

**IN ADDITION TO OTHER FOOD,  
WE PROUDLY SERVE  
At The Kings Mountain Art Fair Cookshack**

(The following offerings and ingredients are subject to change without notice.)

**Creekstone Farms Natural Burgers**

Our hamburgers are 1/3-pound Creekstone Farms Natural Black Angus Beef. No antibiotics, no added hormones, no growth promoting drugs and no artificial ingredients. Creekstone's sources exercise humane animal treatment practices and the cattle feed is a 100% vegetarian diet.

**Organic Peanut Butter**

Peanut butter and grape jelly sandwiches are made with fresh Wedemeyer bread and the peanut butter is organic – just organically grown ground peanuts and salt.

**Made-In-The-House Vegetarian Chili**

The Cookshack Chili is made-in house. We use canned chili beans, pinto beans and black beans to which we add diced tomatoes, seasonings and tomato paste as necessary as a thickener. Then we stir in a generous mixture of our freshly diced green peppers and onions, minced garlic and fresh cilantro, which we first saute on our large kitchen grills.

**Amy's Kitchen Vegie-Burgers**

Our vegi-burgers come directly from organic food producer Amy's Kitchen in Santa Rosa.

**Fresh Corn on the Cob**

We hand-shuck the corn ourselves.

**Frequently Asked Questions**

**Does the Cookshack have vegetarian items on the menu?**

**Answer:** Sure. We have vegetarian chili, vegi-burgers, fresh corn-on-the-cob and peanut butter & jelly sandwiches.

**What about organic menu items?**

**Answer:** The Cookshack serves Amy's Kitchen organic vegie-burgers. The peanut butter in our peanut butter and jelly sandwiches is organic, too. However, these items are served on non-organic buns and breads.

### **Are there any vegan menu items?**

**Answer:** Yes! The organic veggie-burgers are vegan. Our made-in-the-house chili is vegan, too.

### **Does the Cookshack have any gluten-free foods on the menu?**

**Answer:** You bet! Our made-in-the-house vegetarian chili is gluten-free. (It has a small amount of modified food starch used as a thickener in the vegetarian chili bean ingredient. However, the label does not indicate it is a wheat-based product which, under FDA labeling guidelines, indicates it is made from a non-gluten vegetable source such as corn.) Also, we will be pleased to serve our Creekstone Farms natural burgers, our grilled chicken breasts and our Adele's chicken-apple sausage without a bun. Just ask! And don't forget our corn-on-the-cob. (NOTE: The Kings Mountain Art Fair Cookshack is not a gluten-free kitchen environment. Our servers and kitchen staff regularly handle products such as breads and buns which do contain gluten, and practices are not employed to avoid cross-mixing of gluten-containing and gluten-free residues during food handling. Therefore, if you are highly sensitive to gluten, Cookshack menu items are not recommended.)

### **What about tree-nuts and peanuts?**

**Answer:** The organic veggie-burgers do contain some tree nuts. Of course our peanut butter does too. If you are highly sensitive to tree-nuts we suggest you avoid the corn chips because they may have been processed in a kitchen which does not employ strict practices to avoid cross-mixing of product residues with tree nuts and those without. Otherwise, our menu items should be generally tree-nut free. (NOTE: The Kings Mountain Art Fair Cookshack is not a tree-nut free environment. Our servers and pantry staff handle products containing nuts such as peanut butter. The Cookshack does not employ practices to avoid cross-mixing of foodstuff residues with tree-nuts and those without. Therefore, if you are highly sensitive to tree-nuts or peanuts, Cookshack menu items are not recommended.)

### **Does the Cookshack leave an environmentally friendly footprint?**

**Answer:** Yes! All plates, cups and dining utensils are biodegradable. Trash receptacles for recycling are situated throughout the outdoor dining area. Recyclables are held in a separate dumpster for pick-up and disposal after the fair.