



PO Box 9982  
Albuquerque NM 87119  
505.234.4584  
info@blackmesacoffeeco.com

# Gluten Information

**Gluten Free** = products that contain NO Wheat, Barley or Rye

## Our Kitchen is NOT Gluten Free

**Black Mesa Coffee Company strives to meet the preferences of all its customers, including gluten free, gluten allergic or gluten intolerant.**

Many of our menu choices, including salads, oatmeal and certain pre-packed items purchased from outside vendors, are or can be modified to be as gluten free as possible. However, because of the nature of our kitchen, we cannot guarantee any of our freshmade choices are truly 100% gluten free.

Better choices may be some of our pre-packaged bakery items made in certified gluten-free facilities, fresh whole fruit, packaged juices, and yogurts.

Please contact us at **505.842.4305** with questions or concerns about our gluten-free choices.

## Gluten Free in the world of Sandwiches

- ▶ Sandwiches can be made without bread, either open face or wrapped in lettuce leaves.
- ▶ Gluten Free Bread is available on a limited basis.
- ▶ Gluten Free Bread is expensive as it is made in a commercial gluten free environment and has a very short shelf life.

## Items Not Containing Gluten\*

**Choosing any of the following menu items is at your own risk.**

**Our kitchen is NOT gluten free. Cross contamination with ingredients containing gluten is possible.**

### Prepared Foods

Granola Cereal  
Hilltop Hearth Oatmeal  
Apple  
Orange  
Banana  
Egg cup  
Granola Yogurt Cup  
Fruit Cup  
Berry Cup  
Fage Yogurt  
Yoplait Yogurt  
Ranch Dressing  
Salad – Chicken Walnut Cranberries  
Salad – Chef Salad  
Salad – Humus with Gluten Free Chips  
Scoop – Egg Salad  
Scoop – Chicken Salad  
Scoop – Tuna  
Scoop – Quinoa  
Green Chile Chicken Soup  
Food Should Taste Good Chips

### Drinks

Dole juices  
Naked Juices  
Pepsi Bottle products  
Pepsi Fountain drinks  
Sobe Drinks  
Izzie Soda  
Perrier Water  
Red Bull  
Amp energy drink  
Monster energy drink  
Naked Smoothies:  
Exception: NO GREEN MACHINE  
(contains wheat grass)  
Muscle Milk  
White & Chocolate Milk  
Water  
Coffee  
Lattes  
Mochas  
Chai  
Hot Chocolate  
Tea

### Sweet Treats

Two Degrees Bars  
Glorious Cookies  
Glorious Brownies  
Get Fresh Bake House Brownies  
Get Fresh Bake House Cookies

### Ingredients

Turkey – nitrate free  
Ham  
Chicken Salad  
Tuna Salad  
Lettuce  
Spinach  
Tomatoes  
Onions  
Sprouts  
Red peppers  
Carrot  
Olives  
Nuts  
Cheese – Swiss  
Cheese – Cheddar  
Cheese – Provolone  
Mayonnaise  
Mustard  
Dijon Mustard  
Jelly PC  
Sauasge  
Bacon

\* Subject to availability – not all items are available at all times.