

# LA PIT- Omelette & Pasta Bar

Menu Item	FODMAP Ingredients to be Aware of
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## Grain Products:

Toast	Wheat
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Waffles (Excludes GF option)	Wheat
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Pasta (Excludes GF option)	Wheat
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Garlic Bread	Wheat Garlic
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## Proteins:

Meatballs	Wheat Garlic Onion
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## Toppings:

Pancake/Waffle Syrup	Glucose-fructose
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Vegetables	Mushrooms Onions Broccoli Peas
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## Sauces:

Alfredo	Milk Flour
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Tomato Sauce	Garlic
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Beef Sauce	Garlic Onion Tratorria
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