

ALLERGEN & DIETARY CHART

— MAIN MENU 2019 —

	WHEAT/ GLUTEN	EGG	PEANUT	TREE NUTS	DAIRY	SOY PROTEIN	SESAME	FISH/ SHELLFISH	VEGET- ARIAN	VEGAN
BREAKFAST										
Big Bacon		🌾			🌿	🌿				
Morning Mexicali		🌾			🌿	🌿			🌿	
Sunrise Spinach & Pesto		🌾			🌿	🌿			🌿	
Steak & Eggs		🌾				🌿				
AM Fall Protein Bowl		🌾		🌿			🌿			
Apple Walnut Oatmeal				🌿			🌿		🌿	🌿
Maple Bacon Oatmeal					🌿					
Overnight Oats				🌿	🌿		🌿		🌿	
Peanut Butter & Acai Oatmeal			🌿				🌿		🌿	🌿
BOWLS										
Basic Black Bean					🌿	🌿				
Mexicali					🌿	🌿				
Spinach & Pesto					🌿	🌿				
Classic Buffalo					🌿	🌿				
Steakhouse Ranch		🌾			🌿	🌿				
Spicy Korean	🌾					🌿				
Fall Protein Bowl		🌾		🌿			🌿			
Sweet Potato Falafel Bowl					🌿	🌿	🌿		🌿	
Salmon TLC			🌿		🌿			Anchovy Salmon		
Spicy Korean <i>with Beyond Beef® Meatballs</i>						🌿			🌿	🌿
Healthy Parm					🌿				🌿	
BAR-RITOS										
Basic Black Bean	🌾				🌿	🌿				
Mexicali	🌾				🌿	🌿				
Spinach & Pesto	🌾				🌿	🌿				
Classic Buffalo	🌾				🌿	🌿				
Steakhouse Ranch	🌾	🌾			🌿	🌿				
Spicy Korean	🌾					🌿				
CHILIS										
Chicken Chili					🌿	🌿				
Vegetarian Chili					🌿	🌿			🌿	
Spicy Chickpea & Lentil				🌿					🌿	🌿
Beyond Chili					🌿				🌿	

	WHEAT/ GLUTEN	EGG	PEANUT	TREE NUTS	DAIRY	SOY PROTEIN	SESAME	FISH/ SHELLFISH	VEGET- ARIAN	VEGAN
SALADS										
Healthy Club										
Southwest										
Kale Caesar								anchovy		
The Greek <i>(Gluten free without bag of pita chips)</i>										
Superfood										
Classic Buffalo										
Harvest Salad										
WRAPS										
Healthy Club										
Southwest										
Kale Caesar								anchovy		
The Greek										
Superfood										
Classic Buffalo										
SHAKES										
HI-5										
Health Nut										
Wrigley Peeled										
PBJ										
Perk										
Avo-Matcha										
Berry Good										
Jokes Acai'd										
Beauty Brew										
Hippie										
Big Date										
Smashing Pumpkin										

	WHEAT/ GLUTEN	EGG	PEANUT	TREE NUTS	DAIRY	SOY PROTEIN	SESAME	FISH/ SHELLFISH	VEGET- ARIAN	VEGAN
INGREDIENTS										
Eggs (Whole & Whites)		🌾				🌾			🌾	
Chicken										
Steak										
Tofu						🌾			🌾	🌾
Salmon								🐟		
Quinoa									🌾	🌾
Riced Cauliflower									🌾	🌾
Black Bean									🌾	🌾
Pickled Onions									🌾	🌾
Pickled Carrots									🌾	🌾
Seed Blend							🌾		🌾	🌾
Tortilla	🌾					🌾			🌾	🌾
Sweet Potato Falafel						🌾			🌾	🌾
Beyond Beef® Meatballs									🌾	🌾
SAUCES / DRESSINGS										
Greek Yogurt Ranch		🌾			🌾				🌾	
Greek Yogurt Caesar		🌾			🌾			anchovy		
Buffalo									🌾	🌾
Buffalo Ranch		🌾			🌾				🌾	
Cholula									🌾	🌾
Maple Cider Vinaigrette									🌾	🌾
Cilantro Lime									🌾	🌾
Creamy Chia						🌾			🌾	🌾
Pesto					🌾				🌾	
Spicy Korean	🌾					🌾			🌾	🌾
Spicy Tomatillo									🌾	🌾
Chipotle Greek Yogurt					🌾				🌾	
Salsa Roja									🌾	🌾
Apple Cider Vinaigrette									🌾	🌾
Lemon Tahini					🌾				🌾	
Spiced Yogurt					🌾				🌾	
Lemon Vinaigrette							🌾		🌾	🌾
Thai Yellow Curry Sauce								anchovy		