

Common Allergy Quick Reference Guide

Starters + Sides	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Buffalo Wings	•	•	•			
Chill Out Wings	•	•	•			
Crispy Cauliflower	•	•	•		•	
Tempura Green Beans	•	•	•			
Mondo Nachos	•	•	•			•
Mac-n-Cheese	•	•	•			•
Buffalo Mini Wrap	•	•	•			
Yukon Cauli-Mashed Potatoes w/Gravy	•		•			
Crispy Fries						
Sweetheart Fries						
Moroccan Lentil Soup			•			

Bowls	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Sonoran Bowl	•		•			
Far East Bowl	•	•	•		•	•
Rustic Farm Bowl	•	•	•			
Masala Bowl	•	•	•		•	•
Bulgogi Beef Protein Bowl	•	•	•		•	
Paleo Zucchini Noodles + Sausage			•		•	•

Salads	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Mediterranean Supergreens	•	•	•		•	
Super Taco Salad	•		•			•
B-Wing Salad	•	•	•			
Quinoa Power Salad	•			•	•	
Savory Kale Caesar	•		•		•	•
All Hail Kale				•		
Fresh Little Salad				•		

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.

Tacos	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Beyond Crispy Tacos	•		•			•
Tres Fish Tacos	•	•	•			

Burgers + Sandwiches	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
VG Beyond Burger	•	•	•		•	•
The LUXE Burger	•	•	•		•	•
Steakhouse Burger	•	•	•		•	•
Quinoa + Veg Burger	•	•	•		•	•
Santa Fe Crispy Chickin'	•	•	•			
Nashville Hot Chickin'	•	•	•		•	
B.T.L.A.	•	•	•		•	
Buffalo Bomber	•	•	•			
Grillin' Chickin'	•	•	•			

Desserts	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Chocolate Chip Cookie	•	•		•		
Oatmeal Raisin Cookie	•	•				
Carrot Cake	•	•		•		
GF Brownie						

Dressing	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Caesar Dressing	•		•			•
Chipotle Ranch Dressing	•		•			
Citrus Vinaigrette	•					
Creamy Ranch	•		•			
Ginger-Papaya Vinaigrette						
Mediterranean Lemon Dressing						

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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*)

SALADS

- Quinoa Power Salad (order without almonds)
- All Hail Kale (order without agave walnuts)
- Fresh Little Salad (order without almonds)

DESSERTS

- Carrot Cake (walnuts)
- Chocolate Chip Cookie (walnuts)
- Welcome Sundae (ice cream contains cashews)

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

STARTERS + SIDES

- Crispy Cauliflower (order without sesame seeds)

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)
- Savory Kale Caesar (order without shredded parmesan & hemp seeds)

BURGERS + SANDWICHES

- VG Beyond Burger (no sesame flax bun sub wheat roll)
- The LUXE Burger (no poppy seed bun sub wheat roll)
- Steakhouse Burger (no poppy seed bun sub wheat roll)
- Grilled Quinoa + Veg Burger (no sesame flax bun sub wheat roll)
- Nashville Hot Chickin' (no sesame flax bun sub wheat roll)
- B.T.L.A. (no rye bread sub whole grain bun)
- Kid's Burger (no sesame seed bun sub wheat roll)
- Gluten-Free Buns (sunflower oil & chia seeds)

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ITEMS WITH SEEDS OR NUTS CONTINUED...

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ITEMS CONTAINING COCONUT

STARTERS + SIDES

- Mondo Nachos
- Mac-n-Cheese

BOWLS

- Masala Bowl (order without curry sauce)
- Far East Bowl (order without curry sauce)
- Paleo Bowl (order without sausage)

SALADS

- Super Taco Salad (order without Cheddar "Cheese")

TACOS

- Crispy Beyond Meat Tacos

BURGER + SANDWICHES

- VG Beyond Burger
- The LUXE Burger
- Steakhouse Burger
- Kids Burger
- Grilled Quinoa + Veg Burger (order without provolone)

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SOY-FREE OPTIONS

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STARTERS + SIDES

- Crispy Fries
- Sweetheart Fries (no chipotle ranch)
- Tempura Green Beans (no creamy ranch)
- Yukon Cauli-mashed potatoes (no porcini mushroom gravy)
- Moroccan Lentil Soup
- Roasted Broccoli
- Pinto Beans
- Roasted Yams
- Black Beans & Quinoa Mini-Bowl

SOY-FREE PROTEINS

- Falafel
- Sage Sausage
- Beyond Burger Patty

BOWLS

- Sonoran Bowl
- Rustic Farm Bowl (no grilled mushrooms, no broccoli pesto)
- Paleo Zucchini Noodles w/Beyond Sausage (no parmesan)

SALADS

- All Hail Kale (no agave walnuts)
- Fresh Little Salad (no citrus vinaigrette sub Mediterranean vinaigrette)
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BURGERS + SANDWICHES

- Beyond Burger (no special sauce, sub ketchup)

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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STARTERS + SIDES

- Black Beans & Quinoa Mini-Bowl
- Ranchero Beans + Pinto Bean Stew
- Roasted Broccoli
- Turmeric Cauliflower
- Roasted Yams
- Sweetheart Fries + Crispy Fries
- Mondo Nachos (no chickin')
- Moroccan Lentil Soup

GLUTEN-FRIENDLY PROTEINS

- VG Bacon
- Grilled Tofu
- Beyond Burger
- Tempeh

KIDS' MEALS

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

BOWLS

- Sonoran Bowl
- Far East Bowl (no sesame chickin' sub tofu)
- Masala Bowl (no flatbread)
- Rustic Farm Bowl (no farro sub quinoa)
- Paleo Bowl

TACOS

- Beyond Crispy Tacos
- Tres Fish Tacos (no fish, sub tempeh)

DESSERTS

- GF Brownie

SALADS

- Savory Kale Caesar
- All Hail Kale
- Quinoa Power Salad
- Super Taco Salad
- Fresh Little Salad
- Mediterranean Super Greens Salad (no flatbread, no falafel, sub tofu)
- B-Wing Salad (no crispy chickin' sub grilled tempeh)
- **Dressings:** Citrus Vinaigrette, Creamy Ranch, Chipotle Ranch, Mediterranean Dressing, Ginger Papaya Dressing

SANDWICHES + BURGERS

- Beyond Burger (sub GF bun, Kale-style or lettuce style)
- Steakhouse Burger (no steak sauce, sub GF bun, Kale-style or lettuce style)
- The LUXE Burger (sub GF bun, Kale-style or lettuce style)

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GARLIC-FREE OPTIONS

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STARTERS + SIDES

- Sweetheart Fries (no chipotle ranch)
- Crispy Fries
- Roasted Yams

BOWLS

- Sonoran Bowl (no ranchero beans)

SALADS

- All Hail Kale
- Fresh Little Salad
- Quinoa Power Salad

BURGERS + SANDWICHES

- Beyond Burger (no steak seasoning, no grilled onions)

KIDS' MEALS

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

DESSERTS

- GF Brownie
- Carrot Cake
- Chocolate Chip Cookie
- Oatmeal Raisin Cookie

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