



# Allergies? Vegan/Vegetarian? We've Got You Covered!

## Gluten Sensitive Menu\*

### Appetizers:

Black Bean Dip  
Bean and Corn Salsa†  
Black Bean Nachos, Rice  
Black Bean Nachos, Chicken

### Entrées:

Island Burger△  
Pulled BBQ Chicken, White  
Pulled Curry Chicken, White  
Marinated Chicken Breast†  
Lucayan Salad  
Black Bean Salad w/ Rice  
Black Bean Salad w/ Chicken  
Tropical Chicken Salad  
Tuna Salad  
Chicken and Veggies Salad△

### Side Items:

Cuban Black Beans  
St. Lucian Rice  
Martinique Callaloo  
Spiced Sweet Potatoes  
Native Cole Slaw  
House Salad, Oranges and Almonds†  
House Salad, Cheese and Tomatoes†  
Small House Salad△  
Fresh Fruit  
Mixed Bean and Corn Salad  
Potato Chips

### Desserts:

Chocolate Mousse△

\*Gluten Information: Made with ingredients that do not naturally contain gluten. Ingredients are stored in facilities where gluten dust may be present. Depending on vendor, Cheese and Sour Cream can contain gluten.

## Vegetarian Menu

Native Cole Slaw  
Boija Muffin  
Chocolate Mint Squares  
Calypso Bars  
Carrot Cake Bars

### Vegan Options:

#### Appetizers:

Black Bean Dip\*\*  
Bean and Corn Salsa†  
Black Bean Nachos, Rice\*\*

#### Entrées:

Veggie Burger on Wheat Bun  
Black Bean Salad w/ Rice\*\*  
Veggie Sandwich\*\*

#### Side Items:

Orzo Basil Salad  
Cuban Black Beans\*\*  
St. Lucian Rice  
Martinique Callaloo  
Spiced Sweet Potatoes  
House Salad, Oranges and Almonds†  
House Salad, Cheese and Tomatoes\*\*†  
Small House Salad\*\*△  
Fresh Fruit  
Mixed Bean and Corn Salad  
Potato Chips

#### Desserts:

Chocolate Mousse△

\*\*Vegan when cheese and/or sour cream are left off

## Seafood-Free Menu

Full menu except Tuna Salad

## Nut (& Coconut) Free Menu

### Appetizers:

Black Bean Dip  
Bean and Corn Salsa†  
Black Bean Nachos, Rice  
Black Bean Nachos, Chicken

### Entrées:

Island Burger△  
Pulled BBQ Chicken, White  
Pulled Curry Chicken, White  
Lucayan Salad (almonds on side)  
Veggie Burger on Wheat Bun  
Marinated Chicken Breast†  
Black Bean Salad w/ Rice  
Black Bean Salad w/ Chicken  
Tropical Chicken Salad  
Tuna Salad  
Chicken and Veggies Salad△

### Side Items:

Cuban Black Beans  
St. Lucian Rice  
Martinique Callaloo  
Spiced Sweet Potatoes (coconut on side)  
Native Cole Slaw  
House salad, Oranges (almonds on side) †  
House Salad, Cheese and Tomatoes†  
Small House Salad△  
Fresh Fruit  
Mixed Bean and Corn Salad  
Potato Chips

### Desserts:

Chocolate Mint Squares  
Carrot Cake Bars  
Chocolate Mousse△  
Tropical Lime Pie△

## Dairy Free Menu

### Appetizers:

Black Bean Dip\*\*\*  
Bean and Corn Salsa†  
Black Bean Nachos, Rice\*\*\*  
Black Bean Nachos, Chicken\*\*\*

### Entrées:

Island Burger\*\*\*△  
Pulled BBQ Chicken, White  
Pulled Curry Chicken, White  
Veggie Burger on Wheat Bun  
Lucayan Salad  
Black Bean Salad\*\*\*  
Marinated Chicken Breast†  
Tropical Chicken Salad  
Tuna Salad Sandwich  
Veggie Sandwich\*\*\*  
Chicken and Veggies Salad\*\*\*△

### Side Items:

Orzo Basil Salad  
Cuban Black Beans\*\*\*  
St. Lucian Rice  
Martinique Callaloo  
Spiced Sweet Potatoes  
Native Cole Slaw  
House Salad, Oranges and Almonds†  
House Salad, Cheese and Tomatoes\*\*\*†  
Small House Salad\*\*\*△  
Fresh Fruit  
Mixed Bean and Corn Salad  
Potato Chips

### Desserts:

Chocolate Mint Squares  
Calypso Bars

\*\*\*When cheese and/or sour cream are left off

† Items only available on catering menu | △ Items only available on café menu

For complete information, please visit [CalypsoCafe.com/nutrition](http://CalypsoCafe.com/nutrition).