

## 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)
- Winter Avocado Toast (order without Walnut Dukkah)

#### DESSERTS

- Carrot Cake (walnuts)
- Chocolate Chip Cookie (walnuts)
- Olive Oil Apple Cake (almond flour)

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

#### SNACKS + SHARES + SIDES

- Crispy Cauliflower (order without Sesame Seeds)
- Winter Avocado Toast (order without Walnut Dukkah)

#### SANDWICHES + BURGERS

- Beyond Burger (sub out sesame seed bun for brioche bun)
- Nashville (sub out sesame seeds bun for brioche bun)
- Kid's Burger (sub out sesame seed bun for brioche bun)
- Falafel Wrap
  - Falafel has sesame seeds
  - Hummus has sesame seeds

#### HOMESTYLE PLATES

- Masala Bowl (order without hemp seeds)
- Far East Bowl (sub out sesame crusted chickin' for crispy chickin')
- Whole Earth Bowl (order without Ginger Miso Dressing & hemp seeds)

#### 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)

*Continued on other side...*

**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 CONT...

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 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")
- 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
- 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)

### 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
- 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)
- Banh Mi salad (no tofu, no Bahn Mi Dressing)

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### **SANDWICHES + BURGERS**

- Beyond Burger (no special sauce, sub ketchup)

### **HOMESTYLE PLATES + BOWLS**

- Sonoran Bowl (no fire roasted carrots)
- Rustic Farm Bowl (no grilled mushrooms, no broccoli pesto)
- Mother Earth Bowl (no tofu, no fire roasted carrots, no ginger miso dressing)

### **KIDS' MEALS**

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

### **DESSERTS**

- GF Brownie

## **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
- Gluten-friendly Proteins – VG Bacon, Grilled or Crispy Tofu, Beyond Burger, Tempeh, Barbacoa Meat

### **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)
- Bahn Mi Salad
- Dressings: Citrus Vinaigrette, Blue Cheese Dressing, Chipotle Ranch, Mediterranean Dressing

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### **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)
- Crispy Beyond Meat Tacos
- Mother Earth 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)
- 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

## **GARLIC-FREE OPTIONS**

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### **SNACKS + SHARES + SIDES**

- Sweetheart Fries (no seasoning, no chipotle ranch)
- Crispy Fries
- Fresh Little Salad
- Roasted Yams
- Winter Avocado Toast (no spicy goddess sauce)

### **ENTRÉE SALADS**

- All Hail Kale
- Quinoa Power Salad
- Banh Mi Salad (no Bahn Mi Dressing, no marinated tofu)

### **HOMESTYLE PLATES + BOWLS**

- Fish Tacos (no baja sauce)
- Crab Cake (no tartar sauce)
- Sonoran Bowl (no ranchero beans)
- Mother Earth Bowl (No Ginger Miso)

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### **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
- Olive Oil Apple Cake
- Carrot Cake
- Chocolate Chip Cookie
- Oatmeal Raisin Cookie

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