

C6- Grillhouse, Need a Pita, Pasta, Deli & Poutine

Menu Item	FODMAP Ingredients to be Aware of
Grain Products:	
Buns (any)	Wheat
Bagel (any)	Wheat
Tortillas (any)	Wheat
English Muffin	Wheat
Pitas	Wheat
Sandwich Bread (any)	Wheat
Pasta (except GF)	Wheat
Bruschetta	Wheat Garlic
Garlic Bread	Wheat Garlic
Proteins:	
Chicken Caesar	Garlic Onions
Sausage	Garlic
Souvlaki	Garlic
Gyros	Wheat Garlic Onion
Jumbo Hot Dogs	Garlic
Falafel	Chickpea Chickpea flour Garlic Onions Chicory root

Hummus Chickpeas
Garlic

Toppings:

Vegetables/Fruit Onions
Mushrooms
Cabbage
Squash
Shallots
Apples
Pears
Beets
Green peas

Sauces:

Honey Mustard Honey
Glucose-fructose

Caesar Garlic
Onions

Ranch Buttermilk
Garlic
Onions

Honey Dijon Honey

Italian Skim milk powder
Garlic
Onions

Baba Ganoush Sour cream
Garlic

Tzatziki Yogurt
Garlic

Sour Cream Cream

Ancho Chipotle Modified milk ingredients
Garlic

Onions

BBQ Sauce
Glucose-fructose
Onions
Garlic

Salsa
Garlic
Onions

Mustard
Garlic

Tomato
Garlic

Meat
Garlic
Tratorria
Onion

Alfredo
Wheat
Milk

Beef Gravy
Flour
Beef bouillon

Vegan Gravy
Vegetable bouillon

Sides:

French Fries (plain)

Homefries

Onion Rings
Onions
Wheat

Sweet Potato Fries
Sweet potato

Chicken Fingers
Wheat
Modified milk ingredients

Drinks:

Milkshakes (any)
Milk