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Oklahoma Melting Pot Restaurants Launch Gluten-Free Menu

Tulsa, Okla. – The Melting Pot restaurants in Tulsa and Oklahoma City now offer a gluten-free menu for guests with celiac disease or gluten intolerance.

“Guests with gluten restrictions can now enjoy all four courses of our fondue with minor accommodations,” said Becky Chapman, owner and operator of both restaurants. “They can let us know about the special menu request when they make a reservation or can simply let their server know as soon as they’ve been seated.”

The new menu was recently launched nationally by The Melting Pot fondue restaurants in recognition of Celiac Awareness Month in May and in partnership with the Gluten Intolerance Group (GIG).

“Considering one in 100 people have celiac disease, guests have been requesting a gluten-free option for about two years, so we worked with GIG to help find a solution,” said Laura Lachapelle, director of training and education for The Melting Pot restaurants. “With GIG’s help, we developed an easy-to-read version of the menu that tells guests exactly what is gluten-free and how to request gluten-free items.”

GIG analyzed The Melting Pot’s menus, products and ingredients by checking labels and nutritional facts to determine items that contained gluten, a protein found in wheat, rye and barley, and then advised accordingly.

The gluten-free menu includes the following revisions:

- Cheese course – The Melting Pot cheese is normally floured, so guests requesting the gluten-free option must request the cheese be made with cornstarch.

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Also, instead of the guest receiving bread, cauliflower, carrots and celery, he or she will receive more veggies and broccoli.

- Salad course – All salads are gluten-free. The only items that need to be removed are croutons.
- Entrée course – Most of the items on the entrée list are gluten-free. The only items that need to be substituted are the teriyaki sirloin and spring vegetable dumplings.
- Dessert course – Two of the chocolate fondues contain gluten: Cookies n’ Cream Marshmallow Dream and the Chocolate S’mores due to the Oreo cookies and graham crackers. A specialized dessert plate is also prepared to include strawberries, bananas, plain marshmallows and pineapple. Cheesecake, pound cake, Rice Krispie treats and brownies all contain flour and are not included on the gluten-free menu.
- Beverages – All wines and mandatory specialty drinks are gluten-free. Red Bridge, a gluten-free beer by Anheuser Busch, is used as a substitution base for some of the cheeses.

For more information on The Melting Pot, including location addresses, visit www.meltingpot.com. For more details on the gluten-free menu or to make reservations, call (918) 299-8000 (Tulsa) or (405) 235-1000 (Oklahoma City).

About The Melting Pot Restaurants Inc.

With 145 restaurants in North America, existing locations in 36 states and Canada and more than 13 locations currently in development, The Melting Pot Restaurants Inc. is the premier fondue restaurant franchise. Founded in 1975, The Melting Pot’s corporate headquarters are in Tampa, Fla. For more information, visit www.meltingpot.com or email info@meltingpot.com.

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