

# South - Sauces

Menu Item	FODMAP Ingredients to be Aware of
White Sauce	Milk Flour
Meat Sauce	Onion Garlic Trattoria
Beef Gravy	Flour Beef Bouillon
Vegan Gravy	Vegetable Bouillon
Meat Chili	Onion Celery Kidney Beans Trattoria
Vegetarian Chili	Onion Celery Kidney Beans Black Beans Trattoria