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Lettuce Help You Be Gluten-Free, Says Tossed®

Over A Dozen Gourmet Salad Options—Plus Tips On Designing Your Own Wheat-Free, Gluten-Free Salad Entrée—Put Tossed Atop Crop of Lunchtime Favorites

FT. LAUDERDALE, FL – (August 10, 2010) – [Tossed®](#), home of garden fresh salads, crepe wraps and sandwiches, today announced its lineup of wheat-free and gluten-free menu suggestions for customers. Consisting of over a dozen fresh, healthy salads including all three of Tossed’s Signature Salads, Tossed’s gluten-free menu provides a welcome and diverse alternative for diners who suffer from gluten sensitivity, including those with celiac disease or wheat allergies*.

A growing number of Americans are avoiding gluten, the protein in wheat, rye and barley, because of an allergy or sensitivity. According to research studies, one in every 100 to 200 Americans is sensitive to gluten. Many of those with gluten sensitivity suffer from celiac disease, a life-long condition that causes an abnormal auto-immune response in the digestive tract to products containing gluten. In addition to severe gastric distress, celiac disease can stunt growth and weight gain in children; both adults and children with the disease carry a higher than average risk of lymphoma and other forms of cancer.

In addition to its broad variety of gluten-free chef-designed salads, Tossed also helps guests who prefer to make their own salads while following gluten-free guidelines. Tossed’s “Design Your Own” salad alternative offers tips for making gluten-free salads from over 50 lettuces, toss-ins, chicken and seafood toppings, cheeses and dressings.

“Tossed is pleased to be able to offer so many delicious and healthy choices to individuals who must restrict their gluten intake, or avoid gluten altogether. Between our Signature and ‘Design Your Own’ choices, there are literally thousands of ways to enjoy a flavorful, gluten-free meal at Tossed,” said Eric Clark, Chief Operating Officer of Tossed Franchise Corporation.

Tossed’s gluten-free lineup includes eleven chef-designed salads: Caesar (order without croutons), Apple Walnut, Summer, Asian Chicken (order without wonton crisps), BBQ Chicken, Southwest Blackened Chicken, Greek Salad, Cayenne Shrimp, Spinach (order without croutons), Garden and Cobb (order without blue cheese dressing). All three of Tossed’s Signature Salads also qualify as gluten-free:

- **Tuna Salad**—Baby field greens, tuna salad (mixed with apples, dried cranberries and mayo), avocado, shredded carrots and cucumber with fat-free cucumber dill dressing.

- **Tossed Signature Salad**—Baby field greens, roasted chicken, goat cheese, toasted almonds, mango, jicama, cucumber and dried cranberries with Tossed Vinaigrette.

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- **Tossed Chef Salad (order without croutons)**—Crisp hearts of romaine, bacon, smoked turkey, cheddar, apples, and hard-boiled egg with honey balsamic vinaigrette.

For complete nutritional information on all of Tossed's menu items, visit the Tossed website at www.tossed.com.

*This menu is offered only as a "guideline" of suggested appropriate menu items for people who need a wheat-free, gluten-free restricted diet. Menu items and ingredients may change at any time. Staff may have not been necessarily thoroughly trained. We cannot guarantee that cross contamination may not occur. Not all locations have the same ingredients and methods of preparation. Ask your usual detailed questions to the restaurant manager and disclose if you have individual food sensitivities before you make a final decision. No responsibility is assumed by Tossed® for any errors in labeling or changes in ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions and activities of the suppliers, distributors, and purveyors of said ingredients and products.

About Tossed:

Since 1998, Tossed has been the home of made-to-order salads featuring dozens of gourmet ingredients and unique dressings. Now also offering whole wheat crepe wraps made fresh throughout the day as well as sandwiches, melts, soups and smoothies, Tossed has grown from its original location on Manhattan's Park Avenue to include restaurants across the United States. Tossed Franchise Corporation, based in Fort Lauderdale, Florida, offers franchises to companies and individuals interested in one of the freshest, most exciting concepts in fast casual dining. To learn more about Tossed, go to www.tossed.com.

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