

Common Allergy Quick Reference Guide

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

● = **Chance of cross-contact** Refer to the soy allergens for specific details.

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Sides Continued	Soy	Gluten	Garlic	Tree Nuts	Seeds	Peanuts
Buttery Jalapeno Corn	●				●	
Herb Roasted Potatoes			●		●	
Pickled Cucumber Salad	●					
Garlic Griddled Broccoli			●		●	
Creamy Jalapeno Slaw	●				●	
Roasted Carrots					●	
Brown Rice					●	
Special Style Fries	●		●		●	
ChiliChz Style Fries	●		●	●	●	
Three Bean Chili	●		●	●	●	

● = **Chance of cross-contact** Refer to the soy allergens for specific details.

Salads	Soy	Gluten	Garlic	Tree Nuts	Seeds	Peanuts
All Hale Kale	●			●	●	
Avocado Bacon Cobb	●		D	D	●	
Buffalo Chick'n Salad	●	●	●		●	
Caesar Crunch Salad	●		●	●	●	
Southwest Taco Salad	●	●	●	●	●	

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

● = Option with allergen Some options may have allergens.

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	Peanuts
American ChzBurger	●	●	●		●	
Beyond™ Classic ChzBurger	●	●	●		●	
Chipotle Black Bean Burger	●	●	●		●	
Ghost Pepper Popper Burger	●	●	●		●	
Junior Burger	S	●	●		●	
Maverick Burger	●	●	●		●	
Signature Veggie Burger	●	●	●	●	●	
Steakhouse Burger	●	●	●		●	

Sauces	Soy	Gluten	Garlic	Tree Nuts	Seeds	Peanuts
Egg-free Mayo	●				●	
Ketchup						
Special Sauce	●		●		●	
Yellow Mustard			●			

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

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Chik'n Sandwiches	Soy	Gluten	Garlic	Tree Nuts	Seeds	Peanuts
Buffalo Bomber	●	●	●		●	
Chik'n Bacon Ranch	●	●	●		●	
Crispy Chik'n	●	●	●		●	
Santa Fe Chick'n	●	●	●		●	

Wraps	Soy	Gluten	Garlic	Tree Nuts	Seeds	Peanuts
Buffalo Blitz Wrap	●	●	●		●	
Caesar Crunch Wrap	●	●	●	●	●	
Santa Fe Wrap	●	●	●		●	

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

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

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

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

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

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Common Allergy Quick Reference Guide

Kids Menu	Soy	Gluten	Garlic	Tree Nuts	Seeds	Peanuts
Kids Burger	●	●	●		●	
Kids Quesadilla	●	●				
Kids Mac + Cheese	●	●	●		●	
Kids Tenders	●	●	●		●	
Kids Teriyaki Bowl	●		●		●	
Desserts	Soy	Gluten	Garlic	Tree Nuts	Seeds	Peanuts
Belgian Chocolate Cake	●	●			●	
Carrot Cake	●	●		●	●	
Chocolate Chip Cookies	●	●				
Organic Strawberry Ice Cream						
Organic Berry Bliss Sundae	●					

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ITEMS WITH PEANUTS AND NUTS

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

ITEMS CONTAINING PEANUTS

SAUCES

- PEANUT SAUCE CONTAINS PEANUTS

SHAREABLES

- Fresh Summer Rolls (order without peanut sauce)

BOWLS

- Tofu Zen Bowl (order without peanut sauce)

ITEMS CONTAINING TREE NUTS (Almonds, Cashews, Walnuts)

SAUCES

- TANGY PEPPER CREMA CONTAINS CASHEWS
- SOUR CREAM CONTAINS CASHEWS

DRESSINGS

- CHUNKY BLUE CHEESE DRESSING CONTAINS CASHEWS

SHAREABLES + SIDES

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

SALADS

- All Hale Kale (order without agave roasted walnuts)
- Caesar Crunch Salad (order without almond Parmesan)
- Southwest Taco Salad (walnut taco meat contains walnuts; sour cream and tangy pepper crema contain cashews)

BURRITOS/TACOS

- Steak Asada Burrito (tangy pepper crema contains cashews - order without)
- Queso Chik'n Burrito (sour cream contains cashews - order without)
- Loaded Burrito (walnut taco meat contains walnuts - order with Tex-Mex beefy crumbles)
- Tejano Taco (walnut taco meat contains walnuts - order with Tex-Mex beefy crumbles; tangy pepper crema contains cashews)

BOWLS

- Cali Power Bowl (order without toasted almonds)
- Sonoran (order with steak or sauteed mushrooms)

BURGERS + SANDWICHES + WRAPS

- Caesar Crunch Wrap (order without almond parmesan)
- Signature Veggie Burger (signature patty contains almonds)

DESSERTS

- Carrot Cake (contains walnuts, cannot remove)

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ITEMS WITH SEEDS

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

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

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

Sauces

- Special Sauce contains flaxseed oil
- Buffalo Sauce contains flaxseed oil
- Chipotle Aioli contains flaxseed oil
- Ranch contains flaxseed oil
- Ghost Pepper Ranch contains flaxseed oil
- Hunny Mustard contains flaxseed oil
- Lemon Herb Mayo contains flaxseed oil
- Roasted Garlic Thyme Mayo contains flaxseed & sunflower oil
- Mango Lemon Vinaigrette contains sunflower oil
- Sesame Dressing contains sesame oil & sunflower oil
- Horseradish Aioli contains flaxseed oil
- Peanut Sauce contains sesame oil
- Citrus Sriracha Aioli contains flaxseed oil
- Queso Sauce contains sesame oil
- Blue Cheese Dressing contains flaxseed oil
- Caesar Dressing contains flaxseed oil
- Ranch Dressing contains flaxseed oil
- Teriyaki Sauce contains sesame oil
- Mayo contains flaxseed oil
- Baja Sauce contains flaxseed oil

SHAREABLES + SIDES

- Chick'n/Bufalo Tenders (tenders contain 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)
- Fries + Tots (fried in Sunflower oil; 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 contains sunflower oil)
- Buttery Jalapeno Corn (contains sunflower oil)
- Herb Roasted Potatoes (contains sunflower oil)
- Garlic Griddled Broccoli (contains sunflower oil)
- Roasted Carrots (contains sunflower oil)
- Brown Rice (contains sunflower oil)

SALADS

- Buffalo Chick'n Salad (chik'n contains sunflower oil; buffalo sauce contains sunflower oil; ranch contains flaxseed oil)
- Caesar Crunch Salad (Caesar dressing contains flaxseed and sunflower oil)
- Southwest Taco Salad (ranch contains flaxseed oil; walnut taco meat contains sunflower oil)

DRESSING

- Caesar Dressing (contains flaxseed oil & sunflower oil)
- Chunky Blue Cheese (contains flaxseed oil)
- Mango-Lemon Vinaigrette (contains sunflower oil)
- Ranch Dressing (contains flaxseed oil)
- Sesame Dressing (contains sesame & sunflower oil)

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ITEMS WITH SEEDS continued..

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

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

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

BURRITOS/TACOS

- Crispy Baja Burrito (fish(less) filet contains sunflower oil; jalapeno slaw contains flaxseed oil; brown rice contains sunflower oil; flour tortilla contains sunflower oil)
- The Loaded Burrito (pepper jack cheese contains sesame oil; baja sauce contains flaxseed oil; Tex-Mex beefy crumbles and walnut taco meat contains sunflower oil; brown rice contains sunflower oil; flour tortilla contains sunflower oil)
- Steak Asada Burrito (carne asada steak contains sunflower oil; pepper jack cheese contains sesame oil; brown rice contains sunflower oil; flour tortilla contains sunflower oil)
- Queso Chik'n Burrito (queso cheese sauce contains sesame oil; citrus chik'n contains sunflower oil; fajita veggies contain sunflower oil; grilled corn contains sunflower oil; brown rice contains sunflower oil; flour tortilla contains sunflower oil)
- Steak Taco (carne asada steak contains sunflower oil; pepper jack cheese contains sesame oil)
- Tejano Taco (Tex-Mex beefy Crumbles and walnut taco meat contains sunflower oil)
- Cauliflower Taco (crispy cauliflower contains sunflower oil, cilantro pesto contains sunflower oil, citrus sriracha aioli contains flaxseed oil)
- Baja Taco (fish(less) filet contains sunflower oil; jalapeno slaw contains flaxseed oil; brown rice contains sunflower oil)

BOWLS

- Buddha Brunch (quinoa contains sunflower oil; chipotle aioli contains flaxseed oil; sauteed mushrooms contain flaxseed oil; order without pepitas)
- Cali Tempeh Power Bowl (order without pepitas; quinoa contains sunflower oil; sesame gochu sauce contains sesame oil)
- Citrus Glazed Tofu Bowl (brown rice contains sunflower oil; contains sesame seeds - order without)
- Far East Bowl - (brown rice contains sunflower oil; crispy sesame chik'n contains sesame; order with crispy tofu - no sesame seeds)
- Kimchi Steak Bowl (brown rice contains sunflower oil; greens mix contains sesame dressing; bulgogi beef contains sesame seeds and sesame oil; sesame gochu sauce contains sesame oil)
- Sonoran Bowl (quinoa contains sunflower oil; steak contains sunflower oil; citrus sriracha aioli contains flaxseed oil; sauteed mushrooms contain flaxseed oil; order without pepitas)
- Teriyaki Protein Bowl (brown rice contains sunflower oil; teriyaki sauce contains sesame)
- Tofu Zen Bowl (brown rice contains sunflower oil; peanut sauce contains sesame)

ITEMS WITH SEEDS continued...

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

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 (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)
- 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 and may contain flax seed oil)
- Belgian Chocolate Cake (contains sunflower oil)

KIDS MEALS

- Kids Burger (burger patty contains sunflower oil)
- Kids Chick'n Tenders (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 COCONUT

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ITEMS CONTAINING COCONUT

SAUCES

- SOUR CREAM CONTAINS COCONUT
- TANGY PEPPER CREMA CONTAINS COCONUT
- BLUE CHEESE DRESSING CONTAINS 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, tangy pepper crema contains coconut)
- Dip Trio (queso contains coconut oil)
- Chik'n Nuggets (contains coconut oil)
- 3 Bean Chili (sour cream contains coconut - order without)
- ChiliChz Fries (sour cream contains coconut - order without)

BURRITOS/TACOS

- Tejano Taco (tangy pepper crema contains coconut; queso cheese sauce contains coconut)
- The Loaded Burrito (pepper jack cheese contains coconut)
- Steak Asada Burrito (pepper jack cheese contains coconut; tangy pepper crema contains coconut)
- Queso Chik'n Burrito (queso contains coconut; sour cream contains coconut)

SALADS

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

BOWLS

- Far East Thai (cilantro green curry sauce contains coconut milk)

BURGERS + SANDWICHES + WRAPS

- American ChzBurger (cheese contains coconut oil; burger patty may contain coconut oil)
- Beyond™ Classic Burger (American cheese contains coconut oil; burger patty may contain 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 may contain 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 may contain coconut oil)
- Santa Fe Chick'n (crispy chick'n contains coconut oil)
- Steakhouse Burger (blue cheese crumbles contain coconut oil; burger patty may contain coconut oil)
- Signature Veggie Burger (cheese contains coconut oil)

KIDS MEALS

- Kids Chick'n Tenders (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)

PLATES

- Homestyle Crispy Chik'n (contains coconut oil)

DESSERTS

- Carrot Cake (contains coconut oil)
- Belgian Chocolate Cake (contains coconut oil)
- Organic Strawberry Ice Cream (contains coconut)
- Organic Berry Bliss Sundae (contains coconut)

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SOY-FREE OPTIONS

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Fries & Tots

- Fries (fried with items that may contain soy)
- Tater Tots (fried with items that may contain soy)
- Sweet Potato Fries (may contain soy)

SHARES + SIDES

- Crispy Cauliflower (order without buffalo sauce or orange glaze)
- Moroccan Lentil Soup
- Three Bean Chili
- Herb Roasted Potatoes
- Garlic Griddled Broccoli
- Roasted Carrots
- Brown Rice
- ChiliChzStyle Fries (fries fried with items that may contain soy)

SALADS

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

BURRITOS

- Loaded Burrito (Tex-Mex crumbles contain soy - order with Walnut Taco Meat; Baja sauce contains soy - order without; pepper jack cheese contains soy - sub with cheddar shreds)

SOY-FREE PROTEINS

- Beyond™ Burger Patty
- Black Bean Patty
- Quinoa and Mushroom Patty
- Walnut Taco Meat

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 Mandarins for dessert

DESSERTS

- Organic Strawberry Ice Cream

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GLUTEN-FRIENDLY OPTIONS

Please modify as indicated in parentheses 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
- Buttery Jalapeno Corn
- Herb Roasted Potatoes
- Pickled Cucumber Salad
- Garlic Griddled Broccoli
- Creamy Jalapeno Slaw
- Roasted Carrots
- Brown Rice
- Special Style Fries
- ChiliChz Style Fries

SHAREABLES

- Fresh Summer Rolls
- Southwestern Nachos with Tex-Mex beefy crumbles or extra ranchero beans
- Dip Trio

SALADS

- All Hale Kale
- Avocado Bacon Cobb
- Caesar Crunch
- Southwest Taco Salad (order with GF tortilla)
- **Gluten-free Dressings:** Caesar Dressing, Chunky Blue Cheese, Mango-Lemon Vinaigrette, Ranch, Sesame Dressing

BOWLS

- Buddha Brunch Bowl
- Far East Thai Bowl (chik'n contains gluten, order with Tofu or Tempeh)
- Cali Tempeh Power Bowl
- Citrus Glazed Tofu Bowl
- Sonoran Bowl (steak contains gluten, order with sauteed mushrooms or walnut taco meat)
- Teriyaki Protein Bowl (chik'n contains gluten, order with Tofu)
- 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)
- Signature Veggie Burger (sub gluten-free bun or lettuce style)
- Steakhouse 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)
- Tejano Taco

BURRITOS

- Baja Burrito (crispy fish & flour tortilla contains gluten- order with crispy tofu and 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 (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 Teriyaki Bowl
- Kids Sides: Garlic Broccoli, Roasted Carrots, Golden or Sweetheart Fries
- Kids Mandarins for dessert

DESSERTS

- Organic Strawberry Ice Cream
- Organic Berry Bliss Sundae

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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 Hale 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
- Organic Strawberry Ice Cream
- Organic Berry Bliss Sundae

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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					●	●

VG/NLVG Whipped Cream has SOY

INGREDIENTS NUTRITION FACTS

WATER, EXPELLER PRESSED PALM KERNEL OIL, TAPIOCA SYRUP, CANE SUGAR, TAPIOCA MALTODEXTRIN, SOY PROTEIN CONCENTRATE, NATURAL FLAVORS, PEA PROTEIN, HYDROXYPROPYL METHYLCELLULOSE, SOY LECITHIN (EMULSIFIER), XANTHAN GUM, GUAR GUM.

Allergens

SOY / SOYBEANS

Nutrition Facts	
Serving size	2 TBSP
Amount per serving	
Calories	35
% Daily Value *	
Total Fat 2.5g	3%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Total Carbohydrate 3g	1%