



# 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 | TREENUT | FISH | VEGETARIAN | VEGAN |
|---------------------------|-------|------|--------|---------|-----|---------|------|------------|-------|
| Grilled Chicken           |       |      |        |         |     |         |      |            |       |
| Grilled Steak             |       |      |        |         |     |         |      |            |       |
| Organic Tofu              |       |      |        |         | SOY |         |      | VEGETARIAN | VEGAN |
| Cilantro Lime Rice        |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Brown Rice                |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Farro                     |       |      | GLUTEN |         |     |         |      | VEGETARIAN | VEGAN |
| Sweet Potatoes            |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Quinoa                    |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Black Beans               |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Chick Peas                |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Curried Chick Peas        | DAIRY |      |        |         |     |         |      | VEGETARIAN |       |
| Crispy Onions             |       |      | GLUTEN |         |     |         |      | VEGETARIAN | VEGAN |
| Romaine Lettuce           |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Kale                      |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Arugula                   |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Asian Cabbage Blend       |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Cucumbers                 |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Carrots                   |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Scallions                 |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Edamame                   |       |      |        |         | SOY |         |      | VEGETARIAN | VEGAN |
| Golden Raisin             |       |      |        |         |     |         |      | VEGETARIAN | VEGAN |
| Caribbean Caesar Dressing | DAIRY | EGGS |        |         |     |         | FISH | VEGETARIAN |       |

| INGREDIENTS                     | DAIRY | EGGS | GLUTEN         | PEANUTS | SOY | TREENUT  | SESAME | VEGETARIAN | VEGAN |
|---------------------------------|-------|------|----------------|---------|-----|----------|--------|------------|-------|
| Jack Cheese                     | DAIRY |      |                |         |     |          |        | VEGETARIAN |       |
| Feta Cheese                     | DAIRY |      |                |         |     |          |        | VEGETARIAN |       |
| Guacamole                       |       |      |                |         |     |          |        | VEGETARIAN | VEGAN |
| Plantains                       |       |      |                |         |     |          |        | VEGETARIAN | VEGAN |
| Hummus                          |       |      |                |         |     |          | SESAME | VEGETARIAN | VEGAN |
| House Vinaigrette               |       |      |                |         |     |          |        | VEGETARIAN | VEGAN |
| Spicy Cashew Vinaigrette        |       |      |                |         |     | TREE NUT | SESAME | VEGETARIAN | VEGAN |
| Cucumber Tahini Yogurt Dressing | DAIRY |      |                |         |     |          | SESAME | VEGETARIAN |       |
| Creamy Lime                     | DAIRY | EGGS |                |         | SOY |          |        | VEGETARIAN |       |
| Apple Cider Vinaigrette         |       |      |                |         |     |          |        | VEGETARIAN | VEGAN |
| Lemon Herb Ranch Dressing       |       | EGGS |                |         | SOY |          |        | VEGETARIAN |       |
| Sour Cream                      | DAIRY |      |                |         |     |          |        | VEGETARIAN |       |
| Buffalo Sauce                   |       |      |                |         | SOY |          |        | VEGETARIAN | VEGAN |
| Thai Peanut Sauce               |       |      |                | PEANUTS | SOY |          | SESAME | VEGETARIAN | VEGAN |
| Tikka Masala Sauce              | DAIRY |      |                |         |     |          |        | VEGETARIAN |       |
| Rice Noodles                    |       |      | GLUTEN         |         |     |          |        | VEGETARIAN | VEGAN |
| Slivered Almonds                |       |      |                |         |     | TREE NUT |        | VEGETARIAN | VEGAN |
| Pumpkin Seeds                   |       |      |                |         |     |          |        | VEGETARIAN | VEGAN |
| Carolina Gold BBQ               |       |      |                |         |     |          |        | VEGETARIAN | VEGAN |
| Sweet & Smoky Seasoning         |       |      |                |         |     |          |        | VEGETARIAN | VEGAN |
| Flour Tortilla                  |       |      | GLUTEN & WHEAT |         |     |          |        | VEGETARIAN |       |
| Wheat Tortilla                  |       |      | GLUTEN & WHEAT |         |     |          |        | VEGETARIAN |       |

| ITEM                     | INGREDIENTS   | DAIRY | EGGS | GLUTEN | PEANUTS | SOY | TREENUT | 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 |

# currito BOWL & BURRITO INGREDIENT ALLERGY CHART

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| GRAINS           | INGREDIENTS  | 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           | INGREDIENTS  |       |      |        |         |     |                 |        |      |            |       |
| 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        | INGREDIENTS  |       |      |        |         |     |                 |        |      |            |       |
| 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 |       |