

## Special Dietary Needs

If you have food allergies or special dietary needs, our goal is to provide you with the tools and support you need.

Our teams will work with you to enable you to dine with us safely and to be active in the management of your food allergy or food-related medical condition.

We take into account your personal dietary needs and will make every effort to help you find food that fits your life.

## Your Resources

Reach out to meet with our managers to make arrangements for specially prepared food when the daily menu offerings do not meet your needs.

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SEMINOLEDINING.COM



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\*We rely on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where cross-contact with allergens is possible, we cannot guarantee that any food item will be completely free of allergens.

**true balance**  
everything you want nothing you can't

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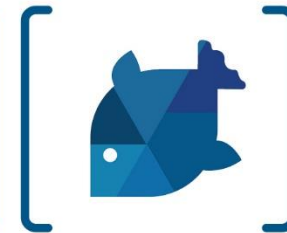
no milk



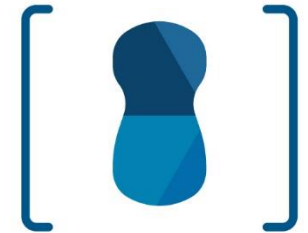
no wheat  
no gluten



no tree nuts



no fish



no peanuts



no eggs



no soybeans



no shellfish

## Our True Balance station is designed specifically for guests who are allergic to one or more of the most common food allergens.

It's easier to make appropriate meal selections here as our chefs prepare carefully crafted flavorful recipes while focusing on guest safety, never sacrificing flavor. Stop by and enjoy dining without restrictions.

The recipes served at True Balance are specially selected, reviewed, and vetted by a team of experts. We only use products with ingredient statements that exclude all of the following:

1. Eggs
2. Milk
3. Peanuts
4. Tree Nuts
5. Fish
6. Shellfish
7. Soy
8. Wheat/Gluten

Although our team reviews each recipe, the possibility for cross-contact in a largely self-serve community setting does still exist. Due to the nature of open kitchen environments, we cannot guarantee that any food item will be completely free of a specific food allergen. If an allergen-free choice is required, guests should contact the on-site manager to discuss their unique dietary needs and request a packaged selection instead of one prepared and served with other foods.



## Sample Menus

### Lunch Options

- ◆ Seasoned Beef in Crunchy Yellow Corn Taco
- ◆ Cilantro-Lime Rice
- ◆ Southwest Roasted Corn
- ◆ Black Bean Soup

### Dinner Options

- ◆ Chicken & Tomato Balti
- ◆ Pumpkin Curry Vegetable Sauté
- ◆ Cumin-Spiced Grilled Carrots
- ◆ Moroccan Vegetable Stew

