

## 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)

#### 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 & Sunflower Seeds*)

#### SNACKS + SHARES + SIDES

- Crispy Cauliflower (order without sesame seeds)
- Fall Avocado Toast (order without hemp seeds)
- Crispy Brussels (order without shredded parmesan)

#### 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)

#### BOWLS

- Masala Bowl (order without hemp seeds)
- Far East Bowl (no sesame crusted chickin', sub crispy chickin')
- Paleo Bowl (no shredded parmesan)
- 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)
- Chopped Salad (order without hemp seeds)
- Kale Caesar (order without shredded parmesan & 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)

#### 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
- Paleo Bowl (order without sausage)

#### SANDWICHES + BURRITOS

- Beyond Burger
- Steakhouse Burger
- Luxe Burger
- Patty Melt
- Quinoa Veggie Burger (order without provolone)
- Gluten-Free Bun (made with coconut flour)
- Philly Cheesesteak
- Bean + Cheese Burrito (order without cheese)

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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 + Pinto Beans + Roasted Yams + Cauliflower Rice
- Brussels Sprouts (no soy parmesan)
- Moroccan Lentil Soup
- 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)
- Pozole Bowl (no grilled chicken!)
- Paleo Bowl (no parmesan)

### KIDS' MEALS

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

### DESSERTS

- GF Brownie
- Pumpkin Cake

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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 breadcrumbs) + Bacon Mac-n-Cheese (no breadcrumbs)
- Roasted Broccoli + Indian Cauliflower + Brussels Sprouts + Roasted Yams + Cauliflower Rice
- Sweetheart Fries + Crispy Fries
- Fresh Little Salad
- Mondo Nachos (no chickin')
- Moroccan Lentil Soup
- Gluten-friendly Proteins – VG Bacon, Grilled or Crispy Tofu, Beyond Burger, Tempeh

### ENTRÉE SALADS

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

### BOWLS + TACOS

- Sonoran Bowl
- Far East Bowl (no sesame chickin' sub 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
- Pozole Verde Bowl (no grilled chickin')
- Paleo Bowl

### 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
- Crispy Brussels (no seasoning)

### ENTRÉE SALADS

- All Hail Kale
- Quinoa Power Salad

### TACOS + BOWLS

- Tres Fish Tacos (no Baja sauce, no fish sub crab cake)
- Sonoran Bowl (no ranchero beans)

### 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
- Pumpkin Cake
- Carrot Cake
- Chocolate Chip Cookie
- Oatmeal Raisin Cookie

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