



# 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 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.

## RESTAURANTS



**Nuts on Clark**  
Concourse A Food Hall

All menu items are completely gluten and GMO-free, organic, low sodium, low fat, and whole grain. Menu items include **kettle corn, caramel corn, cheese corn, and caramel corn nut glaze.**



**Woodgrain**  
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.



**Harry Caray's Shortstop**  
Concourse A, Gate A9

**Enjoy Harry Caray's gluten-friendly options including the hummus, chicken wings, and chicken tenders. The Kale Caesar and Chop Salad can be made to order with gluten-friendly ingredients.**

## Alcoholic Beverages



Gate A7



Gate A7



Gate A9



Gate B7



Gate A7

**Hard Cider, Wine, Mixed Drinks & Cocktails**



**Home Run Inn**  
Concourse B, Gate B17

**HRI Signature Salad and Harvest Salad can be made to order with gluten-friendly ingredients.**

## RETAIL SHOPS



Gate A5 & B19



Central Market



Gate B5

Some items may not be currently in stock due to product availability during COVID business adjustments:

**Gluten-Free Items:** 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)

**Vegan:** 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:** 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, Veginator garden salad (no cheese), fresh fruit

