

Common Allergy Quick Reference Guide

Shareables + Sides	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Chik'n Tenders/ Buffalo Tenders	●	●	●		●	●
Crispy Cauliflower	●	●	●		●	●
Dip Trio	●		●		●	●
Fajita Quesadilla	●	●	●		●	●
Fresh Summer Rolls	●		●	●	●	
Fried Cheese Bites	●	●	●		●	●
Fries	●				●	
Mac + Cheese	●	●	●		●	●
Moroccan Lentil Soup			●		●	
Onion Rings		●	●		●	
Southwest Nachos	●		●	●	●	●
Tater Tots					●	
Three Bean Chili	●		●	●	●	●
Truffle Mac + Cheese	●	●	●	●	●	●

Salads	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
All Hail Kale				●	●	
Avocado Bacon Cobb	●		D	D	●	D
Buffalo Chick'n Salad	●	●	●		●	●
Caesar Crunch Salad	●	●	●	●	●	
Sesame Tofu Supergreens	●		●	●	●	
Southwest Taco Salad	●	●	●	●	●	●

Dressings	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Caesar Dressing	●		●		●	
Chili-Cashew Dressing	●		●	●	●	
Chunky Blue Cheese	●		●	●	●	●
Mango-Lemon Vinaigrette					●	
Ranch Dressing	●		●		●	
Sesame Dressing	●		●		●	

D = Dressing Choice Refer to the dressings for specific allergens.

Note: We offer gluten-free, soy-free and nut-free options. However, all our food may be made on equipment or prepared in areas containing gluten, soy, and nuts. Please consider this if you have an extreme allergy.

Burgers	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
American ChzBurger	●	●	●		●	●
Beyond™ Classic ChzBurger	●	●	●		●	●
Chipotle Black Bean Burger	●	●			●	
Ghost Pepper Popper Burger	●	●	●		●	●
Junior Burger	S	●	●		●	●
Maverick Burger	●	●	●		●	●
Signature Veggie Burger	●	●	●	●	●	●
Steakhouse Burger	●	●	●		●	●
Sunrise Burger	●	●	●		●	●
PubChz Burger	●	●	●		●	●
Sauces	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Egg-free Mayo	●				●	
Ketchup						
Special Sauce	●		●		●	
Yellow Mustard			●			

S = Sauce Choice Refer to the sauces for specific allergens.

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Sandwiches	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Buffalo Bomber	●	●	●		●	●
Chik'n Bacon Ranch	●	●	●		●	●
Crispy Chik'n	●	●	●		●	●
Farmhouse Chik'n	●	●	●		●	●
Pesto Chick'n Parm	●	●	●	●	●	●
Santa Fe Chick'n	●	●	●		●	●

Wraps	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Buffalo Blitz Wrap	●	●	●		●	●
Caesar Crunch Wrap	●	●	●	●	●	
Chik'n Bacon Ranch Wrap	●	●	●		●	●
Santa Fe Wrap	●	●	●		●	●

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Bowls	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Buddha Brunch Bowl	●		●		●	
Cali Tempeh Power	●	●	●	●	●	
Citrus Glazed Tofu Bowl	●	●	●		●	
Far East Thai	●	●	●		●	●
Kimchi Steak	●	●	●		●	
Ranchero Bean Fiesta	●		●	○	●	●
Sonoran	●	○	●	○	●	
Teriyaki Protein Bowl	●	○	●		●	
Tofu Zen Bowl	●	●		●	●	

○ = Option with allergen Some options may have allergens.

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Protein Plates	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Beyond™ Steak Filet	●	●	●		●	
Citrus Herbed Chik'n	●	●	●		●	
Crispy Organic Tofu	●		●		●	
Pan Seared Salmon	●				●	

Sauce/Style	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Blue Cheese (Beyond™ Steak Filet)						●
Chimichurri			●		●	
Creamy Peppercorn	●		●		●	●
Lemon Butter			●		●	
Teriyaki + Mango Salsa	●		●		●	

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Burritos	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Crispy Baja Burrito	●	○	○		●	
Queso Chik'n Burrito	●	●	●		●	●
Steak Asada Burrito	●	●	●	●	●	●
The Loaded Burrito	●	○	●		●	●

Tacos	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Baja Taco	●	○	○		●	
Cauliflower Taco	●	●	●		●	
Mushroom Taco	●				●	
Steak Taco	●	●	●		●	●
Tejano Taco	●		●		●	●

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Kids Menu	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Kids Burger	●	●	●		●	●
Kids Quesadilla	●	●				●
Kids Mac + Cheese	●	●	●		●	●
Kids Nuggets	●	●	●		●	●
Kids Tacos	●		●		●	●
Kids Teriyaki Bowl	●		●		●	
Desserts	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Belgian Chocolate Cake	●	●			●	●
Carrot Cake	●	●		●	●	●
Chocolate Chip Cookies	●	●				
Salted Caramel Chocolate Cookie					●	

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ITEMS WITH SEEDS OR NUTS

To order without nuts and seeds when possible, please modify as indicated in parenthesis when ordering. See our standard menu for a full description of each item.

ITEMS CONTAINING PEANUTS

SHAREABLES

- Fresh Summer Rolls (order without peanut sauce)

BOWLS

- Tofu Zen Bowl

ITEMS CONTAINING TREE NUTS (Almonds, Cashews, Walnuts)

SHAREABLES + SIDES

- Southwestern Nachos (tangy pepper crema contains cashews, order without)
- Three Bean Chili (order without sour cream)
- Truffle Mac + Cheese (order without almond Parmesan)

SALADS

- All Hail Kale (order without agave roasted walnuts)
- Caesar Crunch Salad (order without almond Parmesan)
- Sesame Tofu Supergreens (order without candied almonds and chili-cashew dressing)
- Southwest Taco Salad (walnut taco meat contains walnuts; soy cream and tangy pepper crema contain cashew)

DRESSINGS

- Chili-Cashew Dressings (contains cashews)
- Chunky Blue Cheese (contains cashews)

BOWLS

- Cali Power Bowl (order without toasted almonds)
- Ranchero Bean Fiesta (order with Tex-Mex beefy crumbles)
- Sonoran (order with steak or asada mushrooms)

BURGERS + SANDWICHES + WRAPS

- Caesar Crunch Wrap (order without almond parmesan)
- Pesto Chick'n Parm Sandwich (order without basil-cashew pesto and almond Parmesan)
- Signature Veggie Burger (signature patty contains almonds)

DESSERTS

- Carrot Cake (contains walnuts, cannot remove)

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ITEMS WITH SEEDS OR NUTS

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ITEMS CONTAINING SEEDS (Flax, Sesame, Pumpkin, & Sunflower Seeds)

NOTE: ALL ITEMS ARE COOKED OR FRIED IN SUNFLOWER SEED OIL

SHAREABLES + SIDES

- Chick'n/Bufalo Tenders (tenders contains sunflower oil; buffalo sauce contains sunflower oil; ranch contains flaxseed oil)
- Crispy Cauliflower (buffalo sauce contains sunflower oil)
- Dip Trio (queso sauce contains sesame oil)
- Fresh Summer Rolls (peanut sauce contains sesame oil)
- Fried Cheese Bites (cheese sauce contains sesame oil)
- Fries + Tots (chipotle aioli contains flaxseed oil, order with ketchup)
- Mac + Cheese (cheese sauce contains sesame oil)
- Truffle Mac + Cheese (cheese sauce contains sesame oil)
- Fajita Quesadilla (cheese contains sunflower and flaxseed oil; steak contains sunflower oil)
- Southwestern Nachos (queso sauce contains sesame oil; taco meat contain sunflower oil)

SALADS

- Buffalo Chick'n Salad (chick'n contains sunflower oil; buffalo sauce contains sunflower oil; ranch contains flaxseed oil)
- Caesar Crunch Salad (Caesar dressing contains flaxseed and sunflower oil)
- Sesame Tofu Supergreens (order without sesame seeds)
- Southwest Taco Salad (ranch contains flaxseed oil)

BOWLS

- Buddha Brunch (ancient grains contain flaxseed and sunflower oil)
- Cali Tempeh Power Bowl (order without pepitas; ancient grains contain flaxseed and sunflower oil; sesame gochu sauce contains sesame oil)
- Citrus Glazed Tofu Bowl - contains sesame seeds
- Far East Bowl - all protein options contain sesame seeds
- Kimchi Steak Bowl (greens mix contain sesame dressing; bulgogi beef contains sesame seeds and sesame oil; sesame gochu sauce contains sesame oil)
- Ranchero Bean Fiesta (taco meat crumbles contain sunflower oil; cheese sauce contains sesame oil; order without pepitas)
- Sonoran Bowl (ancient grains contain flaxseed and sunflower oil; steak contains sunflower oil)
- Teriyaki Protein Bowl (teriyaki sauce contains sesame)
- Tofu Zen Bowl (peanut sauce contains sesame)

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ITEMS WITH SEEDS OR NUTS

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ITEMS CONTAINING SEEDS (Flax, Sesame, Pumpkin, & Sunflower Seeds)

NOTE: ALL ITEMS ARE COOKED OR FRIED IN SUNFLOWER SEED OIL

BURGERS + SANDWICHES + WRAPS

- American ChzBurger (burger patty contains sunflower oil; mayo and special sauce contains flaxseed oil- order with ketchup or yellow mustard; cheese contains sesame oil)
- Beyond™ Classic ChzBurger (burger patty contains sunflower oil; special sauce contains flaxseed oil; cheese contains sesame oil)
- Buffalo Bomber (crispy chick'n contains sunflower oil; buffalo sauce contains sunflower and flaxseed oil; ranch contains flaxseed oil)
- Buffalo Blitz Wrap (crispy chick'n contains sunflower oil; buffalo sauce contains sunflower and flaxseed oil; ranch contains flaxseed oil)
- Caesar Crunch Wrap (Caesar dressing contains flaxseed and sunflower oil)
- Chik'n Bacon Ranch Sandwich/Wrap (crispy chick'n contains sunflower oil; ranch contains flaxseed oil; cheese sauce contains sesame oil)
- Chipotle Black Bean Burger (chipotle aioli contains flaxseed oil)
- Crispy Chik'n Sandwich (crispy chick'n contains sunflower oil; lemon-her mayo contains flaxseed oil)
- Ghost Pepper Popper Burger (burger patty contains sunflower oil; cheese contains sesame oil)
- Junior Burger (burger patty contains sunflower oil; mayo and special sauce contains flaxseed oil- order with ketchup or yellow mustard)
- Maverick Burger (burger patty contains sunflower oil; special sauce contains flaxseed oil; cheese contains sesame oil)
- Pesto Chick'n Parm Sandwich (crispy chick'n contains sunflower oil; cheese sauce contains sesame oil)
- PubChz Burger (burger patty contains sunflower oil; cheese contains sesame oil)
- Santa Fe Chick'n Sandwich/Wrap (crispy chick'n contains sunflower oil; chipotle aioli contains flaxseed oil)
- Signature Veggie Burger (signature patty contains chia seeds and flaxmeal; roasted garlic thyme mayo contains flaxseed oil; cheese contains sesame oil)
- Steakhouse Burger (burger patty contains sunflower oil; horseradish aioli contains flaxseed oil)

DESSERTS

- Carrot Cake (frosting contains sunflower oil)
- Belgian Chocolate Cake (contains sunflower oil)

KIDS MEALS

- Kids Burger (burger patty contains sunflower oil)
- Kids Chick'n Nuggets (chick'n contains sunflower oil; ranch sauce contains flaxseed oil)
- Kids Mac & Cheese (cheese sauce contains sesame oil, cannot be substituted)
- Kids Teriyaki Bowl (teriyaki sauce contains sesame oil)

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ITEMS WITH SEEDS OR NUTS continued...

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ITEMS CONTAINING COCONUT

SHAREABLES + SIDES

- Buffalo + Chick'n Tenders (chick'n contains coconut oil)
- Truffle Mac + Cheese (cheese sauce contains coconut oil, cannot be substituted)
- Mac + Cheese (cheese sauce contains coconut oil, cannot be substituted)
- Fajita Quesadilla (cheese contains coconut oil)
- Southwestern Nachos (queso sauce contains coconut oil, cannot be substituted; taco meat contains coconut oil)

SALADS

- Buffalo Chick'n Salad (chick'n contains coconut oil; blue cheese crumbles contains coconut oil)

BOWLS

- Far East Thai (cilantro green curry sauce contains coconut milk)
- Ranchero Bean Fiesta (coconut-lime drizzle contains coconut milk)

BURGERS + SANDWICHES + WRAPS

- American ChzBurger (cheese contains coconut oil; burger patty contains coconut oil)
- Beyond™ Classic Burger (American cheese contains coconut oil; burger patty contains coconut oil)
- Caesar Crunch Wrap (crispy chick'n contains coconut oil)
- Chik'n Bacon Ranch (cheese contains coconut oil; crispy chick'n contains coconut oil)
- Crispy Chik'n Sandwich (crispy chick'n contains coconut oil)
- Ghost Pepper Popper Burger (cheese contains coconut oil; burger patty contains coconut oil)
- Buffalo Blitz Wrap (crispy chick'n contains coconut oil)
- Buffalo Bomber (crispy chick'n contains coconut oil)
- Maverick Burger (cheese contains coconut oil; burger patty contains coconut oil)
- Pesto Chick'n Parm Sandwich (crispy chick'n contains coconut oil; cheese sauce contains coconut oil)
- PubChz Burger (cheese contains coconut oil; burger patty contains coconut oil)
- Santa Fe Chick'n (crispy chick'n contains coconut oil)
- Steakhouse Burger (blue cheese crumbles contain coconut oil; burger patty contains coconut oil)
- Signature Veggie Burger (cheese contains coconut oil)

KIDS MEALS

- Kids Chick'n Nuggets (chick'n contains coconut oil)
- Kids Quesadilla ("cheese" contains coconut oil, cannot be substituted)
- Kids Mac + Cheese (cheese sauce contains coconut oil, cannot be substituted)

DESSERTS

- Carrot Cake (contains coconut oil)
- Belgian Chocolate Cake (contains coconut oil)

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SOY-FREE OPTIONS

Please modify as indicated in parenthesis when ordering. See our standard menu for a full description of each item.

SHARES + SIDES

- Crispy Cauliflower (order without buffalo sauce or orange glaze)
- Moroccan Lentil Soup
- Three Bean Chili

SALADS

- All Hail Kale
- Avocado Bacon Cobb (remove Tempeh Bacon; order with mango-lemon vinaigrette)
- Caesar Crunch (order without Caesar dressing)
- **Soy-free Dressings:** Mango-Lemon Vinaigrette

SOY-FREE PROTEINS

- Beyond™ Burger Patty
- Black Bean Patty

BURGERS

- Junior Burger (brioche bun contains soybean oil- sub gluten-free bun; order with ketchup or yellow mustard)
- Beyond™ Classic ChzBurger (brioche bun contains soybean oil- sub gluten-free bun; order without special sauce; cheese contains soy- order without)

KIDS MEALS

- Kids Burger (brioche bun contains soybean oil- sub gluten-free bun)
- Kids Quesadilla (flour tortilla contains soybean oil- sub corn tortilla)
- Kids Mango for dessert

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GLUTEN-FRIENDLY OPTIONS

Please modify as indicated in parenthesis when ordering. See our standard menu for a full description of each item.

SIDES

- Golden Fries
- Moroccan Lentil Soup
- Tater Tots
- Three Bean Chili
- Sweetheart Fries

SHAREABLES

- Fresh Summer Rolls
- Southwestern Nachos with Tex-Mex beefy crumbles
- Dip Trio

SALADS

- All Hail Kale
- Avocado Bacon Cobb
- Caesar Crunch (order without croutons)
- Sesame Tofu Supergreens
- **Gluten-free Dressings:** Caesar Dressing, Chili-Cashew Dressing, Chunky Blue Cheese, Creamy Balsamic, Mango-Lemon Vinaigrette, Ranch, Sesame Dressing

BOWLS

- Buddha Brunch Bowl
- Cali Tempeh Power Bowl
- Citrus Glazed Tofu Bowl
- Ranchero Bean Fiesta
- Sonoran Bowl (steak contains gluten, order with asada mushrooms or walnut taco meat)
- Teriyaki Tofu Bowl
- Tofu Zen Bowl

BURGERS

- American ChzBurger (sub gluten-free bun or lettuce style)
- Beyond™ Classic ChzBurger (sub gluten-free bun or lettuce style)
- Chipotle Black Bean Burger (sub gluten-free bun or lettuce style)
- Ghost Pepper Popper Burger (sub gluten-free bun or lettuce style)
- Junior Burger (sub gluten-free bun or lettuce style)
- PubChz Burger (sub gluten-free bun or lettuce style)
- Signature Veggie Burger (sub gluten-free bun or lettuce style)
- Steakhouse Burger (sub gluten-free bun or lettuce style)
- Sunrise Burger (sub gluten-free bun or lettuce style)

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GLUTEN-FRIENDLY OPTIONS...continued

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TACOS

- Baja Taco with Crispy Tofu (crispy fish contains gluten)
- Mushroom Taco
- Tejano Taco

BURRITOS

- Baja Burrito with Crispy Tofu (crispy fish contains gluten)- order with gluten-free tortilla
- The Loaded Burrito - order with gluten-free tortilla

PLATES

- Crispy Tofu Plate
- Pan Seared Salmon

SIDES

- Buttery Jalapeño Corn
- Herbed Roasted Potatoes
- Pickled Cucumber Slaw
- Garlic Broccoli
- Creamy Jalapeno Slaw
- Roasted Carrots
- Brown Rice
- Golden Fries
- Sweetheart Fries

WRAPS

- Buffalo Blitz (sub gluten-free tortilla; sub protein for buffalo tempeh)
- Caesar Crunch Wrap (remove croutons; sub gluten-free tortilla; sub protein for grilled tempeh)

KIDS MEALS

- Kids Burger (sub gluten-free bun)
- Kids Quesadilla (flour tortilla contains gluten- sub corn tortilla)
- Kids Tacos
- Kids Teriyaki Bowl
- Kids Sides: Garlic Broccoli, Roasted Carrots, Golden or Sweetheart Fries
- Kids Mango for dessert

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GARLIC-FREE OPTIONS

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SHARES + SIDES

- Crispy Cauliflower (order with buffalo sauce, orange glaze contains garlic)
- Golden Fries (order without seasoning; order with ketchup, chipotle aioli contains garlic)
- Sweetheart Fries (order without seasoning; order with ketchup, chipotle aioli contains garlic)
- Tater Tots (order without seasoning; order with ketchup, chipotle aioli contains garlic)

SALADS

- All Hail Kale
- Caesar Crunch (order without croutons and Caesar dressing)
- **Garlic-free Dressings:** Mango-Lemon Vinaigrette

KIDS MEALS

- Kids Quesadilla
- Kids Golden or Sweetheart Fries with ketchup - order without seasoning
- Kids Mango or Chocolate Chip Cookie for dessert

DESSERTS

- Belgian Chocolate Cake
- Carrot Cake
- Chocolate Chip Cookies

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Superfood Smoothies

All smoothies, except the Hydration Hero, contain a custom blend of plant-based proteins - pea, sunflower, and pumpkin

Java Jolt

Organic Soy Milk, Organic Maple syrup, Organic Vanilla Extract, Organic Bananas, Organic Cocoa Powder, Complete Coffee Blend EPIC Protein Base (Yellow Pea, Pumpkin Seed, Sunflower Seed, Sacha Inchi, Cranberry Seed, Coffee, Maca Root, Ceylon Cinnamon, Reishi, Chaga, Maitake, Lion's Mane, Turkey Tail, Acerola, Coconut Crystals, Jerusalem Artichoke, Baobab Fruit, Himalayan Pink Salt, Stevia Leaf).

ALLERGENS: soy, coconut, seeds

Green GlowUp

Organic Orange Juice, Organic Coconut Milk, Organic Spinach, Organic Mango, Green Kingdom Blend EPIC Protein Base (Yellow Pea, Pumpkin Seed, Sunflower Seed, Sacha Inchi, Cranberry Seed, Heirloom Red Banana, Lucuma Fruit, Oat Grass, Spirulina, Kale, Chlorella, Indian Moringa, Spinach, Jerusalem Artichoke, Baobab Fruit, Ginger Root, Himalayan Pink Salt, Stevia Leaf). **ALLERGENS: coconut, seeds**

Hydration Hero

Organic Coconut Milk, Organic Lime Juice, Organic Cucumber, Organic Basil, Organic Pineapple, Electrolyte Hydration Blend (Lemon, Coconut Water, Jerusalem Artichoke, Acerola Cherry, Natural Electrolytes, Himalayan Pink Salt, Silica (Bamboo Extract), Banana, Pomegranate, Baobab Fruit, Stevia Leaf). **ALLERGENS: coconut**

Berry Boost

Organic Orange Juice, Organic Soy Milk, Organic Strawberries, Organic Bananas, Pro Collagen Blend EPIC Protein Base (Yellow Pea, Pumpkin Seed, Sunflower Seed, Sacha Inchi, Cranberry Seed, Heirloom Red Banana, Tremella Fruiting Body Mushroom Extract, Acerola Extract, Silica (Bamboo Extract), Goji Berry, Sweet Potato, Rose Hips, Biotin (Sesbania Extract), Beet, Raspberry, Pomegranate, Cranberry, Coconut Milk, Sea Buckthorn, Jerusalem Artichoke, Himalayan Pink Salt, Stevia Leaf). **ALLERGENS: soy, coconut, seeds**

Tropical Tonic

Organic Orange Juice, Organic Coconut Milk, Organic Mango, Organic Pineapple, Organic Ginger Powder, Organic Turmeric, Real Sport Blend EPIC Protein Base (Yellow Pea, Pumpkin Seed, Sunflower Seed, Sacha Inchi, Cranberry Seed, Heirloom Red Banana, Coconut Water, Ginger Root, Tart Cherry, Acerola Extract, Ashwagandha Extract, Turmeric Extract, Reishi, Chaga, Black Pepper Extract, Jerusalem Artichoke, Himalayan Pink Salt, Stevia Leaf). **ALLERGENS: coconut, seeds**

Organic Superfood Smoothies

All smoothies, except the Hydration Hero, contain a custom blend of plant-based proteins - pea, sunflower, and pumpkin

Smoothie	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Java Jolt	●				●	●
Green GlowUp					●	●
Hydration Hero						●
Banana Berry	●				●	●
Tropical Tonic					●	●