

# Dietary Menu

## V-VEGETARIAN

### **LOLA 55 - Concession Stand**

**blue zone bowl 16** GF, VE, V

wood fired cauliflower, corn & yellow squash, chipotle rice, beans, sliced toasted almonds, cilantro, lime

### **URBAN KITCHEN - Concession Stand**

**veggie burger 18** V

balsamic onion, provolone, arugula, pickle aioli, brioche bun

**parmesan fries 9** V/GF

**cheese box 24.5** V

**pasta salad 9.50** V

### **BIGA - Concession Stand**

**margherita pizza 19.50** V, NF

san marzano tomatoes, mozzarella, basil, extra virgin olive oil, parmesan

### **KITCHENS FOR GOOD - Concession Stand**

**tomato bisque 7.5** V/GF

*contains nuts*

**corn muffin** V

*contains honey*

### **WICKED POPCORN - Concession Stand**

**freshly popped buttered popcorn 8** V/GF

**homemade kettle corn 8** V/GF

### **CALI CREAM - Concession Stand**

**chocolate chip cookies 6** V

**peanut butter cookies 6** V

### **BLAIS BY THE BAY - Pre Order Menu**

**seasoned steak fries 12** DF, V, SF

**(12.20 with 22%)**

**bbq tofu bao buns with pickled daikon &**

**pineapple 19** VE, V, DF

**(4 pieces) (23.18 with 22%)**

**grilled Chinese eggplant 42** VE, V, GF

**(51.24 with 22%)**

coconut rice, girl n dug pickled vegetables, chili & satsuma orange crunch

**triple garlic tofu & noodles 31** VE, V, DF

**(37.82 with 22%)**

**V-Vegetarian, VE-Vegan, GF-Gluten Friendly,  
DF-Dairy Free, NF-Nut Friendly, SF-Soy Free**

# Dietary Menu

## VE-VEGAN

### **LOLA 55 - Concession Stand**

**blue zone bowl 16** GF, VE, V

wood fired cauliflower, corn & yellow squash, chipotle rice, beans, sliced toasted almonds, cilantro, lime

### **URBAN KITCHEN - Concession Stand**

**tofu poke bowl 24** GF/VE

carrot, cucumber, radish, scallion, cashew, furikaki, tamari dressing. Sushi rice or mixed greens

**chopped salad 16** VE/GF

lettuce, tomato, green bean, cucumber, chickpea, pepperoncini, almond, red wine vinaigrette

**vegan wrap 16** VE

sweet pepper, cauliflower, pickled zucchini, spinach, carrot hummus, zhoug

### **KITCHENS FOR GOOD - Concession Stand**

**morrocan lentil 7.5** VE/GF

### **CALI CREAM - Concession Stand**

**ice cream flavors 7.5**

**cookies and cream** VE

### **BLAIS BY THE BAY - Pre Order Menu**

**bbq tofu bao buns with pickled daikon & pineapple 19** VE, V, DF  
(4 pieces) **(23.18 with 22%)**

**grilled Chinese eggplant 42** VE, V, GF  
**(51.24 with 22%)**

coconut rice, girl n dug pickled vegetables, chili & satsuma orange crunch

**triple garlic tofu & noodles 31** VE, V, DF **(37.82 with 22%)**

# Dietary Menu

## GF-GLUTEN FREE

### **LOLA 55 - Concession Stand**

#### **carne asada tacos 19 GF**

wood fired marinated ribeye steak, avocado salsa, onions, cilantro

#### **carnitas taco 18 GF**

eight hour braised carnitas, crispy macisa, avocado salsa, tomatillo, pickled onions, cilantro

#### **nachos 14 GF**

corn chips, Lola's beans, house made nacho cheese, crema, jalapeño peppers

#### **blue zone bowl 16 GF, VE**

wood fired cauliflower, corn & yellow squash, chipotle rice, beans, sliced toasted almonds, cilantro, lime

### **URBAN KITCHEN - Concession Stand**

#### **ahi poke bowl 24 GF**

carrot, cucumber, radish, scallion, cashew, furikaki, tamari dressing. Sushi rice or mixed greens

#### **tofu poke bowl 24 GF/VE**

carrot, cucumber, radish, scallion, cashew, furikaki, tamari dressing. Sushi rice or mixed greens

#### **parmesan fries 9 V/GF**

#### **chopped salad 16 VE/GF**

lettuce, tomato, green bean, cucumber, chickpea, pepperoncini, almond, red wine vinaigrette

### **BIGA - Concession Stand**

#### **antipasto salad 16 NF, GF**

romaine lettuce, mortadella, salami, provolone cheese, pepperoncini peppers, tomatoes, olives, parmesan, lemon herb vinaigrette dressing

### **KITCHENS FOR GOOD - Concession Stand**

#### **tomato bisque 7.5 V/GF**

*contains nuts*

#### **morrocan lentil 7.5 VE/GF**

### **WICKED POPCORN - Concession Stand**

#### **freshly popped buttered popcorn 8 V/GF**

#### **homemade kettle corn 8 V/GF**

#### **caramel popcorn 10 GF**

### **CALI CREAM - Concession Stand**

#### **ice cream flavors 7.5**

#### **mint chip GF**

#### **lavender honeycomb GF**

#### **bourbon butter pecan GF**

#### **kahlua espresso chip GF**

#### **coconut macaroons 6 GF**

### **BLAIS BY THE BAY - Pre Order Menu**

#### **fennel & radish crunch salad 21 GF, DF (25.62 with 22%)**

chopped salad with radish, fennel, cashews, satsuma oranges & citrus ginger dressing

#### **prime grilled 6oz filet mignon 62 GF (75.64 with 22%)**

with crab & pineapple fried rice

#### **grilled Chinese eggplant 42 VE, GF (51.24 with 22%)**

coconut rice, girl n dug pickled vegetables, chili & satsuma orange crunch

#### **key lime pie with whipped cream 12 GF, SF**

# Dietary Menu

## DF-DAIRY FREE

### **BLAIS BY THE BAY - Pre Order Menu**

**bbq tofu bao buns with pickled daikon & pineapple 19** VE, DF  
(4 pieces) **(23.18 with 22%)**

**fennel & radish crunch salad 21** GF, DF **(25.62 with 22%)**  
chopped salad with radish, fennel, cashews, satsuma oranges  
& citrus ginger dressing

**seasoned steak fries 10** DF, V, SF  
**(12.20 with 22%)**

**triple garlic tofu & noodles 31** VE, DF **(37.82 with 22%)**

# Dietary Menu

## NF-NUT FRIENDLY

### **BIGA - Concession Stand**

#### **margherita pizza 19.50** V, NF

san Marzano tomatoes, mozzarella, basil, extra virgin olive oil, parmesan

#### **pepperoni pizza 21.50** NF

fresh mozzarella, san Marzano tomatoes, basil, olive oil, parmesan, nitrate free pepperoni

#### **antipasto salad 16** NF, GF

romaine lettuce, mortadella, salami, provolone cheese, pepperoncini peppers, tomatoes, olives, parmesan, lemon herb vinaigrette dressing

### **BLAIS BY THE BAY - Pre Order Menu**

#### **smoked salmon & cucumber toast 17** NF

**(20.74 with 22%)**

on Bread & Cie sourdough

#### **tapioca pudding with lemongrass & caramelized**

**pineapple 12** NF, SF **(14.64 with 22%)**

# Dietary Menu

## SF-SOY FREE

### **BLAIS BY THE BAY - Pre Order Menu**

**meat & cheese board 32 SF (39.04 with 22%)**

with a selection of locally sourced cheese & charcuterie,  
grain crisps, pickles & condiments

**seasoned steak fries 10 DF, V, SF (12.20 with 22%)**

**coconut cake with fresh berries 12 SF  
(14.64 with 22%)**

**key lime pie with whipped cream 12 GF, SF**

**tapioca pudding with lemongrass & caramelized  
pineapple 12 NF, SF**

**meat & cheese box 32 SF (39.04 with 22%)**

with assorted charcuterie, cheeses & accompaniments;  
fresh fruit & cookies