

# General and Specific Food Facts at MMC

MMC strives to provide healthy, flavorful, and easy to digest, non-spicy meals for our guests. We buy “local, seasonal and organic” where possible.

We recognize there are many health related limitations and concerns for many people so we make every effort to provide for all needs.

The meal menu is posted on a whiteboard at the entry to the food serving area before each meal. Please familiarize yourself with the “Legend” that identifies a variety of food sensitivities, also posted on the whiteboard next to each dish.

We include vegan/non-dairy and non-gluten options at every meal, although individual food items, such as yogurt, may not have a direct replacement.

MMC does not use garlic, onion nor egg in our kitchen. We do use occasional leeks.

We keep a “Condiment Table” at every meal. It contains the following separate items: Sea Salt, Black Pepper, Dry Cayenne, Nutri Yeast, Bragg’s Liquid Aminos, Olive Oil, Balsamic Vinegar, Tamari (non-wheat), Ginger powder, Cinnamon, Tomato Ketchup.

We make our salad dressings from scratch. All contain a type of oil. Olive Oil and Balsamic Vinegar are always available on the Condiment Table as a general substitute

We make a daily “Very Simple Soup” for very sensitive digestive systems. It contains broth, a few simple, digestible veggies, with no seasoning nor salt added.

A grain will be served at each meal, in some form, as part of a vegetarian diet. There will be options for those who prefer to abstain from, or eat less, carbohydrates.

Gluten free grains include rice, millet, corn and quinoa.

The proteins we include in the diet are derived from nuts and seeds, dairy products, tofu, tempeh and complex carbs (ex: beans and rice) and certain grains such as quinoa.

The soy sauce used by MMC is a special purchase which does not contain gluten.

The oatmeal we serve is processed in a gluten free facility and is gluten free.

A butter substitute (Earth Balance) is provided at every meal.  
Alternative milks include: Rice, Almond, Hemp and Soy, plus 2% and whole cow’s milk.

A kitchen person will be present at each meal for those who require more information regarding ingredients in the various offerings for that meal.

*We hope you enjoy!*