

Burrito and Quesadillas

Menu Item	FODMAP Ingredients to be Aware of
Beef Burrito	White Tortilla Refried Beans Sliced Mushrooms Salsa Sour Cream
Chicken Quesadilla	Whole Wheat Tortilla Salsa Diced Onion Sour Cream

Mongolian Grill

Menu Item	FODMAP Ingredients to be Aware of
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Grain Products:

Chow Mein (Egg) Noodles	Wheat
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Rice Noodles

Rice

Ramen Noodles	Wheat
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Proteins:

Beef Strip

Chicken

Shrimp

Tofu (firm)

Sauces:

Honey Garlic	Glucose-fructose Honey Garlic
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Sweet & Sour	Glucose-fructose Orange juice Onion Garlic
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Szechuan	Garlic Orange juice
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Pad Thai	Garlic Onion
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Teriyaki	Garlic
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Sweet Chili	Garlic
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Thai Tangy	Garlic
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Toppings:

Vegetables	Onions Mushrooms
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Broccoli
Peas
Corn
Cauliflower
Bean sprouts

Spices

Garlic powder
Onion powder

Pasta Bar

Menu Item	FODMAP Ingredients to be Aware of
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Grain Products:

Garlic Bread	Wheat Garlic
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Pasta noodles (expect GF)	Wheat
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Ravioli	Wheat Ricotta cheese Milk Cream
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Cheese Cannelloni	Wheat Ricotta cheese Cream
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Cheese Tortellini	Wheat Ricotta cheese Cream
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Gnocchi	Wheat
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Sauces:

Alfredo Sauce	Wheat Milk
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Tomato Sauce	Garlic
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Meat Sauce	Onion Tratorria Garlic
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Toppings:

Vegetables	Onions Mushrooms Peas Broccoli
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Pizza

Menu Item	FODMAP Ingredients to be Aware of
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Grain Products:	
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White Pizza Dough	Wheat
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Whole Wheat Pizza Dough	Wheat
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Gluten Free Pizza Dough

Sauces:	
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Pizza Sauce	Garlic
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