

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 Summer 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	🌾					🌾				
Summer Protein Bowl		🌾		🌾			🌾			
Sweet Pea Falafel Bowl					🌾		🌾		🌾	
Salmon TLC			🌾		🌾			Anchovy Salmon		
BAR-RITOS										
Basic Black Bean	🌾				🌾	🌾				
Mexicali	🌾				🌾	🌾				
Spinach & Pesto	🌾				🌾	🌾				
Classic Buffalo	🌾				🌾	🌾				
Steakhouse Ranch	🌾	🌾			🌾	🌾				
Spicy Korean	🌾					🌾				
CHILIS										
Chicken Chili					🌾	🌾				
Vegetarian Chili					🌾	🌾			🌾	
Coconut Lentil Soup				🌾					🌾	🌾

	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		🌾			🌾					
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					🌾	🌾			🌾	
Basic Beach										
Blue Steel				🌾	🌾	🌾			🌾	

	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 Pea Falafel									☼	☼
SAUCES / DRESSINGS										
Greek Yogurt Ranch		☼			☼				☼	
Greek Yogurt Caesar		☼			☼			anchovy		
Buffalo									☼	☼
Buffalo Ranch		☼			☼				☼	
Cholula									☼	☼
Cholula Vinaigrette									☼	☼
Cilantro Lime									☼	☼
Creamy Chia						☼			☼	☼
Pesto					☼				☼	
Spicy Korean	☼					☼			☼	☼
Spicy Tomatillo									☼	☼
Chipotle Greek Yogurt					☼				☼	
Salsa Roja									☼	☼
Apple Cider Vinaigrette									☼	☼
Tzatziki					☼				☼	
Spiced Yogurt					☼				☼	
Lemon Vinaigrette									☼	☼
Thai Yellow Curry Sauce								anchovy		