

ITEMS WITH SEEDS OR NUTS

To order without nuts and seeds, please modify as indicated in parenthesis when ordering. See our standard menu for a full description of each item.

ITEMS CONTAINING TREE NUTS (*Almonds, Cashews, Walnuts*)

MAINS & SALADS

- Quinoa Power Salad (order without almonds)
- Gluten-Free Buns (almond flour)
- All Hail Kale (order without agave walnuts)
- Smokey Corn Bisque (almond milk)

SNACKS/SHARES

- Fresh Little Salad (order without almonds)

DESSERTS

- Carrot Cake (walnuts)
- Chocolate Chip Cookie (walnuts)
- Choco-Churro Sunday (ice cream contains cashews)

ITEMS CONTAINING SEEDS (*Hemp, Sesame, Pumpkin and Sunflower Seeds*)

SNACKS + SHARES + SIDES

- Crispy Cauliflower (order without sesame seeds)
- Summer Avocado Toast (order without hemp seeds)

SANDWICHES + BURGERS

- Beyond Burger (no sesame seed bun sub whole grain bun)
- Nashville (no sesame seeds bun sub whole grain bun)
- Patty Melt (no rye bread sub whole grain bun)
- Kid's Burger (no sesame seed bun sub whole grain bun)
- Falafel Wrap
 - Falafel contains sesame seeds
 - Hummus contains sesame seeds

BOWLS

- Masala Bowl (order without hemp seeds)
- Far East Bowl (no sesame crusted chickin', sub crispy chickin')
- Bulgogi Beef Bowl
 - Bulgogi Marinade contains sesame seed blend & sesame oil

SALADS

- Mediterranean Super Greens Salad
 - Falafel contains sesame seeds
 - Garlic Flatbread contains sunflower oil
 - Hummus contains sesame seeds
- Quinoa Power Salad (order without hemp seeds)

Note: We offer gluten-free, soy-free and nut-free options. However, all our food may be made on equipment or prepared in areas containing gluten, soy and nuts. Please consider this if you have an extreme allergy.

ITEMS WITH SEEDS OR NUTS CONTINUED...

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ITEMS CONTAINING COCONUT

SNACKS/SHARES

- Mondo Nachos
- Mac-n-Cheese
- Sweetheart Fries (order without soy parmesan)
- Crispy Brussels (order without soy parmesan)
- Smokey Corn Bisque (made with coconut milk)

BOWLS + SALADS

- Masala Bowl (order without curry sauce)
- Super Taco Salad (order without Cheddar "Cheese")
- Far East Bowl (order without curry sauce)
- Crispy Beyond Meat Tacos (pre-made with American Cheese (Coconut Oil))

SANDWICHES

- Beyond Burger
- Steakhouse Burger
- Luxe Burger
- Patty Melt
- Quinoa Veggie Burger (order without provolone)
- Gluten-Free Bun (made with coconut flour)

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SOY-FREE OPTIONS

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SNACKS + SHARES + SIDES

- Black Beans & Quinoa Mini-Bowl
- Crispy Fries + Sweetheart Fries (no Chipotle Ranch, no Seasoning)
- Tempura Green Beans (no garlic onion ranch)
- Roasted Broccoli + Chana Masala + Roasted Yams
- Brussels Sprouts (order without soy parmesan)
- Moroccan Lentil Soup
- Smokey Corn Bisque
- Creamed Corn + Ginger Bok Choy
- Sicilian Flatbread
- Fresh Little Salad (no citrus vinaigrette sub Mediterranean vinaigrette)
- Soy-Free Proteins: Falafel, Sage Sausage, Beyond Burger

ENTRÉE SALADS

- All Hail Kale (no agave walnuts)

SANDWICHES + BURGERS

- Beyond Burger (no special sauce, sub ketchup)
- Patty Melt

BURRITOS

- VG Veggie Burrito
- Bean & Cheese Burrito

BOWLS

- Sonoran Bowl
- Rustic Farm Bowl (no grilled mushrooms, no broccoli pesto)

KIDS' MEALS

- MAINS: Kid's Burger
- SIDES: Crispy Fries, Sweet Potato Fries, Mandarin Oranges or Carrot Sticks
- DESSERTS: Mandarin Oranges

DESSERTS

- GF Brownie

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GLUTEN-FREE OPTIONS

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SNACKS + SHARES + SIDES

- Black Beans & Quinoa Mini-Bowl
- Ranchero Beans + Pinto Bean Stew
- Cauli-Mashed Potatoes
- Mac-n-Cheese (no bread crumbs)
- Roasted Broccoli + Indian Cauliflower + Brussels Sprouts + Roasted Yams
- Sweetheart Fries + Crispy Fries
- Chargrilled Street Corn Bowl
- Fresh Little Salad
- Mondo Nachos (no chickin')
- Moroccan Lentil Soup
- Smokey Corn Bisque
- Ginger Bok Choy
- Gluten-friendly Proteins – VG Bacon, Grilled or Crispy Tofu, Beyond Burger, Tempeh,

ENTRÉE SALADS

- Savory Kale Caesar (no croutons)
- All Hail Kale
- Quinoa Power Salad
- Super Taco Salad
- Summer Celebration Salad (no flatbread)
- Mediterranean Super Greens Salad (no flatbread, no falafel, sub tofu)
- B-Wing Salad (no crispy chickin' sub grilled tempeh)
- Dressings: Citrus Vinaigrette, Blue Cheese Dressing, Chipotle Ranch, Mediterranean Dressing

BOWLS + TACOS

- Sonoran Bowl
- Far East Bowl (no sesame chickin' sub crispy tofu)
- Masala Bowl (no flatbread)
- Rustic Farm Bowl (no farro, no sausage, sub quinoa)
- Tres Fish Tacos (no fish, sub tempeh)
- Crispy Beyond Meat Tacos

SANDWICHES + BURGERS

- Beyond Burger (sub GF bun or lettuce style)
- Steakhouse Burger (no steak sauce, sub GF bun or lettuce style)
- The Luxe Burger (sub GF bun or lettuce style)
- Patty Melt (sub GF bun or lettuce style)

KIDS' MEALS

- ENTREES: Mac-n-Cheese, Kid's Burger (sub gf bun)
- SIDES: Sweet Potato Fries, Crispy Fries or Carrot Sticks
- DESSERTS: Mandarin Oranges

DESSERTS

- GF Brownie

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GARLIC-FREE OPTIONS

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SNACKS + SHARES + SIDES

- Sweetheart Fries (no seasoning, no chipotle ranch)
- Crispy Fries
- Fresh Little Salad
- Roasted Yams

ENTRÉE SALADS

- All Hail Kale
- Quinoa Power Salad

TACOS + BOWLS

- Tres Fish Tacos (no Baja sauce)
- Sonoran Bowl (no ranchero beans)
- Mother Earth Bowl (No Ginger Miso)

SANDWICH + BURGERS

- Crab Cake (no tartar sauce)
- Beyond Burger (no steak seasoning, no grilled onions)
- Patty Melt (no grilled onions)

KIDS' MEALS

- ENTRÉES: Kid's Burger
- SIDES: Sweet Potato Fries, Crispy Fries or Carrot Sticks
- DESSERTS: Mandarin Oranges, Cookies

DESSERTS

- GF Brownie
- Grilled Peaches & Cream Cake
- Carrot Cake
- Chocolate Chip Cookie
- Oatmeal Raisin Cookie

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