

Enjoy Your Greenz Gluten Free!

We empathize with you, our gluten-free friends, so we made this handy guide to help you enjoy the adventurous ingredients of Greenz without a doubt or second thought.

RECOMMENDED STARTERS:

Fresh Fruit

RECOMMENDED SOUPS:

Asparagus Soup

Pesto Soup

Turkey Chili

Mango Melon (seasonal)

Pear & Pumpkin (seasonal)

RECOMMENDED SALADS:

Bar None (without pretzel bowl / substitute dressing)

BBQ Texas Slaw

Classic Greenz

Chipotle Chicken

Chicken Riviera

Grilled Southwest Shrimp Salad

Hawaiian Tuna (without spring roll bowl)

The Mediterranean (without pita crisp)

Grilled Texas Peach Salad (seasonal)

The Wedge

Tofu & Veggies (ask for regular tofu, instead of breaded)

Warm Pear & Goat Cheese



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Greenz uses gluten-free Tamari sauce instead of soy sauce in its dressing, chooses only hormone-free, naturally raised chicken and never uses trans fat in any of its dishes.

Greenz Restaurants, LLC, obtains nutritional information from various sources including product manufacturer(s). Although we have made every effort to be as accurate as possible, manufacturers frequently change formulations and it may take some time to get our records updated to reflect these changes. In addition, because we cook each dish to order, some nutritional values may not be exact. There can be variances in the actual values versus the recipe specifications. The information posted here may not be 100% accurate as such we cannot be responsible for individual reactions to any products listed here. GLU0110