

1840s Carrollton Inn



Gluten Free Menu

We serve breakfast between 7:00am to 9:30am, please fill out menu and attach to the room door by 11:00pm

Today's Date: _____

First/Last Name & **INITIALS**: Guest 1: _____ Guest 2: _____

Are you dining with friends? If so, what room are they in? # _____

Please indicate your meal selections with your **INITIALS** for each menu item.

Breakfast Locations:

TIME: _____ LOCATION: Dining Room Courtyard In-Room

Would you like Coffee/Tea service prior to breakfast? (Left outside your door):

TIME: _____ Coffee or Hot Water w/ Milk 1/2 & 1/2 Soy Milk

Beverages:

Coffee _____ Decaf Coffee _____ Tea _____ Herbal Tea _____

Glass of Milk _____ (2% Soy) Orange Juice _____

House Juice (OJ & Cranberry) _____ Cranberry Juice _____

Starters:

Bananas w/ Nuts and Honey _____ Strawberry _____ Melons _____

Vanilla Yogurt w/ Granola _____

Entrees:

Gluten Free Breakfast Burrito (Eggs, Black Beans, & Cheese) w/ Salsa Sour Cream Guacamole _____

House Omelette (Tomato, Onion, Cheese, Shiitake Mushrooms, Peppers, & Fresh Herbs) _____

Heart Healthy Omelette (Egg White, Spinach, Tomato, Onion, & Feta Cheese) _____

Poached _____ Scrambled (no cheese, w/cheese) _____

Fried _____ (Over Easy Medium Hard)

Gluten Free Pancakes (Plain, Blueberry, Banana) _____

Gluten Free Bacon _____ Sausage _____ Home Fries _____

Bread:

Gluten Free White Toast _____

If you have any allergies or would like something different, please let us know. (Vegetarian and vegan menus also available.)

Enjoy your Meal!

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