



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 BurgerΔ
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 SaladΔ

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 SaladΔ
Fresh Fruit
Mixed Bean and Corn Salad
Potato Chips

Desserts:

Chocolate MousseΔ

*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**Δ
Fresh Fruit
Mixed Bean and Corn Salad
Potato Chips

**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 BurgerΔ
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 SaladΔ

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 SaladΔ
Fresh Fruit
Mixed Bean and Corn Salad
Potato Chips

Desserts:

Chocolate Mint Squares
Carrot Cake Bars
Chocolate MousseΔ
Tropical Lime PieΔ

Dairy Free Menu

Appetizers:

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

Entrées:

Island Burger***Δ
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***Δ

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***Δ
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 | Δ Items only available on café menu

For complete information, please visit CalypsoCafe.com/nutrition.