

# Healthy Options

chicago midway

Go eat, shop & relax at the new MDW.

 Vegetarian

 Vegan

Guests should inform our associates of any special dietary needs when ordering and they will assist with needed substitutions if possible.

## RESTAURANTS

## RETAIL SHOPS

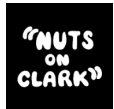


### Einstein Bros Bagels

**Concourse A Food Hall**



Various options of sandwiches, breakfast sandwiches, smoothies, and bagels to fit your dietary needs. Indulge in the avocado toast and spinach, mushroom, swiss egg sandwich! Breakfast served all-day.



### Nuts on Clark

**Concourse A Food Hall**



All items are completely gluten and GMO-free, organic, low sodium, low fat, and whole grain. Menu items include Kettle Corn, Caramel Corn, Cheese Corn, Carmel Corn Nut Glaze



### Woodgrain

**Concourse A Food Hall**



Try out our coal-fired pizza with gluten-free crust options, such as our garden vegetable pizza! Pizzas are made to order.



### Harry Caray's Shortstop

**Concourse A, Gate A9**



Concourse A, Gate A9

- Try out these healthy options before heading to your gate!
- Toasted Cheese Ravioli with Marinara
- Hummus with Veggies and Pita
- Kale Caesar and Chopped Salad (Can be made to order)
- Holy Cow Chips on their own or with fondue (Made with peanut oil and no animal fat)



### Home Run Inn

**BAR OPEN WITH LIMITED MENU**

**Concourse B, Gate B17**



Healthy option items including made to order salads (HRI Signature and Harvest Salad)



### The Market

**LIMITED MENU**

**Concourse B, Gate B14**



Try the caprese panini made with fresh mozzarella & roasted tomatoes with basil pesto on sourdough bread.



Gate A5 & B19



Central Market



Gate B5

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

**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

**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)

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