

PLNT BURGER

allergen guide updated 5/26/2021

X indicates item includes allergen

	WHEAT	SOY	COCONUT	OTHER TREE NUTS	SEEDS	PEAS-LEGUMES	CORN	MUSHROOM	SUNFLOWER	OATS	SUBSTITUTE GF BUN	SUBSTITUTE SWISS CHARD WRAP	OTHER NOTED INGREDIENTS:
SANDWICHES													
PLNT BURGER	X	X	X			X		X		X	X		onion, black pepper, tomato, lettuce, pickles, molasses, potato
PLNT CHEESEBURGER	X	X	X			X	X	X		X	X		onion, black pepper, tomato, lettuce, pickles, molasses, potato
MUSHROOM BBO BACON BURGER	X	X	X			X	X	X	X	X	X		onion, black pepper, mustard powder, maple, rice flour, spices, tomato, molasses, potato
STEAKHOUSE BURGER	X	X	X			X	X	X	X	X	X		onion, black pepper, horseradish, cayenne pepper, potato, spices
DBL PLNT BURGER	X	X	X			X				X			onion, black pepper, tomato, lettuce, pickles, molasses, potato
DBL PLNT CHEESEBURGER	X	X	X			X	X				X		onion, black pepper, tomato, lettuce, pickles, molasses, potato
CLASSIC SAUSAGE	X	X	X			X		X			X		onion, black pepper, peppers, pickles, sauerkraut, mustard
CHILI N' CHEESE SAUSAGE	X	X	X			X	X	X			X		onion, black pepper, tomato, black beans, cinnamon, spices, potato
CHIK N' FUNGUY	X	X	X				X	X	X		X	X	rice flour, black pepper, mustard powder, spices, pickles, potato
SPICY CHIK N' FUNGUY	X	X	X				X	X	X		X	X	rice flour, spices, mustard powder, cayenne pepper, red and green peppers, potato
EGG SAMMY	X	X	X			X	X		X		X	X	onion, garlic, mung bean, chili's, potato
KIDS													
KIDS BURGER	X	X	X			X	X		X		X	X	onion, tomato, lettuce, pickles, molasses, potato
KIDS CHEESEBURGER	X	X	X			X	X		X		X	X	onion, tomato, lettuce, pickles, molasses, potato
KIDS LINK	X	X	X			X	X		X		X		mustard, potato
SALADS without dressing													
QUINOA CASHEW CRUNCH		X	X	X	X	X							sesame, coconut, peppers, cashews, soy
SNACKS													
CRISPY HERB FRIES								X					herbs, black pepper, potato
SWEET POTATO CRINKLES								X					spices, sweet potato
BLOOMIES						X		X					onion, rice flour, spices, mustard powder
PLNT CHILI BOWL		X	X			X	X	X					onion, black pepper, tomato, black beans, cinnamon, spices, potato
CHICKEN TENDERS								X					tbd
SAUCES & DRESSINGS													
GARDEN HERB													brown rice syrup, mustard powder, herbs, black pepper, lemon juice
MAPLE MUSTARD													maple, brown rice syrup, mustard powder, mustard seeds,
SWEET CHILI													brown rice syrup, mustard powder, chili's,
BLOOMIES SAUCE													brown rice syrup, mustard powder, spices, horseradish, black pepper, molasses
HORSERADISH MAYO													brown rice syrup, horseradish, cayenne pepper, black pepper, mustard powder
PLNT SAUCE													brown rice syrup, mustard powder, black pepper, pickles, molasses
BBO SAUCE						X							tomato, molasses, spices, black pepper, chipotle peppers, apple cider vinegar
HOT SAUCE								X					cayenne pepper, apple cider vinegar
STEAK SAUCE						X							spices, citrus peels and juice, tamarind, vinegar, black pepper
SWEETS													
VANILLA SOFT SERVE									X				vanilla, potato, tapioca syrup (cassava)
CHOCOLATE SOFT SERVE									X				cocoa powder, cocoa butter, vanilla, locust bean gum, guar gum
STRAWBERRY SOFT SERVE									X				strawberry, cocoa butter, locust bean gum, guar gum
SWIRL SOFT SERVE									X				cocoa powder, cocoa butter, strawberry, vanilla, locust bean gum, guar gum
VANILLA OATASTY SHAKE									X				vanilla, potato, tapioca syrup (cassava)
CHOCOLATE OATASTY SHAKE									X				cocoa powder, cocoa butter, vanilla, locust bean gum, guar gum
STRAWBERRY OATASTY SHAKE									X				strawberry, cocoa butter, locust bean gum, guar gum
SWIRL OATASTY SHAKE									X				cocoa powder, cocoa butter, strawberry, vanilla, locust bean gum, guar gum
CHOCOLATE CHIP COOKIE	X	X			X		X						chia seeds, brown rice syrup, cocoa butter, unsweetened chocolate,
PINEAPPLE OAT CARROT COOKIE	X	X			X		X		X				chia seeds, brown rice syrup, carrot, pineapple, cinnamon, spices
BEVERAGES - ingredient list													
GIVN 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												