



# Healthy Options Gluten-Friendly

chicago midway

Go eat, shop & relax at the new MDW.

Chicago Midway Airport's concessions offer a range of gluten-friendly options throughout the airport to satisfy every appetite. The following are selected menu items from our various locations that use gluten-friendly ingredients. These items are prepared in shared cooking and preparation areas and may not be completely free from gluten. Guests should inform our associates of any gluten intolerance when ordering

and they will notify a manager of an allergy or special dietary need requests. In addition to restaurant location offerings prepackaged grab-and-go products are available throughout our shopping and eating locations and are labeled to identify any allergens to help make safe and informed choices.

## CONCOURSE A



A R A M I

**Arami**

Concourse A Food Hall

**Teriyaki Salmon:** Teriyaki-glazed grilled Scottish Salmon served with bean sprouts, cucumber, red onion and scallions tossed in Arami vinaigrette

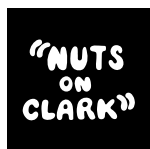
**Teriyaki Beef:** Teriyaki-glazed beef in onions and button mushrooms. Served with sliced takuan sesame seeds and scallions

**Ahi Tuna Poke Bowl:** Sliced Ahi served on a bed of mixed greens, cucumber, bean sprouts, pickled vegetables and soy-sesame dressing

**Assorted Sashimi and Maki Rolls**

**Edamame**

**Seaweed Salad**



**Nuts On Clark**

Concourse A Food Hall

Completely gluten and GMO-free, organic, low sodium, low fat, and whole-grain - all menu items!

**Kettle Corn**

**Caramel Corn**

**Cheese Corn**

**Carmel Corn Nut Glaze**



**Woodgrain Neapolitan Pizzeria**

Concourse A Food Hall

All pizzas are coal fired and made to order with gluten-free crust option.

**Gluten-Free Breakfast Pizzetta (served until 10:30 AM):**

Spinach, egg, mozzarella, provolone, cheddar and asiago cheeses



**DeCOLORES**

Concourse A Food Hall

**Breakfast Tacos (served until 10:30 AM):** Eggs with choice of protein served in a corn tortilla with cilantro, onions, and option salsa

**Burrito Bowl:** Served with choice of protein, rice, beans, cheese, lettuce, tomato, avocado, cilantro, onion, and corn tortilla strips

**Tacos:** Choice of protein served in a corn tortilla with cilantro, onions and a side of rice and beans

**Quesadillas:** Choice of protein served in a corn tortilla with a side of guacamole and sour cream

**Chips and Salsa or Guacamole**

**Ensalada Fresca:** Primavera mix with cucumber, apple, strawberry, cranberry, sunflower seeds, almond mix, and basil vinaigrette

**REILLY'S  
DAUGHTER**  
IRISH PUB

**Reilly's Daughter**

Concourse A Food Hall

**Wings:** A dozen wings tossed in Guinness BBQ sauce or hot sauce with blue cheese dressing and celery

**Chicken Cobb Salad:** Grilled chicken, bacon, avocado, hardboiled egg, tomato and romaine served with ranch dressing

**House Salad:** Lettuce blend, tomato, wedge, cucumber and shaved onions

**Corned Beef and Cabbage:** Served with potatoes and carrots

**More Gluten-Friendly options**





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## CENTRAL MARKET



**Café L'Appetito**

**Dolce Chicken:** Romaine, chicken, walnuts, dried cranberries, gorgonzola, and cherry tomatoes



**Pegasus on the Fly**

**Greek Classic Salad:** Mixed lettuce, tomatoes, cucumbers, red onions, fresh dill, kalamata olives, feta cheese, and herb garlic olive oil vinaigrette



**Reilly's Daughter**

*Concourse A Food Hall*

**Wings:** A dozen wings tossed in Guinness BBQ sauce or hot sauce with blue cheese dressing, and celery

**Chicken Cobb Salad:** Grilled chicken, bacon, avocado, hardboiled egg, tomato, and romaine served with ranch dressing

**House Salad:** Lettuce blend, tomato wedge, cucumber, and shaved onions

**Corned Beef and Cabbage:** Served with potatoes, and carrots



**Go-Go White Sox**

**Steak and Eggs (served until 10:30 AM):** 6oz. Angus steak with two eggs any style

**The Classic:** Two eggs cooked any style with choice of sausage or bacon

**Build Your Own Omelet:** Three eggs with your pick of 3 ingredients

**Thai Chicken Wraps:** Grilled chicken, chestnuts and scallions in iceberg lettuce served with Thai peanut and Vietnamese Ngao dipping sauces

**Grilled Salmon Salad:** Blended lettuce tossed with grilled salmon, Boursin cheese, pickled red onion, roasted beets, asparagus, grape tomatoes, and candied pecans

**Grilled Chicken Cobb Salad:** Blended lettuce topped with herb-marinated chicken, crispy bacon, avocado, bleu cheese crumbles, diced tomato, and cucumber

**12oz Bone in NY Strip:** Served garlic butter, steamed broccoli, and rosemary potatoes or rice pilaf

**Herb-Grilled Chicken:** Served with steamed broccoli and rosemary potatoes or rice pilaf

## CONCOURSE B



**BIG & little's**

*Gate B14*

**Softshell Tacos:** Your choice of non-breaded protein served in a corn tortilla with vegetable garnishes



**HVAC Pub**

*Gate B19*

**Asian Chicken Salad:** Napa cabbage, chicken, snow peas, cherry tomatoes, green onions, and cucumber with sesame ginger vinaigrette

**Cobb Salad:** Romaine, chicken, crispy bacon, eggs, avocado, and tomatoes with ranch dressing



**Porkchop**

*Gate B14*

**Smokehouse Platter:** Your choice of protein served with side of fries or baked beans

**Spinach Salad**

**Porkchop Salad**

**More Gluten-Friendly options**





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## CONCOURSE B



**MARKET**

**The Market**

Gate B14

**Cobb Salad:** Romaine, chicken, crispy bacon, eggs, avocado, and tomatoes with ranch dressing

**Asian Chicken Salad:** Napa cabbage, chicken, snow peas, cherry tomatoes, green onions, and cucumber with sesame ginger vinaigrette



**Windy City Taproom**

Gate B7

**Korean BBQ Wings:** Tossed in Korean BBQ sauce and sesame seeds

**Country Fries:** Served with chili, cheddar, and jalapenos

**The Wedge Salad:** Iceberg lettuce wedge, crispy bacon, candied pecans, green apples, and roma tomatoes with ranch dressing

## AIRPORT-WIDE

In addition to restaurant location offerings prepackaged grab-and-go products throughout our shopping and eating locations are labeled to identify any allergen that may be present in our facility to provide our customers with food allergies the opportunity to make safe and informed choices.

### Grab & Go

**Fresh Fruit:** Bananas, Oranges, and Apples

**Chopped Fruit Cups**

**Chopped Salads**

**Hardboiled Eggs**

**Snack Packs**

**Assorted Nuts and Trail Mixes**

### Alcoholic Beverages

**Hard Ciders**

**Wine**

**Mixed Drinks and Cocktails**



**Hudson**

Gate B21

**Vegan:** Some selected options: Bare snacks: baked fruit and veggie chips (banana, beet, carrot, sweet potato), Peeled Snacks®, Somersaults® sunflower seed baked crunchy bites, Lenny & Larry's®: protein-enhanced, vegan cookie, free from egg, dairy and soy ingredients, Beanitos™, Dang® toasted coconut chips (nonGMO, gluten/dairy/soy free, vegan, no preservatives), Bobo®: oat bars (gluten-free, vegan, Certified Non-GMO, Dang®: toasted coconut chips (nonGMO, gluten/dairy/soy free, vegan, no preservatives), and Setton Farms®: All Natural Flavored Pistachios.

**Vegetarian:** Some selected options: Kind® Bars, Bare snacks: baked fruit and veggie chips, Peeled Snacks®: organic dried fruits, Sahale Snacks® fruit and nut snacks, Bobo®: oat bars (gluten-free, vegan, Certified Non-GMO, 100% organic whole grain oats), Beanitos™: natural snack chips & puffs made from beans, Dang®: toasted coconut chips (nonGMO, gluten/dairy/soy free, vegan, no preservatives), various grab and go, hummus and pretzels, yogurt with berries/granola, tomato bite roll ups, Vegetator garden salad (no cheese), fresh fruit

