



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 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

