & tomato omelet  
chicken sausage, roasted red potatoes

*\*vegan*



# GLUTEN-FREE MENU

BREAKFAST SERVICE • WESTBOUND/SOUTHBOUND

## WELCOME TASTE

Breakfast bar\*

## DELISH DISHES

Fresh fruit  
rotating selection

Buckwheat pancakes\*  
blueberry compote

Spicy eggplant shakshuka  
feta cheese, poached cage-free egg

*\*vegan*



# GLUTEN-FREE MENU

LUNCH/DINNER SERVICE • EASTBOUND

## WELCOME TASTE

Assorted nuts

## DELISH DISHES

Shirazi salad

black beans, lentils, quinoa, romaine,  
cherry tomatoes

Mushroom risotto

chives, squash & apple ragoût

Atlantic Cod

braised fennel, cannellini beans, tomato caper sauce

## SWEET BITES

Sorbet

*\*vegan*



# GLUTEN-FREE MENU

LUNCH/DINNER SERVICE • WESTBOUND/SOUTHBOUND

## WELCOME TASTE

Assorted nuts

## DELISH DISHES

Taco salad\*

black beans, lentils, quinoa, romaine,  
cherry tomatoes

Butternut squash polenta\*

chives, squash & apple ragoût

Pan-roasted chicken

broccolini, roasted cherry tomato, mashed potatoes

## SWEET BITES

Sorbet

*\*vegan*



# GLUTEN-FREE MENU

SHUT-EYE SERVICE

## WELCOME TASTE

Assorted nuts

## DELISH DISHES

Roasted tomato & lemon salad\*

baby gem lettuce, red onion,  
pomegranate seeds, pomegranate vinaigrette

Shirazi salad\*

cherry tomatoes, cucumbers, shallots,  
herbs, reb wine vinaigrette

Atlantic cod

braised fennel, cannellini beans, tomato caper sauce

## SWEET BITES

Sorbet

## PRE-ARRIVAL TAKE AWAY

Cold-pressed juice

Cold brew pure black

Breakfast bar

Chocolate covered cashews

*\*vegan*