



GLUTEN FREE

ASTRO @ASTROICECREAMCO

ALL MENU ITEMS ARE GLUTEN FREE

BUTCHER N BARBEQUE @BNBTAMPA

ALL SMOKED MEATS ARE GLUTEN FREE
CAROLINA GOLD BBQ SAUCE
CUCUMBER SALAD
SPICED WATERMELON SALAD

CHISMIS & CO @CHISMISANDCO

TOMATO-CUCUMBER SALAD
ATCHARA
CALAMANSI WINGS
LONGANISA PLATE
ARROZ CALDO (WITHOUT CHICKEN)
GARLIC RICE

CRU @CRUCELLARS

STEAK FRITES WITH ANY SAUCE
KID'S CHICKEN TENDERS
ALL SANDWICHES WITHOUT BREAD
BUFFALO MOZZARELLA + ARUGULA SALAD
WITH OVEN DRIED TOMATOES + RED WINE VINIAGRETTE

EMPAMAMAS @EMPAMAMAS

ADOBO CHICKEN TACO
PORK TACO
VEGAN TACO
CHIPS & SALSA
CHIPS & QUESO
STREET CORN DIP
OFF THE COB STREET CORN

GRAZE 1910 @GRAZE_1910

GRAZE ALL DAY:

GRAZE PLATE
B-Y-O-BOWL
BRUNCHWICH SUB GF BUN

GREENS & GRAINS

BLACKENED AHI TUNA-NO DRESSING (CONTAINS SOY)
HERB CHICKEN
BRAISED CHICKEN
GREENS ONLY
VEGANS ONLY

SIDES/A LA CARTE:

TOTS* (SHARED COOKING SURFACE)
POTATOES* (SHARED COOKING SURFACE)
CORN RELISH
ROASTED BROCCOLI
QUINOA SALAD
BRUSSELS
MIXED GREEN SALAD
FRUIT
HYPPOS POPS
ALL OUR N/A BEVERAGES

TARTINES:

ALL TARTINES SUB: GREENS
OR BROWN RICE

SANDWICHES:

1910 BURGER SUB GF BUN
GRAZE BURGER SUB GF BUN
RAY RAY'S SUB GF BUN

HEMINGWAY'S @HEMINGWAYS_TPA

ALL BOWLS
FLAN
CHICHARRONES
TOSTONES RELLENOS
SALCHIPPA W/ NO ONIONS
MOJO QUINOA
BEANS
RICE
CUBAN COLE SLAW
YUCCA FRIES

ICHICORO IMOTO @ICHICOROYA

KARAAGE CHICKEN RICE BOWL
KARAAGE SNACK

INSIDE THE BOX @INSIDETHEBOXCAFE

ANY SANDWICH CAN BE MADE WITH GLUTEN FREE BREAD

SWAMI JUICE @SWAMIJUICETAMPABAY

ALL COLD-PRESSED JUICES AND SUPERFOOD SMOOTHIES ARE GLUTEN FREE
ALL ACAI BOWLS CAN BE TOPPED WITH GLUTEN FREE GRANOLA

UNION COFFEE @UNIONTPA

ALL COFFEE
ALL TEA
CHAR CHAR BARS

ZUKKU @ZUKKUSUSHI

ALL MENU ITEMS ARE GLUTEN FREE