

Issue	Tremont CAN provide	Tremont CANNOT	Comments
Allergies			
Nuts	nut free desserts	promise a nut-free environment	We do not serve any foods with tree nuts or peanuts, but some menu items may be processed in a facility that also processes tree nuts/peanuts. Other participants may bring food that does contain nuts or peanuts.
Shellfish			This is not a problem, as we do not use shellfish in our menu.
Eggs, wheat, gluten	ingredient information on items served. some alternative menu items.	provide a complete alternative menu	This will require that you bring much of your own food items.
Dietary			
Vegetarian lacto-ovo (eats milk, cheese, eggs)	meatless entrée, like a garden burger, at each lunch & dinner *	provide a complete alternative menu	We always have a wonderful salad bar for lunch and supper.
Vegetarian (doesn't eat milk, cheese, eggs)	meatless entrée, like a garden burger, at each lunch & dinner. *	provide a complete alternative menu	We encourage you to bring some of your own food, especially for breakfast. We always have a wonderful salad bar for lunch and supper.
Vegan (eats no animal products)	meatless entrée, like a garden burger, at each lunch & dinner. *	provide a complete alternative menu	We encourage you to consider bringing your own food items – especially entrée items. We always have a wonderful salad bar for lunch and supper.
Doesn't eat pork	meatless entrée, like a garden burger, at lunch & supper. We could possibly provide an alternative, e.g. chicken patty instead of BBQ sandwich.*	guarantee no pork will be served during your stay.	This will require advanced communication with our chef. You can call: 865-448-2304 or email beth@gsmiit.org to make her aware of your needs.
Gluten-free diet (Celiac disease, or other)	limited gluten-free options and gluten information on all menu items.	provide gluten-free menu	We encourage you to consider bringing your own food items. We have a wonderful salad bar for lunch and supper with many gluten-free items.
Low carb, low sodium, fat free	fresh fruits, a salad bar at lunch and dinner, and a balanced and varied menu.	provide specialty items	We encourage you to bring much of your own items. We always have a wonderful salad bar for lunch and supper with many gluten-free, low carb options.
Avoids hydrogenated oils, saturated fats, corn syrup	fresh fruits, a salad bar at lunch and dinner, and a balanced and varied menu.	provide specialty items	We recognize these are good dietary practices, but we cannot realistically provide them with all of our meals. .
Picky eater	a variety of food for kids to choose from, and can make extra food (like buttered noodles) for especially picky eaters	provide alternate menu or special/name brand items	We purposefully serve a wide variety of kid-friendly foods. Our strategy is to encourage kids to try the food being served. If necessary, you can bring your own (easily microwave-able) foods
Diabetes	fresh fruits, a salad bar at lunch and dinner, and a balanced and varied menu. carb counts for Tremont menu items	special diabetic menu	Contact our Chef Beth Steele, at 865-448-2304 or email beth@gsmiit.org.

* with adequate notice