

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

- Quinoa Power Salad (order without almonds)
- Gluten-Free Buns (almond flour)
- Kung Pao Tacos (order without cashews)
- All Hail Kale (order without agave walnuts)

SNACKS/SHARES

- Fresh Little Salad (order without almonds)

DESSERTS

- Carrot Cake (walnuts)
- Chocolate Chip Cookie (walnuts)

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

SNACKS + SHARES + SIDES

- Crispy Cauliflower (order without Sesame Seeds)
- Avocado Toast (order without pumpkin seeds)
- Sausage Flatbread (flatbread has sunflower oil)

SANDWICHES + BURGERS

- Beyond Burger (sub sesame seed bun for brioche bun)
- Nashville (sub sesame seeds bun for brioche bun)
- Kid's Burger (sub sesame seed bun for brioche bun)

Note: We offer gluten-free, soy-free and nut-free options. However, all of 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.

Continued on other side...

ITEMS WITH SEEDS OR NUTS CONT...

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HOMESTYLE PLATES

- Kung Pao Tacos (order without sesame seeds & Kung Pao Sauce)
- Masala Bowl (order without hemp seeds)
- Far East Bowl (sub sesame crusted chickin' for crispy chickin')

SALADS

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

ITEMS CONTAINING COCONUT

HOMESTYLE PLATES + BOWLS + SALADS

- Masala Bowl (order without curry sauce)
- Fire-Roasted Chickin' Burrito (order without Cheddar "Cheese")
- Super Taco Salad (order without Cheddar "Cheese")
- Cobb Salad (order without cheddar "cheese")
- Far East Bowl (order without curry sauce)

SANDWICHES

- Beyond Burger
- Steakhouse Burger
- Lucky Star Burger
- Luxe Burger
- Quinoa Veggie Burger (order without provolone)
- Gluten-Free Bun (coconut flour)

SNACKS/SHARES

- Mondo Nachos
- Mac-n-Cheese
- Sweetheart Fries (order without soy parmesan)
- Crispy Brussels (order without soy parmesan)
- Sausage Flatbread (order without shredded parmesan)

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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 (no soy parmesan)
- Smashed Avocado Toast
- Tortilla Soup + Moroccan Lentil Soup
- Fresh Little Salad (sub Citrus Vinaigrette for 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)
- Lucky Star Burger (no blue cheese dressing)
- Wunderbrat (no beer cheese)

HOMESTYLE PLATES + 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
- Fresh Little Salad
- Mondo Nachos (no chickin')
- Moroccan Lentil Soup & Tortilla Soup
- 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
- Mediterranean Super Greens Salad (no flatbread, sub falafel for tofu)
- B-Wing Salad (sub crispy chickin' for grilled tempeh)
- Dressings: Citrus Vinaigrette, Blue Cheese Dressing, Chipotle Ranch, Mediterranean Dressing

HOMESTYLE PLATES + BOWLS

- Sonoran Bowl
- Far East Bowl (sub crispy tofu for sesame chickin')
- Masala Bowl (no flatbread)
- Rustic Farm Bowl (Sub quinoa for farro, no sausage)
- Fish Tacos (Sub tempeh for fish)
- Kung Pao Tacos (sub tofu for crispy chx, sub corn tortillas for flour)

SANDWICHES + BURGERS

- Beyond Burger (sub GF bun or lettuce style)
- Lucky Star 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)
- Bali Bliss – tempeh sandwich (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

- Tortilla Soup
- Sweetheart Fries (no seasoning, no chipotle ranch)
- Crispy Fries
- Fresh Little Salad
- Smashed Avocado Toast
- Roasted Yams

ENTRÉE SALADS

- All Hail Kale
- Quinoa Power Salad

HOMESTYLE PLATES + BOWLS

- Fish Tacos (no baja sauce)
- Crab Cake (no tartar sauce)
- Sonoran Bowl (no ranchero beans)

SANDWICH + BURGERS

- 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

DESSERTS

- GF Brownie
- Pumpkin Spice Cake
- Chocolate Chip Cookie
- Oatmeal Raisin Cookie

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