



Dietary Restrictions Recommendations for Chef Alyssa's Kitchen – Family Table Meals

LOW CARB/DIABETES-FRIENDLY MEAL ITEMS

> Entrees

- Frenched Chicken Breast
- Flank Steak
- Seared Salmon
- Roasted Chicken
- Adobo Spiced Tofu
- Grilled Chicken

> Sides

- Spiced Local Carrots
- Roasted Broccoli
- Roasted Local Veggies
- Seasonal Fresh Fruit
- Brussel Sprouts
- Roasted Cauliflower
- Curry Cauliflower Steak
- Seasonal Squash

> Salads

- Table Salad-optional no croutons
- Kale Salad
- CAK Standard Salad
- Tunisian Spice Salad

HYPERTENSION/LOW SODIUM OPTIONS SPECIFYING NO SALT ON ORDER

> Entrees

- Seared Salmon
- Adobo Spiced Tofu
- Grilled Chicken

> Sides

- Spiced Local Carrots
- Garlic Fingerling Potatoes
- Seasonal Local Veggies
- Seasonal Local Fruit
- Brussel Sprouts
- Roasted Cauliflower
- Cauliflower Steak
- Anson Mills Carolina Gold Rice
- Seasonal Squash

> Salads

- All Salads- excluding cheese & croutons

> Grain Bowls

- South end-excluding buttermilk slaw & sub grilled chicken
- Rio Grande-excluding chipotle-cilantro crema & sub grilled chicken.

DAIRY-FREE FRIENDLY MEAL ITEMS

> Entrees

- All Entrees

> Sides

- All Sides excluding Mac & Cheese

> Salads

- All Salads- exclude cheeses

> Grain Bowls

- All Grain Bowls- exclude cheeses, buttermilk slaw, & crema

> Desserts

- Vegan chocolate crumble cheesecake bar

VEGAN FRIENDLY MEAL ITEMS

> Entrees

- Adobo Spiced Tofu
- Stuffed Red Bell Pepper

> Sides

- Carolina Gold Rice
- Garlic Fingerling Potatoes
- Spiced Local Carrots
- Roasted Broccoli
- Seasonal Local Vegetables
- Seasonal Local Fruit
- Brussel Sprouts
- Roasted Cauliflower
- Quinoa Salad
- Curry Cauliflower Steak
- Seasonal Squash

> Salads

- All Salads exclude cheese on them.

> Grain Bowls

- Rio Grande- if you choose tofu option and exclude chipotle-cilantro crema
- South End- if you choose tofu option and exclude buttermilk slaw

> Dessert

- Vegan Chocolate crumble cheesecake bar

VEGETARIAN FRIENDLY MEAL ITEMS

> Entrees

- Adobo Spiced Tofu
- Stuffed Red Bell Pepper

> Sides

- All Sides

> Salads

- All Salads

> Grain Bowls

- Rio Grande
- South End

> Desserts

- Lacto-vegetarian options for all desserts



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