



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	SESAME	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	Granny Smith Apples								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	
Caramelized Onions								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	Teriyaki Sauce			GLUTEN		SOY			VEGETARIAN	VEGAN
Asian Cabbage Blend								VEGETARIAN	VEGAN	Tikka Masala Sauce	DAIRY							VEGETARIAN	
Cucumbers								VEGETARIAN	VEGAN	Rice Noodles			GLUTEN					VEGETARIAN	VEGAN
Carrots								VEGETARIAN	VEGAN	Slivered Almonds						TREE NUT		VEGETARIAN	VEGAN
Scallions								VEGETARIAN	VEGAN	Pumpkin Seeds								VEGETARIAN	VEGAN
Edamame					SOY			VEGETARIAN	VEGAN										
Golden Raisin								VEGETARIAN	VEGAN	Flour Tortilla			GLUTEN & WHEAT						
Brussels Sprouts								VEGETARIAN	VEGAN	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, sugar, black pepper, oil blend																	VEGETARIAN	VEGAN
Pico de gallo Salsa	Roma tomatoes, red onion, cilantro, jalapeño, lime juice, kosher salt																	VEGETARIAN	VEGAN
Mango Salsa	Mango, red bell pepper, red onion, jalapeño, lime juice, kosher salt, jicama																	VEGETARIAN	VEGAN
Roasted Tomato	Fire-roasted tomatoes, yellow onion, jalapeño, kosher salt, garlic, cilantro, chipotle pepper puree, water, vinegar, lime juice																	VEGETARIAN	VEGAN
House Hot Sauce	Garlic, jalapeño, chipotle pepper puree, 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	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			GLUTEN	PEANUTS	SOY	CASHEW & ALMOND	SESAME	VEGETARIAN	VEGAN
Mediterranean	House made hummus, house vinaigrette, feta, tomato salsa, cucumber, brown rice	DAIRY						SESAME	VEGETARIAN	
Nourish	Kale, tri-colored quinoa, sweet potatoes, granny smith apples, edamame, chickpeas, almonds, sesame seeds, cucumber tahini vinaigrette	DAIRY				SOY	ALMOND	SESAME	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	
Apple Farro	Kale, cabbage, romaine, farro, granny smith apples, jack cheese, pumpkin seeds, apple cider vinaigrette	DAIRY		GLUTEN					VEGETARIAN	
Autumn Sprout	Kale, shaved brussels sprouts, quinoa, apple, feta, sweet potato, apple cider vinaigrette	DAIRY							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						CASHEW & ALMOND		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	