

# Eating Lifestyles Chart



## Dressing, Sauces & Proteins

Dressings	Gluten-Free	Dairy-Free	Vegetarian	Vegan
Balsamic Vin.	✓	✓	✓	✓
Balsamic Vin. LF	✓	✓	✓	✓
Brown Derby Cobb	✓	✓	✗	✗
Caper Dill	✓	✗	Dairy	✗
Chipotle Lime	✓	✓	✓	✗
Creamy Caesar	✓	✗	✗	✗
Greek Vin.	✓	✓	✓	✓
Lemon Vin.	✓	✓	✓	✗
Mint Vin.	✓	✓	✗	✗
Point Reyes Blue Cheese	✓	✗	Dairy	✗
Ranch - BBQ	✓	✓	Eggs	✗
Ranch - Chipotle	✓	✗	Eggs & Dairy	✗
Ranch - Jalapeno	✓	✗	Eggs & Dairy	✗
Ranch - Newsome	✓	✗	Eggs & Dairy	✗
Sesame Ginger Organic	✗	✓	✓	✓
South Texas Salsa	✓	✓	✓	✓
Sweet Parsley	✓	✓	✗	✗
Walnut Raspberry FF	✓	✓	✓	✓

Proteins	Gluten-Free	Dairy-Free	Vegetarian	Vegan
<b>Chicken</b>				
Buffalo Chicken	✗	✗	✗	✗
Crispy Chicken	✗	✓	✗	✗
Mesquite-grilled Chicken	✓	✓	✗	✗
Pulled Chicken	✓	✓	✗	✗
<b>Beef</b>				
Spicy Tenderloin	✓	✓	✗	✗
Texas Taco Meat	✓	✓	✗	✗
<b>Seafood</b>				
Sautéed Shrimp in Olive Oil	✓	✓	✗	✗
Chili Garlic Shrimp	✗	✓	✗	✗
Sautéed Salmon	✓	✓	✗	✗
Yellowfin Tuna	✓	✓	✗	✗
<b>Vegetarian</b>				
Crispy Artichoke	✗	✗	Dairy	✗
Fresh Avocado	✓	✓	✓	✓
Grilled Avocado	✓	✓	✓	✓
Falafel	✗	✓	✓	✓

Sauces	Gluten-Free	Dairy-free	Vegetarian	Vegan
Avocado Cream	✓	✗	Dairy	✗
Avocado Oil	✓	✓	✓	✓
Basil Pesto	✓	✗	Dairy	✗
Chili Garlic Sauce	✗	✓	✓	✓
Firecracker Sauce	✓	✗	Eggs & Dairy	✗
Go Go Sauce	✓	✓	Eggs	✗
Striker Sauce	✓	✗	✗	✗
Tzatziki	✓	✗	Dairy	✗
Wasabi Cream	✓	✗	Dairy	✗