

MIMI'S CAFE RECOMMENDATIONS FOR THOSE WITH CELIAC DISEASE

ALLERGIES TO WHEAT GLUTEN, CARAMEL COLOR, MSG, HYDROLIZED VEGETABLE PROTEIN (HVP), GRAIN VINEGARS, ETC.

FORMAT: THIS LIST SHOWS SPECIFICALLY WHAT **CAN** BE ORDERED FROM EACH MENU CATEGORY. IF IT'S NOT ON THIS LIST, YOU MAY ASSUME THAT IT IS MADE WITH WHEAT FLOUR, CARAMEL COLOR, GRAIN VINEGAR, OR WITH A FLAVORING BASE THAT INCLUDES HVP OR MSG OR BOTH, AND IT IS PRODUCED IN A FACILITY THAT MANUFACTURES ITEMS USING WHEAT GLUTEN.

GENERAL NOTES:

AVOID ALL MUFFINS, QUICK BREADS, DESSERT ITEMS, SOUPS, SAUCES, SALAD DRESSINGS AND MARINADES FROM MIMI'S RESTAURANTS, AS THEY ARE MADE IN A FACILITY THAT UTILIZES FLOUR, AND WHEAT BY-PRODUCTS. FOOD SERVICE MANUFACTURERS CHANGE THEIR FORMULAS QUITE FREQUENTLY, SO WHAT HAS NO HVP TODAY MIGHT HAVE IT TOMORROW.

OCCASIONALLY YOU'LL COME ACROSS A NEW SERVER WHO WILL BE UNFAMILIAR WITH OUR LIBERAL SUBSTITUTION POLICY; BUT OUR MANAGERS ARE ALWAYS PRESENT AND ALWAYS HAPPY TO HELP, JUST ASK FOR A MANAGER IF YOU DON'T SEE ONE. WE ARE ALWAYS HAPPY TO MAKE SUBSTITUTIONS FOR ANYTHING, MOST OF OUR GUESTS GET "CREATIVE" AND WE'RE VERY GOOD AT FULFILLING SPECIAL REQUESTS IN THE KITCHEN. **PLEASE DIRECT YOUR ALLERGEN REQUIREMENTS DIRECTLY TO A UNIT MANAGER.** DUE TO THE LARGE QUANTITY OF MENU ITEMS AT MIMI'S, WE WANT TO INSURE YOUR SAFETY, WHILE PROVIDING YOU WITH MIMI'S OWN GREAT TASTING FOOD AND SERVICE.

YOU CAN ORDER JUST A SIDE ORDER OF ANYTHING WE HAVE IN THE RESTAURANT. IF YOU WANT JUST A PIECE OF CHICKEN OR MEAT, OR JUST A WEDGE OF FRUIT, OR A LITTLE PLAIN GREEN SALAD PLEASE ASK. IT IS SOMETHING WE DO QUITE FREQUENTLY.

IT WOULD ALSO BE A GOOD IDEA TO TAKE A GOOD LOOK AT YOUR PLATE WHEN IT'S DELIVERED TO YOUR TABLE. OCCASIONALLY, DURING THE HUSTLE AND BUSTLE, IT'S QUITE POSSIBLE FOR A SERVER TO PICK UP THE WRONG PLATE BY MISTAKE; OR FOR A CHEF TO MIS-READ A HASTILY ENTERED CHECK.

BON APPETIT! PLEASE DON'T HESITATE TO LET US KNOW HOW WE CAN BETTER SERVE YOU.

FINAL NOTE: THE INFORMATION HERE IS CURRENT AND ACCURATE AS OF MARCH 2007. PLEASE NOTE THAT THE COMPANIES WE BUY FOOD PRODUCTS FROM DO CHANGE FORMULAS FROM TIME TO TIME. IF IN DOUBT, PLEASE DON'T EAT IT. IF YOU'VE ORDERED THE WRONG THING BY MISTAKE, PLEASE DON'T BE EMBARRASSED TO SEND IT BACK. WE WILL NEVER CHARGE OUR GUESTS FOR SOMETHING THEY DIDN'T EAT.

SINCERELY,

ADAM BAIRD
V.P. FOOD & BEVERAGE

FRIED FOODS: I HAVE BEEN INFORMED THAT SOME CELIACS MAY BE SENSITIVE TO FOODS THAT HAVE BEEN FRIED IN THE SAME DEEP FAT THAT FLOURED AND BREADED FOODS HAVE BEEN FRIED IN. MANY OF OUR ITEMS ARE BREADED USING FLOUR. FOR EXAMPLE, IF FRENCH FRIES ARE COOKED IN THE SAME SHORTENING AS BREADED SHRIMP, IT IS POSSIBLE THAT MINUTE PARTICLES OF WHEAT FLOUR MAY STILL BE SUSPENDED IN THE OIL AND BE DEPOSITED ON THE FRENCH FRIES. UNFORTUNATELY, MIMI'S DOES NOT HAVE A SEPARATE FRYER FOR FRENCH FRIES, WE USE THE SAME FRYER FOR BREADED FOODS. THEREFORE, **WE DO NOT RECOMMEND EATING FRIED ITEMS AT MIMI'S CAFÉ.**

GRIDDLED FOODS: FOOD THAT IS SAUTEED ON THE GRIDDLE (LIKE BREAKFAST POTATOES) MAY PICK UP TINY GRAINS OF FLOUR FROM PANCAKES THAT HAVE BEEN COOKED ON THE SAME GRIDDLE. PLEASE CHECK WITH YOUR DOCTOR ON THIS, AS SENSITIVITY VARIES FROM PERSON TO PERSON. WE CAN HAVE GRIDDLED FOODS PREPARED SINGULARLY IN A SAUTE PAN AND GET THE SAME RELATIVE COOKING EFFECT, PLEASE ASK IF CONCERNED ABOUT CROSS OVER CONTAMINATION.

APPETIZERS:

BLACK AND BLEU CHICKEN QUESADILLA - ORDER THEM MADE WITH CORN TORTILLAS, WITHOUT CHIPOTLE SAUCE. THE FRESH SALSA IS OK.

SALADS:

A NOTE ON DRESSINGS: OUR MAYONNAISE CONTAINS "VINEGAR" AS AN INGREDIENT BUT DOES NOT SPECIFY WHAT TYPE OF VINEGAR IT'S DISTILLED FROM. ALSO, WE USE KETCHUP IN SOME SALAD DRESSINGS (HEINZ AND HUNT'S) AND MUSTARD (FRENCH'S AND GRAY POUPON) WHICH BOTH CONTAIN "VINEGAR" ON THEIR LABELS, WITHOUT FURTHER SPECIFICATION.

LEMON WEDGES AND BOTTLES OF OIL & BALSAMIC VINEGAR ARE AVAILABLE, OR YOU MAY BRING YOUR OWN DRESSING. MIMI'S NONFAT SWEET & SOUR FRENCH DRESSING WILL BE OK, AS LONG AS YOU CAN EAT KETCHUP. OUR OTHER DRESSINGS MAY CONTAIN GRAIN VINEGAR, SOY SAUCE, WORCESTERSHIRE SAUCE AND/OR CARAMEL COLORING. RANCH DRESSING IS VERY BAD, IT HAS HVP AND YEAST EXTRACT, SO AVOID THIS.

COBB SALAD - OK (SEE NOTE ON BACON, IN BREAKFAST SECTION) ORDER WITHOUT DRESSING

ZESTY TOSTADA CHICKEN SALAD - OK, ORDER WITHOUT RANCH DRESSING AND WITHOUT CHIPOLTLE SAUCE.

CHICKEN AND FRUIT – OK, REQUEST BROILED CHICKEN

CITRUS SALMON: OK, REQUEST WITH SELECTED DRESSINGS FROM ABOVE

BLEU CHEESE & WALNUT: OK ORDER WITH SELECTED DRESSINGS AS MENTIONED ABOVE, CAN ADD BROILER CHICKEN

SALADS ARE ACCOMPANIED BY A MUFFIN OR ROLL. YOU CAN ORDER CORN TORTILLAS INSTEAD.

DINNERS:

WITH THE ADDITION OF SOUP OR SALAD. ORDER SALAD NO CROUTONS. BE CAREFUL WITH DRESSING SELECTION. YOU CAN SUBSTITUTE FRESH FRUIT WEDGES, OR SLICED TOMATOES FOR SALAD. MANY DINNERS HAVE CHOICE OF POTATO OR RICE. (THE RICE IS NATURAL STEAMED JASMINE RICE, WITH NOTHING ADDED). FOR FRENCH FRIES & BREAKFAST POTATOES, SEE "FRIED FOOD NOTE."

ORDER BAKED POTATO OR MASHED POTATO OR RICE. *FRENCH FRIES CONTAIN CORN AND WHEAT STARCHES*. YOU CAN ALSO SUBSTITUTE TOMATOES, FRUIT, OR EXTRA VEGETABLES. IN PLACE OF DINNER BREADS, YOU CAN GET CORN TORTILLAS.

ROAST TURKEY BREAST - ORDER NO SAUCE, NO STUFFING, BAKED POT. OR RICE

POT ROAST – ORDER NO SAUCE OR GRAVIES, BAKED POT. OR RICE

MEATLOAF: THE MEATLOAF CONTAINS GLUTEN, AS THERE IS A SMALL AMOUNT OF JAPANESE BREAD CRUMB USED AS A BINDER. PLEASE DO NOT SERVE THIS TO A CELIAC GUEST.

CENTER CUT PORK CHOPS – OK WITH BAKED POT OR RICE AND SEASONAL VEG

GRILLED BEEF LIVER - ORDER IT "NO FLOUR", WE DIP IT IN FLOUR BEFORE SAUTEING IT. IF YOU ASK THE SERVER TO HAVE THE COOKS "PAN FRY IT WITH BUTTER" THAT MIGHT BE BETTER, THAT WAY THEY WON'T BE COOKING IT ON THE GRIDDLE, WHICH MIGHT HAVE CRUMBS OF FLOUR LEFT ON IT FROM PREVIOUSLY COOKED FOODS.

FLAT IRON AND TOP SIRLOIN STEAKS – ORDERED BROILED, NOT BLACKENED

SEASONAL PAN SAUCE – OK WITH ANY BROILED FRESH FISH

SOLE WITH SHRIMP CREOLE – NOT BLACKENED. SAUCE IS OK.

HIBACHI SALMON: SWEET N SOUR CONTAINS MODIFIED FOOD STARCH AND RICE VINEGAR, ORDER DRY WITH LEMON WEDGES AND SOY SAUCE

TUSCAN CHICKEN: MARINATED WITH "DISTILLED" VINEGAR, SO IT MAY BE SUSPECT IF YOU CAN'T HAVE VINEGAR. ORDER NO CROUTON

SALMON AND TODAY'S FRESH FISH - ORDER BROILED RATHER THAN BLACKENED. IT HAS BEEN MARINATED WITH OIL & VINEGAR. IF VINEGAR IS A PROBLEM, YOU MIGHT ASK A MANAGER IF THERE IS ANY UNMARINATED FISH IN THE FRIDGE, WE'LL BE HAPPY TO MAKE IT FOR YOU. **WE RECOMMEND YOU ORDER EITHER FISH WITH NO MARINADE.** (AVOID TARTAR SAUCE IF ALLERGIC TO MAYO, MUSTARD, KETCHUP, AND/OR PICKLE RELISH).

SANDWICHES:

WE'LL BE HAPPY TO MAKE A SANDWICH "NO BREAD." DON'T ORDER ANY SANDWICH THAT HAS DRESSING, MAYO (IF MAYO IS OFF LIMITS) OR SAUCE (LIKE THE AU JUS ON THE BEEF DIP). THE ROAST BEEF WE USE DOES CONTAIN CARAMEL COLORING, SO DOES THE AU JUS.

HAMBURGERS:

WE'LL BE HAPPY TO MAKE ANY BURGER "NO BREAD." DON'T ORDER A HAMBURGER THAT HAS DRESSING OR SAUCE. DON'T ORDER THE MEATLESS VEGGIE BURGER, IT CONTAINS WHEAT GLUTEN.

DESSERTS: ICE CREAM AND FRESH STRAWBERRIES AVAILABLE, IF ICE CREAM IS OK. ALSO WE CAN HAND CUT A FRUIT SALAD FOR YOU CONSISTING OF, MELON, WATERMELON, ORANGE, BERRIES, AND MORE.

BREAKFASTS:

NOTE ON BREAKFAST MEATS: MANY BRANDS OF BACON, SAUSAGE, HAM, AND CORNED BEEF MAY POSSIBLY BE CURED OR FLAVORED WITH HVP--SO IT'S BEST TO AVOID THEM ALTOGETHER. (CURRENTLY, OUR BACON AND HAM, MADE BY FARMLAND, APPEAR TO BE OK. THEY CONTAIN JUST WATER, PORK, SALT, AND NITRITES.) WE CAN MAKE A TURKEY OMELETTE, OR INSTEAD OF SAUSAGE AND EGGS YOU CAN HAVE A HAMBURGER PATTY AND EGGS OR A TURKEY BURGER & EGGS.

MANY BREAKFASTS ARE ACCOMPANIED BY MUFFINS. YOU CAN ORDER CORN TORTILLAS INSTEAD, OR SUBSTITUTE FRUIT FOR A MUFFIN.

NOTE ON BREAKFAST POTATOES: SEE NOTE ON GRIDDLE-FRIED FOODS. POTATOES AND PANCAKES ARE COOKED ON THE SAME GRIDDLE. OF COURSE THE GRIDDLE IS CLEANED WITH A GRIDDLE SCRAPER BEFORE A NEW FOOD IS PUT ON IT, BUT INVISIBLE PARTICLES OF FLOUR MAY REMAIN. CHECK WITH YOUR DOCTOR. YOU CAN HAVE FRUIT OR SLICED TOMATOES INSTEAD OF POTATOES.

HUEVOS CON TORTILLAS - OK WITH CORN TORTILLAS

TUSCAN OMELETTE - OK

EGGWHITE FITNESS OMELETTE - OK

MONTEREY OMELETTE - ORDER NO BACON, IF BACON IS A PROBLEM

HAM & EGGS - OK IF HAM IS NOT A PROBLEM

BACON & EGGS - OK IF BACON IS NOT A PROBLEM

2 EGG BREAKFAST - OK

STEAK & EGGS - OK