

At The Baldpate Inn, we are aware of the importance of respecting the dietary needs of our guests and the dangers of not doing so. Whether the need is Gluten friendly, Onion or Garlic free, Citrus free, Soy free, Dairy free, Nut free, Sugar free, Vegetarian, Vegan, Fruitarian, low sodium, low fat or other dietary concerns and preferences, we strive to serve safe and delicious meals to every customer every day.

Here is a list of our most common requests:

Vegetarian Soups:

Potato Leek
Pumpkin Curry
Garden Vegetable (Vegan)
Cream of Mushroom
Tomato Rice
Broccoli Cheese

Vegetarian Breads & Muffins:

All our muffins are vegetarian, however most are not vegan (they contain dairy products)

Dairy free Soups:

Garden Vegetable
Red Chili
White Chili
Chicken Rice

Dairy free Bread & Muffins:

Apple Raisin Spice

Dairy free Salad Dressings:

Lime Cilantro, Golden Italian

Gluten free Soups:

Red Chili
White Chili
Tomato Rice
French Onion

Gluten free Bread & Muffins:

Our muffins or breads are NOT routinely gluten free we occasionally have a gluten free muffin available please ask as this is by request only

Gluten free Salad Dressings:

Honey Dijon, Ranch, Lime Cilantro, Golden Italian

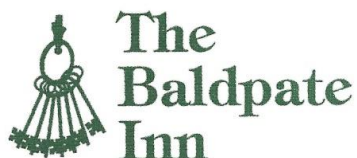
Diabetic Pie:

Blueberry (made with Splenda)

Because we make all our food from scratch, we can sometimes eliminate or replace troublesome items in our recipes. In doing so, we have systems in place to prevent cross-contamination as we best can. We are however, not a gluten free kitchen or strict certified Kosher kitchen. We do not have separate utensils and space for these strictest of culinary practices.

We do our very best to train and educate our entire staff as to our menu items and their makeup. We do always have our recipes available to confirm our food ingredients. If you have questions or concerns, we invite your inquiry of ingredient details.

Respectfully, Lois H. Smith, Innkeeper Chef. The Baldpate Inn, LTD Lois@BaldpateInn.com



4900 South Highway 7 • P.O. Box 700 • Estes Park, Colorado 80517
www.BaldpateInn.com • 970-586-KEYS (5397)