











natural!

ALLERGEN CHART

											
Menu Item		Gluten	Wheat	Egg	Milk	Tree Nuts	Peanuts	Sesame	Fish	Soy	Shellfish
Romaine Lettuce	VG GF										
Spinach	VG GF										
Spring Mix	VG GF										
Crispy Chicken		●	●	●						●	
Roasted Chicken										●	
Plant-based Chicken	VG	●	●							●	
Tofu	VG GF									●	
Avocado	VG GF										
Blanched Broccoli	VG GF										
Matchstick Carrots	VG GF										
Cherry Tomatoes	VG GF										
Cucumbers	VG GF										
Hard Boiled Eggs	V GF			●							
Quinoa	VG GF										
Red Onions	VG GF										
Sliced Olives	VG GF										
Blue Cheese Crumbles	V GF				●						
Feta Cheese	V GF				●						
Parmesan Cheese	V GF				●						
Crainsins	V GF										
Croutons	V	●	●		●					●	
Tortilla Strips	VG GF									●	
Balsamic Vinaigrette	V GF									●	
Caesar Dressing				●	●				●	●	
Chunky Blue Cheese Dressing	V GF			●	●					●	
Gochujang Caesar Dressing		●	●	●	●				●	●	
Ranch Dressing	V GF			●	●					●	
Vegan Greek Vinaigrette	VG GF										
Olive Oil	VG GF										
Balsamic Vinegar	GF										
Red Wine Vinegar	GF										

V Vegetarian **GF** Gluten-Free **VG** Vegan

FOOD ALLERGY WARNING

Please be advised that food prepared here may contain these ingredients: **EGG, MILK, SHELLFISH, FISH, SOY, PEANUT, TREE NUTS, SESAME, WHEAT, GLUTEN & OTHER POTENTIAL ALLERGENS.**

Please see a manager for assistance.

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Menu Item		Gluten	Wheat	Egg	Milk	Tree Nuts	Peanuts	Sesame	Fish	Soy	Shellfish
SMOOTHIES WITH FRESH ORANGE JUICE											
Strawberry Banana	VG GF										
Strawberry Mango	VG GF										
Mango Banana	VG GF										
Mango Mint	VG GF										
Strawberry Banana Açaí	V GF			May contain	May contain					May contain	
Pineapple Giner Açaí	V GF			May contain	May contain					May contain	
SMOOTHIES WITH FRESH APPLE JUICE											
Cherry Berry	VG GF										
Cherry Pomegranate	VG GF										
SMOOTHIES WITH COCONUT WATER BASED											
Pineapple Coconut	VG GF										
Pink Lemonade	VG GF										
Tropical Fruit	VG GF										
SMOOTHIES WITH SOY MILK BASED											
Simply Green	VG GF										
Mango Carrot	VG GF										
SMOOTHIES WITH OAT MILK BASED											
Simply Green	VG GF										
Mango Carrot	VG GF										
Wild Blueberry Chia	VG GF										
PURE FRUIT JUICE											
Apple Juice	VG GF										
Orange Juice	VG GF										
Ruby Red Grapefruit Juice	VG GF										
JUICE BLENDS											
Green Apple Juice	VG GF										

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BOWLS											
Orange Blueberry Yogurt Bowl	V	●			●						
Strawberry Mint Yogurt Bowl	V	●			●						
Coconut & Mango Açaí Bowl	V	●		May contain	May contain					●	
Banana & Berries Açaí Bowl	V	●		May contain	May contain					●	
Steel Cut Oatmeal	VG GF										
Harvest Maple Steel Cut Oatmeal Bowl	V GF										
GRAB & GO											
Chicken Caesar Wrap		●	●	●					●	●	
Southwest Veggie Wrap	V	●	●	●	●					●	
Açaí	V GF			May contain	May contain					May contain	
Low-Fat Vanilla Yogurt	V GF				●						
Strawberry Yogurt	V GF				●						
Banana	VG GF										
Blueberries	VG GF										
Cantaloupe	VG GF										
Lemon	VG GF										
Oranges	VG GF										
Pineapple	VG GF										
Brown Sugar	V GF										
Chia Seeds	VG GF										
Cinnamon	VG GF										
Cocoa Powder	V GF										
Dried Cranberries, Apples, Raisins	V GF										
Flax Seeds	VG GF										
Fresh Avocado	VG GF										
Grated Ginger	VG GF										
Matcha Powder	VG GF										
Steel Cut Oats	VG GF										
Toasted Unsweetened Coconut	VG GF										

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