

## CORE - Common Allergens, Gluten, Vegetarian and Vegan

August 20, 2018

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegetarian	Vegan
<b>Beverages</b>											
Beet Lemonade										X	X
Blueberry Mint Lemonade										X	X
Cider Green Tea										X	X
Classic Lemonade										X	X
Cold-Brew Ice Coffee										X	X
Cranberry Lemonade										X	X
Cucumber Basil Lemonade										X	X
Fruit Punch							X			X	X
Honey Ginger Lemonade										X	X
Iced Tea										X	X
Plain Iced Tea										X	X
Raspberry Iced Tea										X	X
Tropical Green Tea										X	X
Watermelon Agua Fresca										X	X
<b>Bone Broth Bowls And Soups (All Sizes)</b>											
Broccoli Cheddar Soup			X								
Butternut Squash Soup											
Chicken And Rice Noodles											
Coconut Curry Chicken Soup		X				X	X				
Grilled Chicken Tortilla							CC				
Shiitake Mushroom & Roasted Tofu	CC		CC			X	X			X	X
Spicy Ginger Steak & Noodles	CC		CC			X	X				
Tomato & Basil Soup			X								
Vegetarian Chili										X	X
<b>Bread</b>											
1/2 Slice of Bread	CC		CC			CC	CC	X	X	X	

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<b>Dressings And Sauces</b>											
BBQ Sauce						X				X	
Balsamic Vinaigrette										X	X
Balsamic Vinegar										X	X
Blueberry Yogurt Dressing	X		X							X	
Carrot Chili Vinaigrette										X	X
Chimichurri Sauce										X	X
Citrus Poppyseed Dressing	X									X	
Cranberry Vinaigrette										X	
Cucumber Basil Dressing			X	CC		CC	CC			X	
Extra Virgin Olive Oil										X	X
Fire Sauce										X	
Fresh Lemon Squeeze										X	X
Fresh Lime Squeeze										X	X
Greek Yogurt Blue Cheese Dressing	X		X			X				X	
Greek Yogurt Caesar Dressing	X	X	X			X				X	
Korean BBQ Sauce						X				X	X
Lime Cilantro Jalapeno Vinaigrette										X	
Miso Sesame Ginger Dressing				CC		X	CC			X	X
Ranch Dressing	X		X							X	
Sriracha										X	X
Thai Cashew Dressing							X			X	X
Thai Chili Sauce						X				X	
<b>Grain Bowls (No Dressing) - All Sizes</b>											
Berry Quinoa Chicken (with Blueberry Yogurt Dressing)	X		X								
Greens And Ancient Grains Bowl			X								
Southwest Grilled Chicken			X				CC				
Spicy Chicken & Ancient Grains						X					
Spicy Thai Chicken & Rice Noodle						X					
Sriracha Ginger Tofu						X				X	X
Tuna Poke Grain Bowl	CC	X	CC			X	X	CC	CC		
Watermelon Feta Chicken & Quinoa			X								
Watermelon Feta Chicken & Quinoa: Add Cranberry Vinaigrette			X							X	
<b>Green Bowls (No Dressing) - All Sizes</b>											
Chicken Cobb	X										
Kale Caesar Chicken			X								
Mediterranean			X	CC		CC	CC				
Sriracha Ginger Roasted Tofu						X				X	X
Steak, Bacon And Bleu			X				X				
<b>Ingredients</b>											
Antibiotic-Free Salt & Pepper Chicken											
Antibiotic-Free Spicy Thai Chicken						X				X	X
Arugula Base										X	X
Avocado										X	X
BBQ Chicken						X				X	X
Baby Spinach Base										X	X
Bacon Topping											
Balsamic Soy Chicken						X					
Beef Bone Broth											
Beets										X	X
Black Beans										X	X
Blueberries										X	X
Broccoli										X	X
Brown And Forbidden Rice Blend										X	X
Cabbage Base										X	X
Carrots										X	X
Celery Stalks										X	X
Chicken Bone Broth											
Chickpeas (Garbanzo Beans)										X	X
Chopped Walnuts							X			X	X
Coconut Curry Chicken Broth		X				X	X			X	X
Corn										X	X
Cucumbers										X	X
Dried Cranberries										X	X
Edamame						X				X	X
Fresh Basil										X	X
Fresh Cilantro										X	X
Fresh Ginger										X	X
Fresh Parsley										X	X
Fried Falafel				CC		CC	CC			X	X
Golden Flaxseeds										X	X
Gorgonzola Cheese			X								
Grain Salad	X									X	
Grape Tomatoes										X	X
Grass-fed Spicy Cumin Steak											
Grass-fed Spicy Thai Steak						X					
Green Peas										X	X
Green Peppers										X	X
Hard Boiled Egg	X									X	
Housemade Hummus				CC		CC	CC			X	X
Jalapeno Peppers										X	X
Jicama										X	X
Kalamata Olives										X	X

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Kale Base										X	X
Kimchi										X	X
Korean BBQ Pork										X	X
Lemongrass										X	X
Local Feta			X							X	X
Mandarin Oranges										X	X
Mesclun Base			X							X	X
Parmesan Crisp										X	X
Pickled Jalapenos										X	X
Pickled Red Cabbage										X	X
Pickled Red Onions										X	X
Pineapple										X	X
Poke Tuna		X		CC		X	CC			X	X
Quinoa										X	X
Red Onions										X	X
Red Peppers										X	X
Rice Noodles										X	X
Roasted Organic Tofu						X				X	X
Romaine Base										X	X
Scallions										X	X
Sesame Seeds	CC		CC	CC		CC	CC	CC	CC	X	X
Sesame Sriracha Sprouts										X	X
Shaved Parmesan			X							X	X
Shiitake Mushrooms										X	X
Shredded White Cheddar			X							X	X
Sliced Almonds	CC		CC			CC	X			X	X
Spicy Broccoli										X	X
Spicy Thai Rice Noodles						X				X	X
Strawberries										X	X
Tortilla Strips							CC			X	X
Tuna Poke Fire		X		CC		X	CC			X	X
Vegetable Broth										X	X
<b>Kids Menu</b>											
Chicken Noodle Soup											
Cranberry Poppy Salad (No Dressing)			X								
Cukes & Carrot Salad (No Dressing)											
Power Pasta			X								
Power Plate											
<b>Plates</b>											
Korean BBQ Pork Plate	X					X					
<b>Roasted Vegetables</b>											
Garden Grain Salad	X									X	
Honey Roasted Sweet Potatoes (3 and 6 oz)										X	
Roasted Root Vegetables										X	X
Seasonal Brussels Sprouts										X	
Summer Roasted Vegetable Medley						X				X	
<b>Sides</b>											
Summer Fruit Bowl	X		X							X	
<b>Warm Rice Bowl (No Dressing) - All Sizes</b>											
BBQ Chicken Ranch Rice Bowl	X		X			X	CC				
Korean BBQ Pork	X					X					
Ranch Flank Steak Rice Bowl											
Spicy Chicken Rice Bowl						X					
Tuna Poke Fire	CC	X	CC	CC		X	CC	CC	CC		

X - Indicates that the menu item **contains** that specific allergen. CC - Indicates that there is a potential for cross-contact with that allergen in the manufacturing process and/or facility.

The information above details which of the Top 8 allergens are present in each menu item, based on our suppliers' ingredient statements. It is possible that these ingredients may come into contact with or are produced at facilities that handle common allergens, including egg, fish, milk, peanuts, shellfish, soy, tree nuts and/or wheat.

Additionally, normal kitchen operations and vendor production methods may present cross-contact opportunities for otherwise vegan or vegetarian ingredients.