



# INDIVIDUAL INGREDIENT ALLERGY CHART

SOME INDIVIDUAL INGREDIENTS ARE TECHNICALLY GLUTEN FREE OR NUT FREE.  
WE CANNOT GUARANTEE THAT ITEMS ARE FREE FROM CROSS CONTAMINATION.

INGREDIENTS	DAIRY	EGGS	GLUTEN	PEANUTS	SOY	TREE NUT	FISH	VEGETARIAN	VEGAN	INGREDIENTS	DAIRY	EGGS	GLUTEN	PEANUTS	SOY	TREE NUT	SESAME	VEGETARIAN	VEGAN
Grilled Chicken										Jack Cheese	DAIRY							VEGETARIAN	
Grilled Steak										Feta Cheese	DAIRY							VEGETARIAN	
Organic Tofu					SOY			VEGETARIAN	VEGAN	Guacamole								VEGETARIAN	VEGAN
Cilantro Lime Rice								VEGETARIAN	VEGAN	Plantains								VEGETARIAN	VEGAN
Brown Rice								VEGETARIAN	VEGAN	Hummus							SESAME	VEGETARIAN	VEGAN
Farro			GLUTEN					VEGETARIAN	VEGAN	House Vinaigrette								VEGETARIAN	VEGAN
Sweet Potatoes								VEGETARIAN	VEGAN	Spicy Cashew Vinaigrette						TREE NUT	SESAME	VEGETARIAN	VEGAN
Quinoa								VEGETARIAN	VEGAN	Cucumber Tahini Yogurt Dressing	DAIRY						SESAME	VEGETARIAN	
Black Beans								VEGETARIAN	VEGAN	Creamy Lime	DAIRY	EGGS			SOY			VEGETARIAN	
Chick Peas								VEGETARIAN	VEGAN	Apple Cider Vinaigrette								VEGETARIAN	VEGAN
Curried Chick Peas	DAIRY							VEGETARIAN		Lemon Herb Ranch Dressing		EGGS			SOY			VEGETARIAN	
Crispy Onions			GLUTEN					VEGETARIAN	VEGAN	Sour Cream	DAIRY							VEGETARIAN	
Romaine Lettuce								VEGETARIAN	VEGAN	Buffalo Sauce					SOY			VEGETARIAN	VEGAN
Kale								VEGETARIAN	VEGAN	Thai Peanut Sauce			GLUTEN	PEANUTS	SOY		SESAME	VEGETARIAN	VEGAN
Arugula								VEGETARIAN	VEGAN	Tikka Masala Sauce	DAIRY							VEGETARIAN	
Asian Cabbage Blend								VEGETARIAN	VEGAN	Rice Noodles			GLUTEN					VEGETARIAN	VEGAN
Cucumbers								VEGETARIAN	VEGAN	Slivered Almonds						TREE NUT		VEGETARIAN	VEGAN
Carrots								VEGETARIAN	VEGAN	Pumpkin Seeds								VEGETARIAN	VEGAN
Scallions								VEGETARIAN	VEGAN	Carolina Gold BBQ								VEGETARIAN	VEGAN
Edamame					SOY			VEGETARIAN	VEGAN	Sweet & Smoky Seasoning								VEGETARIAN	VEGAN
Golden Raisin								VEGETARIAN	VEGAN	Flour Tortilla			GLUTEN & WHEAT						
Caribbean Caesar Dressing	DAIRY	EGGS					FISH	VEGETARIAN		Wheat Tortilla			GLUTEN & WHEAT						
ITEM	INGREDIENTS									DAIRY	EGGS	GLUTEN	PEANUTS	SOY	TREE NUT	SESAME	VEGETARIAN	VEGAN	
White Corn Tortilla Chip	Ground corn treated with lime, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil), salt																	VEGETARIAN	VEGAN
Corn Salsa	Corn, red onion, jalapeño, lime juice, kosher salt, cilantro, black pepper, oil blend																	VEGETARIAN	VEGAN
Pico de gallo Salsa	Roma tomatoes, onion, cilantro, jalapeño, lime juice, kosher salt																	VEGETARIAN	VEGAN
Mango Salsa	Mango, red bell pepper, red onion, jalapeño, lime juice, kosher salt																	VEGETARIAN	VEGAN
Roasted Tomato	Fire-roasted tomatoes, yellow onion, jalapeño, kosher salt, garlic, cilantro, chipotle pepper, water, vinegar, lime juice																	VEGETARIAN	VEGAN
House Hot Sauce	Garlic, jalapeño, chipotle pepper, kosher salt, habanero powder, white vinegar, water, agave																	VEGETARIAN	VEGAN



# BOWL & BURRITO INGREDIENT ALLERGY CHART

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GRAINS		DAIRY	EGGS	GLUTEN	PEANUTS	SOY	TREE NUT	SESAME	FISH	VEGETARIAN	VEGAN
Classic	Black beans, corn salsa, roasted tomato salsa, jack cheese, cilantro lime rice, sour cream	DAIRY								VEGETARIAN	
Bangkok	Thai Peanut Sauce, cilantro lime rice, cucumber, Asian cabbage blend, carrots, almonds, spicy cashew vinaigrette, sesame seeds				PEANUTS	SOY	CASHEW & ALMOND	SESAME		VEGETARIAN	VEGAN
Mediterranean	House made hummus, house vinaigrette, feta, tomato salsa, cucumber, brown rice	DAIRY						SESAME		VEGETARIAN	
Carolina	Cilantro lime rice, carolina bbq sauce, corn salsa, cabbage, crispy onions, sweet & smoky seasoning, lemon herb ranch dressing		EGGS	GLUTEN		SOY				VEGETARIAN	
Buffalo	Buffalo sauce, cilantro lime rice, romaine, carrots, scallions, lemon herb ranch		EGGS			SOY				VEGETARIAN	
Tikka Masala	Tikka Masala Sauce, curried chickpeas, cucumber, cilantro lime rice, cucumber tahini yogurt dressing	DAIRY						SESAME		VEGETARIAN	
Summer	Black beans, mango salsa, jack cheese, cilantro lime rice, pico de gallo, creamy lime dressing	DAIRY	EGGS			SOY				VEGETARIAN	
Harvest	Farro, sweet potato, almond, arugula, pumpkin seed, golden raisin, house vinaigrette			GLUTEN			ALMOND			VEGETARIAN	VEGAN
GREENS											
Monterrey	Romaine lettuce, pico de gallo, corn salsa, black beans, jack cheese, scallions, creamy lime dressing.	DAIRY	EGGS			SOY				VEGETARIAN	
Spicy Thai	Romaine and asian cabbage, carrots, rice noodles, slivered almonds, sesame seeds, edamame, scallions, spicy cashew vinaigrette			GLUTEN		SOY	CASHEW & ALMOND	SESAME		VEGETARIAN	VEGAN
Superfood	Kale, arugula, quinoa, carrots, edamame, chickpeas, feta, golden raisins, almonds, house vinaigrette	DAIRY				SOY	ALMOND			VEGETARIAN	
Caribbean Caesar	Romaine, kale, arugula, feta, mango salsa, pico salsa, caesar dressing, plantains	DAIRY	EGGS						FISH	VEGETARIAN	
SMOOTHIES											
Berry Blend	Unsweetened vanilla almond milk, blueberry, strawberry, blackberry, raspberry, agave, lime						ALMOND			VEGETARIAN	VEGAN
Healthnut	Unsweetened vanilla almond milk, strawberry, banana, almonds, agave, cacao, cashew butter									VEGETARIAN	VEGAN
Supergreen	Unsweetened vanilla almond milk, kale, banana, coconut oil, agave, lime						ALMOND			VEGETARIAN	VEGAN
Strawbana 2.0	Orange juice, apple juice, greek yogurt, strawberry, banana, agave	DAIRY								VEGETARIAN	
VitaBoost	orange juice, lime, mango, strawberry, turmeric, agave nectar									VEGETARIAN	VEGAN
Nutella	Whole organic milk, all natural vanilla bean ice cream, nutella	DAIRY	EGGS				HAZELNUT			VEGETARIAN	
Jimmy Carter	Whole organic milk, all natural peanut butter, banana, all natural vanilla bean ice cream	DAIRY	EGGS		PEANUTS					VEGETARIAN	