

PLNT BURGER

allergen guide updated 5/22/2023

CHECK MARK INDICATES PRESENCE OF ALLERGEN

	WHEAT	SOY	COCONUT	OTHER TREE NUTS	SEEDS	PEAS-LEGUMES	CORN	MUSHROOM	SUNFLOWER	OATS	OTHER NOTED INGREDIENTS:
SANDWICHES											
PLNT BURGER	✓	✓	✓		✓			✓			onion, black pepper, tomato, lettuce, pickles, molasses, potato
PLNT CHEESEBURGER	✓	✓	✓		✓	✓		✓			onion, black pepper, tomato, lettuce, pickles, molasses, potato
MUSHROOM BBQ BACON BURGER	✓	✓	✓		✓	✓	✓	✓			onion, black pepper, mustard powder, maple, rice flour, spices, tomato, molasses, potato
STEAKHOUSE BURGER	✓	✓	✓		✓	✓	✓	✓			onion, black pepper, horseradish, cayenne pepper, spices, potato
DBL PLNT BURGER	✓	✓	✓		✓			✓			onion, black pepper, tomato, lettuce, pickles, molasses, potato
DBL PLNT CHEESEBURGER	✓	✓	✓		✓	✓		✓			onion, black pepper, tomato, lettuce, pickles, molasses, potato
CRISPY CHICK'N SANDWICH	✓	✓					✓	✓			mushroom root, oat fiber, chickpea flour, rice flour, yellow corn flour, paprika, canola oil
SPICY CHICK'N SANDWICH	✓	✓					✓	✓			mushroom root, oat fiber, chickpea flour, rice flour, yellow corn flour, paprika, canola oil
SAVE THE BAY FILET	✓	✓			✓	✓		✓			wheat flour, sunflower oil, corn starch, yeast, sugar, garlic powder, onion powder
GRILLED CHEESE	✓	✓	✓		✓						chickpea
KIDS BURGER	✓	✓	✓		✓	✓		✓			onion, tomato, lettuce, pickles, molasses, potato
KIDS CHEESEBURGER	✓	✓	✓		✓	✓		✓			onion, tomato, lettuce, pickles, molasses, potato
SANDWICHES WITH A GLUTEN FREE BUN											
PLNT BURGER			✓		✓			✓			onion, black pepper, tomato, lettuce, pickles, molasses, tapioca-cassava
PLNT CHEESEBURGER			✓		✓	✓		✓			onion, black pepper, tomato, lettuce, pickles, molasses, tapioca-cassava
MUSHROOM BBQ BACON BURGER			✓		✓	✓	✓	✓			onion, black pepper, mustard powder, maple, rice flour, spices, tomato, molasses, tapioca-cassava
STEAKHOUSE BURGER			✓		✓	✓	✓	✓			onion, black pepper, horseradish, cayenne pepper, spices, tapioca-cassava
DBL PLNT BURGER			✓		✓			✓			onion, black pepper, tomato, lettuce, pickles, molasses, tapioca-cassava
DBL PLNT CHEESEBURGER			✓		✓	✓		✓			onion, black pepper, tomato, lettuce, pickles, molasses, tapioca-cassava
CRISPY CHICK'N SANDWICH							✓	✓			mushroom root, oat fiber, chickpea flour, rice flour, yellow corn flour, paprika, canola oil
SPICY CHICK'N SANDWICH							✓	✓			mushroom root, oat fiber, chickpea flour, rice flour, yellow corn flour, paprika, canola oil
GRILLED CHEESE		✓	✓		✓						chickpea
KIDS BURGER		✓	✓		✓	✓		✓			onion, tomato, lettuce, pickles, molasses, potato
KIDS CHEESEBURGER			✓		✓	✓		✓			onion, tomato, lettuce, pickles, molasses, tapioca-cassava
SANDWICHES WITH A SWISS CHARD											
PLNT BURGER			✓		✓			✓			onion, black pepper, tomato, lettuce, pickles, molasses
PLNT CHEESEBURGER			✓		✓	✓		✓			onion, black pepper, tomato, lettuce, pickles, molasses
MUSHROOM BBQ BACON BURGER			✓		✓	✓	✓	✓			onion, black pepper, mustard powder, maple, rice flour, spices, tomato, molasses
STEAKHOUSE BURGER			✓		✓	✓	✓	✓			onion, black pepper, horseradish, cayenne pepper, spices
CRISPY CHICK'N SANDWICH							✓	✓			mushroom root, oat fiber, chickpea flour, rice flour, yellow corn flour, paprika, canola oil
SPICY CHICK'N SANDWICH							✓	✓			mushroom root, oat fiber, chickpea flour, rice flour, yellow corn flour, paprika, canola oil
SAVE THE BAY FILET	✓	✓			✓	✓		✓			wheat flour, sunflower oil, corn starch, yeast, sugar, garlic powder, onion powder
KIDS BURGER			✓		✓	✓		✓			onion, tomato, lettuce, pickles, molasses
KIDS CHEESEBURGER			✓		✓	✓		✓			onion, tomato, lettuce, pickles, molasses
SNACKS											
CRISPY HERB FRIES								✓			herbs, black pepper, potato
SWEET POTATO CRINKLES								✓			spices, sweet potato
PLNT CHILI BOWL			✓		✓	✓		✓			onion, black pepper, tomato, black beans, cinnamon, spices, potato
LIL DIPPERS	✓	✓			✓	✓		✓			garlic, onion, wheat flour, tapioca, soy
CHILI CHEESE FRIES			✓		✓	✓		✓			garlic, onion, wheat flour, tapioca, soy
SAUCES & DRESSINGS											
GARDEN HERB											brown rice syrup, mustard powder, herbs, black pepper, lemon juice
MAPLE MUSTARD											maple, brown rice syrup, mustard powder, mustard seeds,
SPICY AIOLI											cayenne, paprika, yellow mustard, lemon, salt, hot sauce, mayo
PLNT SAUCE											brown rice syrup, mustard powder, black pepper, pickles, molasses
BBQ SAUCE						✓					tomato, molasses, spices, black pepper, chipotle peppers, apple cider vinegar
HOT SAUCE								✓			cayenne pepper, apple cider vinegar
STEAK SAUCE						✓					spices, citrus peels and juice, tamarind, vinegar, black pepper
SWEETS											
VANILLA SOFT SERVE								✓			vanilla, potato, tapioca syrup (cassava)
CHOCOLATE SOFT SERVE								✓			cocoa powder, cocoa butter, vanilla, locust bean gum, guar gum
SWIRL SOFT SERVE								✓			cocoa powder, cocoa butter, strawberry/vanilla, locust bean gum, guar gum
VANILLA OATASTY SHAKE								✓			vanilla, potato, tapioca syrup (cassava)
CHOCOLATE OATASTY SHAKE								✓			cocoa powder, cocoa butter, vanilla, locust bean gum, guar gum
S'MORES SHAKE	✓							✓			cocoa powder, cocoa butter, vanilla, locust bean gum, guar gum, graham cracker, marshmallow
MINT COOKIES AND CREAM SHAKE	✓							✓			vanilla, potato, tapioca syrup (cassava), mint syrup, oreo pieces
SWIRL OATASTY SHAKE								✓			cocoa powder, cocoa butter, strawberry/vanilla, locust bean gum, guar gum
CHOCOLATE CHIP COOKIE	✓	✓			✓		✓				chia seeds, brown rice syrup, cocoa butter, unsweetened chocolate,
PINEAPPLE OAT CARROT COOKIE	✓	✓			✓		✓				chia seeds, brown rice syrup, carrot, pineapple, cinnamon, spices
BEVERAGES - ingredient list											
BOTTLED WATER											
MANDARIN-CARDAMOM											orange, cardamom, turmeric, apricot kernel oil, coriander, tangerine, mandarin
BERRY PATCH											apple, apple cider vinegar, pomegranate, carrot, black currant, strawberry, cherry, cardamom, nutmeg, cinnamon, coriander, apricot kernel, allspice
STRAWBERRY RHUBARB											strawberry, rhubarb, apple cider vinegar, cinnamon, cardamom
LEMONADE											lemon, lemon peel, turmeric