

## Selma's Texas Barbeque Gluten-Free Options

Although we make practically all of our food items in our restaurant, we utilize some ingredients that may or may not contain gluten. If the label on an ingredient does not specifically state that it is gluten free, and has ingredients which could potentially contain gluten (such as modified food starch or hydrolyzed vegetable protein) then we assume that it may contain gluten.



Here is a list of menu items we believe DO NOT CONTAIN GLUTEN based on our recipes:

Carolina Mustard Barbecue Sauce  
Carolina Pig Pickin' Sauce  
Alabama White Barbeque Sauce  
Trail Boss Sampler without Corn Muffin  
James Aubrey Sampler without Corn Muffin  
Junior Sampler without Buns with choices including Turkey  
Smoked Turkey Breast Dinner without Corn Muffin  
Pulled Pork Dinner without or Sandwich without Corn Muffin or Bun  
Chopped Beef Brisket Dinner or Sandwich without Corn Muffin or Bun  
Pulled Chicken Dinner or Sandwich without Corn Muffin or Bun  
Alabama Pulled Chicken Dinner or Sandwich without Corn Muffin or Bun  
Hot Italian Sausage Dinner or Sandwich without Corn Muffin or Bun  
Big Pig Wrangler Sandwich without Bun  
Spicy Chicken Sandwich without Bun  
Big Salad with No Meat without Dressing and Cheese  
Pork, Chicken, Alabama Chicken, Smoked Turkey or Beef Brisket Salad without Dressing and Cheese  
Smoked Half Chicken or Breast/Wing or Leg/Thigh Dinner without Corn Muffin  
Any Size Smoked St. Louis Style Ribs Dinner or Single Bone without Corn Muffin  
Kid's Sandwich Plate without Bun  
Fresh Cut French Fries  
Green Beans with Bacon  
Applesauce  
Side Salad without Dressing  
Any Beverage

These items we believe MAY CONTAIN GLUTEN depending upon the contents of our ingredients:

Original Memphis Barbeque Sauce (Contains Worcestershire Sauce)  
Hot Memphis Barbeque Sauce (Contains Worcestershire Sauce)  
Texas Barbeque Sauce (Contains Worcestershire Sauce)  
Kansas City Barbeque Sauce (Contains Worcestershire Sauce)

Big Salad with No Meat with Dressing and Cheese  
Pork, Chicken, Alabama Chicken or Beef Brisket Salad with Dressing and Cheese  
Smoked Turkey Salad with Dressing and Cheese  
Baked Beans with Smoked Pork  
Potato Salad  
Cole Slaw  
Side Salad with Dressing

These items we believe CONTAIN GLUTEN based on our recipes:

Any Sampler or Dinner with Corn Muffin  
Any Sandwich with Bun  
Ann Hope Sampler with or without Corn Muffin  
Junior Sampler with Buns  
Fried Popcorn Shrimp Dinner with or without Corn Muffin or Hushpuppies  
Catfish Dinner or Sandwich with or without Corn Muffin or Hushpuppies or Bun  
Catfish Salad with or without Dressing  
Fried Catfish and Popcorn Shrimp Dinner with or without Corn Muffin or Hushpuppies  
Any Flavor Cake  
Any Flavor Pie  
Banana or Oreo Pudding  
Any Flavor Cookie  
Kid's Sandwich Plate  
Kid's Catfish Nuggets  
Mac and Cheese  
Hushpuppies  
Fried Okra

Currently, our Worcestershire Sauce contains hydrolyzed vegetable protein, which may contain gluten. We are working toward a solution to ensure that our Sauces contain only gluten-free Worcestershire sauce, however, we cannot make that claim at this time.

Although we make every attempt to avoid cross-contamination with gluten-containing products, all products are made in a facility that prepares products containing soy, gluten, milk, egg, shrimp, peanut and tree nut products.