Allergen List

KRISHNA KITCHEN

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Coconut Curry Sauce					●					
Spinach Sauce										
Tomato & Cashew Sauce					●					
Cashew Sauce					●					
Crushed Samosa										
Tofu Wrap	●	●							●	
Chickpea (Dumpling) Wrap	●	●								
Chik'n Wrap	●	●							●	
Paneer Wrap	●	●		●						
Potato Masala Dosa										
Paneer Masala Dosa				●						
Jackfruit Stir-fry Dosa										
Tofu Salad									●	
Chickpea Salad										
Chik'n Salad	●	●			●				●	
Baked Samosa	●	●								
Pakora										
Kofta										
Dal										
Overnight Chia Oats (Flavor Rotation)	●	●								
Brownie	●	●								

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Allergen List

KRISHNA KITCHEN

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V VG Cookie	●	●								
V Gulab Jamum	●	●		●						
V Shrikhand				●						
V VG Krishna Latte										
V VG Green Matcha										
V VG Krishna Matcha (Blue Matcha)					●					
V Chai Latte				●						
V VG Vegan Chai Latte										
V VG Golden Latte					●					
V VG Love Latte					●					
V VG Mango Lassi					●					
V VG Almond Dressing					●				●	
V VG Roasted Bell Pepper Dressing										
V VG Vegan Chipotle Mayo									●	

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Allergen List

HISSHO SUSHI

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Edamame									●	
Spring Roll	●	●	●					●	●	●
Seaweed Salad							●		●	
Squid Salad							●	●	●	
Gyoza	●	●					●		●	
Blazing California Roll	●	●	●				●	●	●	●
California Roll	●	●	●				●	●	●	●
Dynamite Roll	●	●	●				●	●	●	●
Nippon Favorite	●	●					●	●	●	●
Spicy Roll	●	●	●				●	●	●	●
Sushicado	●	●					●	●	●	●
Veggie Roll							●			
Crunchy Shrimp Roll	●	●					●		●	●
Krispy Krab Roll	●	●	●				●	●	●	●
Living Color Roll	●	●	●					●	●	●
Nagano Roll	●	●						●	●	●
Outer Banks Roll			●				●	●	●	
Krab Salad Roll	●	●	●				●	●	●	●
Salmon Lover			●	●			●	●		
Sriracha Party	●	●	●		●			●	●	●

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Allergen List

HISSHO SUSHI

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Hissho Spicy Combo	●	●	●		●		●	●	●	●
Special Cooked Shrimp	●	●	●				●	●	●	●
Classic Hawaiian Poke							●	●	●	
Mango Salmon Poke	●	●					●	●	●	
Blazing Dragon Poke	●	●	●				●	●	●	●
Rising Sun Roll	●	●	●				●	●	●	●
Sunset Roll	●	●	●				●	●	●	●
Tempura Shrimp Roll	●	●	●				●		●	●
TNT	●	●	●				●	●	●	●
Wasabi Crunch	●	●	●							
Wow Bao Whole Wheat Vegetable Bao	●	●		●			●		●	
Wow Bao Ginger Chicken Potstickers	●	●	●				●	●	●	
Wow Bao Coconut Custard Bao	●	●	●	●	●					
Wow Bao Teriyaki Chicken Bao	●	●		●			●		●	
Wow Bao Chicken Eggrolls	●	●					●		●	●
Wow Bao BBQ Pork Bao	●	●		●			●		●	
Cream Cheese Rangoon	●	●		●					●	
Inari Tofu Roll	●	●							●	
Crunchy Tofu Roll	●	●					●		●	
Crunchy Shrimp Bowl	●	●	●				●	●	●	●

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Allergen List

HISSHO SUSHI

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Krispy Krab Bowl	●	●	●		●		●	●	●	●
Tuna & Avocado Bowl	●	●	●				●	●	●	
Crunch Inari Tofu Bowl	●	●					●		●	
V VG Japanese BBQ Sauce	●	●								
V VG Mango Passion Fruit Green Tea Bubble Tea										
V VG Strawberry Lemonade Green Tea Bubble Tea										

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Allergen List

ELEMENT 93

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V Vegetarian — Vegetable Omelet			●	●					●	
V Vegetarian — Cheese Omelet			●	●					●	
Bacon, Egg & Cheese on Bagel	●	●	●	●					●	
V Vegetarian — Egg & Cheese on Bagel	●	●	●	●					●	
Bacon, Egg & Cheese on Croissant	●	●	●	●					●	
V Vegetarian — Egg & Cheese on Croissant	●	●	●	●					●	
Sausage, Egg & Cheese on Bagel	●	●	●	●					●	
V Vegetarian — Fried Eggs			●	●					●	
V Vegetarian VG Vegan — Hash Brown Patty									●	
Breakfast Sausage Patty										
Bacon										
Two Eggs & More Breakfast	●	●	●	●					●	
V Vegetarian — Fried Egg on Bagel	●	●	●	●					●	
V Vegetarian — Fried Egg on Croissant	●	●	●	●					●	
Sausage, Egg & Cheese on Croissant	●	●	●	●					●	
V Vegetarian — Butter Croissant	●	●		●						
V Vegetarian VG Vegan — Plain Bagel	●	●								
V Vegetarian VG Vegan — Everything Bagel	●	●					●			
V Vegetarian — Gluten Free Bread			●							
V Vegetarian VG Vegan — Avocado Tomato Topping										
Bacon, Egg & Potato Breakfast Burrito	●	●	●	●					●	

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Allergen List

ELEMENT 93

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Western Omelet			●	●					●	
V Cheese Omelet			●	●					●	
Ham, Egg & Cheese on Bagel	●	●	●	●					●	
Ham, Egg & Cheese on Croissant	●	●	●	●					●	
V Homefries				●					●	
Ham, Egg, Cheese Breakfast Buritto	●	●	●	●					●	
Sausage, Egg & Cheese Breakfast Burrito	●	●	●	●					●	
V Veggie Breakfast Burrito	●	●	●	●					●	
V Egg & Cheese Breakfast Burrito	●	●	●	●					●	
V VG Oatmeal										
V VG Brown Sugar										
V VG Candied Pecans					●	●				
V VG Dried Cranberries										
V VG Fresh Blueberries										
V Honey										

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Allergen List

ELEMENT 93

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Artisan Italian Baguette	●	●		●					●	
Crunchy Falafel Pita Pocket	●	●					●		●	
Hickory Ham & Swiss Artisan Baguette	●	●		●						
Honey BBQ Grilled Chicken Sandwich	●	●					●		●	
Mediterranean Almond Veggie Wrap	●	●			●		●			
Turkey, Ham & Bacon Club	●	●	●						●	
Asian Cucumber Salmon Burger	●	●					●	●	●	
Avocado Chipotle Chicken Sandwich	●	●	●						●	
Deluxe Bacon Cheeseburger	●	●		●			●		●	
Bruschetta Burger	●	●		●					●	
Cheeseburger	●	●		●			●		●	
Hamburger	●	●					●		●	
Impossible Burger	●	●			●		●		●	
Impossible Cheeseburger	●	●		●	●		●		●	
Impossible Pico Burger	●	●	●	●	●				●	
Southwest Chipotle Bacon Pico Burger	●	●	●	●					●	
Crispy Chicken Tenders	●	●	●						●	
Crispy Incogmeato Tenders	●	●							●	
French Fries									●	

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Allergen List

ELEMENT 93

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Sweet Potato Fries									●	
Four Cheese Mac & Cheese	●	●		●					●	
Battered Mac & Cheese Bites	●	●		●					●	
Balsamic Vinaigrette									●	
Italian Dressing									●	
Ranch Dressing			●	●					●	
Chicken Caesar Salad w/ Asiago Dressing	●	●	●	●				●	●	
Chicken Cobb Blue Cheese Salad			●	●			●		●	
Garden Salad										
Greek & Grain Salad	●	●		●					●	
Hippie Chick Salad	●	●			●				●	
Mexican Cobb Salad			●	●					●	
Charred Chicken Caesar Wrap	●	●	●	●				●	●	
Italian Wedding Soup	●	●		●					●	
Roasted Red Pepper & Smoked Gouda Bisque	●	●		●					●	
Harvest Butternut Squash Soup				●						
Tomato Basil Bisque	●	●		●						
Chicken Noodle Soup	●	●	●						●	
Thai Style Chicken & Rice Soup	●	●		●				●	●	
Red Lentil & Vegetable Soup	●	●								
Broccoli Cheddar Soup				●					●	

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Allergen List

ELEMENT 93

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Split Pea with Ham Soup										
Pasta Fagioli Soup	●	●	●	●						
New England Clam Chowder	●	●		●				●	●	
Chicken with Rice Soup	●	●							●	
V Vegetarian Mozzarella Sticks with Marinara Sauce	●	●	●	●					●	

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Allergen List

SUB CONNECTION

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V VG White Sub Roll	●	●							●	
V VG Wheat Sub Roll	●	●							●	
V VG Plain Wrap	●	●								
V VG Tomato Wrap	●	●								
V VG Wheat Wrap	●	●								
V VG Spinach Wrap	●	●								
V VG Gluten Free Wrap									●	
V Gluten Free Bread			●							
V Garlic Parmesan Sub Roll	●	●		●					●	
V VG Salt & Pepper Sub Roll	●	●							●	
V American Cheese				●					●	
V Shredded Parmesan Cheese				●						
V Provolone Cheese				●						
V Pepper Jack Cheese				●						
V Cheddar Cheese				●						
V Swiss Cheese				●						
V Mozzarella Cheese				●						
V VG Vegan Cheese										
Bacon										
V VG Hummus							●			
V VG Avocado										

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Allergen List

SUB CONNECTION

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V VG Banana Peppers										
V VG Black Olives										
V VG Onion										
V VG Cucumber										
V VG Green Peppers										
V VG Red Peppers										
V VG Tomato										
V VG Lettuce										
V VG Pickles										
V VG Spinach										
V VG Shredded Carrots										
V VG Pico de Gallo										
V VG Hot Sauce										
V Baja Sauce			●	●					●	
V VG BBQ Sauce										
Caesar Dressing			●	●				●	●	
V Ranch Dressing	●	●	●	●					●	
V Southwest Mayo			●						●	
V VG Red Wine Vinegar										
V Honey Mustard			●						●	
V Mayonnaise			●						●	

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Allergen List

SUB CONNECTION

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V VG Balsamic Dressing									●	
Pesto Mayonnaise			●	●	●				●	
Chipotle Ranch Dressing	●	●	●	●					●	
Oil & Vinegar										
Capicola Ham										
Genoa Salami										
Roasted Chicken										
Tuna Salad			●					●	●	
V VG Roasted Squash & Mushroom Blend										
Crispy Chicken	●	●	●							
Turkey Breast										
Smoked Ham										
Crispy Chicken Ranch BBQ Sub	●	●	●	●					●	
Crispy Chicken Ranch Buffalo Sub	●	●	●	●					●	
Italian Sub	●	●	●	●					●	
Turkey Club	●	●	●	●				●	●	
V Roasted Veggie Sub	●	●	●	●	●				●	
Chicken Caesar Sub	●	●	●	●				●	●	
Tuna Salad Sub	●	●	●	●				●	●	
Baja Chicken Sub	●	●	●	●					●	
V Crispy Beyond Tender Sub	●	●		●					●	

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Allergen List

SUB CONNECTION

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V VG Beyond Chik'in Tenders	●	●							●	
V Chocolate Chip Cookies	●	●	●	●					●	
V Peanut Butter Cookies	●	●	●	●	●	●			●	

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Allergen List

WORLD OF WINGS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELL FISH
Santa Fe Chicken Quesadilla	●	●		●					●	
V Veggie Quesadilla	●	●		●						
V Cheese Quesadilla	●	●		●						
Chicken Tenders	●	●								
Boneless Wings	●	●								
Traditional Wings	●	●								
V VG Beyond Chik'n Tenders	●	●							●	
Crispy Classic Chicken Sandwich	●	●								
Grilled Classic Chicken Sandwich	●	●		●						
JBR Chicken Sandwich	●	●	●	●						
BBQ Ranch Chicken Sandwich	●	●		●					●	
Buffalo Chicken Sandwich	●	●	●	●					●	
Hot Honey Chicken Sandwich	●	●							●	
V Beyond Tender Wrap	●	●	●	●						
Buffalo Wrap	●	●	●	●					●	
Kentucky Wrap	●	●	●	●						
Sonoma Wrap	●	●	●	●						

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Allergen List

WORLD OF WINGS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELL FISH
Covington Salad	●	●	●	●						
Buffalo Salad	●	●	●	●					●	
Kentucky Club Salad	●	●	●	●						
V The Beyond Burger	●	●	●							
Crescent City Burger	●	●		●						
Louisville Slammer Burger	●	●		●						
V Buffalo Chicken Mac & Cheese	●	●	●	●					●	
V Mozzarella Sticks	●	●		●						
Loaded Cheesy Fries				●						
V Side Salad	●	●	●	●						
Onion Rings	●	●		●						
V VG French Fries										
	●	●								
V VG Tater Tots										
V Mac & Cheese	●	●	●	●					●	

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Allergen List

WORLD OF WINGS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELL FISH
V VG Asian Sauce							●		●	
V VG Polynesian Sauce									●	
V VG Kansas City Sauce (Honey BBQ)									●	
V VG Texas Sauce (Mesquite BBQ)									●	
V VG Buffalo 1 Sauce									●	
V VG Hot Honey Sauce									●	
V VG Paradise City Sauce									●	
V VG Buffalo 2 Sauce									●	
V VG Santa Fe Sauce									●	
V VG Shanghai Sauce									●	
V VG Buffalo 13 Sauce									●	
V Homemade Ranch Dressing			●	●						
V Honey Mustard Dressing			●							
V Thousand Island Dressing			●							
V Blue Cheese Dressing			●	●						

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Allergen List

STARBUCKS

Updated January 2024

	NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELL FISH	
V	Almond Croissant	●	●	●	●	●				●		
	Bacon & Gruyère Egg Bites			●	●							
	Bacon, Gouda & Egg Sandwich	●	●	●	●							
	Bacon, Sausage & Egg Wrap	●	●	●	●					●		
V	Banana Walnut & Pecan Loaf	●	●	●		●				●		
V	Beyond Meat, Cheddar & Egg Sandwich	●	●	●	●			●		●		
V	Birthday Cake Pop	●	●	●	●					●		
V	Blueberry Muffin	●	●	●	●					●		
V	Blueberry Scone	●	●	●	●					●		
V	Butter Croissant	●	●	●	●							
	Cheddar & Salami Protein Box	●	●		●	●	●					
V	Cheese Danish	●	●	●	●							
V	Cheese Trio Protein Box	●	●		●							
V	Chocolate Cake Pop	●	●	●	●					●		
V	Chocolate Chip Cookie	●	●	●	●					●		
V	Chocolate Croissant	●	●	●	●					●		
V	Chocolate Pistachio Swirl LTO	●	●	●	●	●	●			●		
V	Cinnamon Coffee Cake	●	●	●	●					●		
V	Cookies & Cream Cake Pop	●	●	●	●					●		
V	Cranberry Bliss Bar LTO	●	●	●	●					●		
V	Crispy Grilled Cheese on Sourdough	●	●		●							

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Allergen List

STARBUCKS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELL FISH
Double Chocolate Brownie	●	●	●	●					●	
Double-Smoked Bacon, Cheddar, Egg Sandwich	●	●	●	●						
Egg White & Red Pepper Egg Bites			●	●						
Eggs & Gouda Protein Box	●	●	●	●		●				
Everything Bagel	●	●					●			
Glazed Donut	●	●	●	●					●	
Gluten Free Marshmallow Dream Bar				●						
Ham & Swiss Croissant	●	●	●	●						
Iced Lemon Loaf	●	●	●	●					●	
Impossible Breakfast Sandwich	●	●	●	●			●		●	
Kale & Mushroom Egg Bites			●	●						
Madeleines	●	●	●	●						
Owl Cake Pop LTO	●	●	●	●					●	
PB&J Protein Box	●	●	●	●		●				
Petite Vanilla Bean Scone	●	●	●	●					●	
Plain Bagel	●	●								
Pumpkin & Pepita Loaf	●	●	●						●	
Pumpkin Cream Cheese Muffin LTO	●	●	●	●					●	
Pumpkin Scone LTO	●	●	●	●					●	
Red Velvet Loaf LTO	●	●	●	●					●	
Reindeer Cake Pop LTO	●	●	●	●					●	

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Allergen List

STARBUCKS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELL FISH
V VG Rolled & Steel Cut Oatmeal					●					
Sausage, Cheddar & Egg Sandwich	●	●	●	●						

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Allergen List

HUGO'S FRESH NEST

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V VG Romaine										
V VG Spring Mix										
V VG Spinach										
V VG Beets										
V VG Broccoli										
V VG Carrots										
V VG Celery										
V VG Cucumbers										
V VG Mushrooms										
V VG Green Peppers										
V VG Red Peppers										
V VG Cauliflower										
V VG Tomatoes										
V VG Roasted Asparagus										
Bacon										
V Cheddar Cheese				●						
V VG Edamame									●	
V VG Garbanzo Beans/Chick Peas										
V VG Quinoa										
V Feta Cheese				●						
V Parmesan Cheese				●						

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Allergen List

HUGO'S FRESH NEST

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Pumpkin Seeds										
Avocado										
Black Beans										
Olives										
Hard Boiled Egg			●							
Plant-based Cheddar Shreds										
Crispy Chicken	●	●								
Crispy Seasoned Tofu	●	●							●	
Grilled Chicken Breast										
Beyond Chick'n Tenders	●	●							●	
Craisins										
Croutons	●	●		●	●					
Sunflower Seeds										
Toasted Almonds					●					
Candied Pecans					●	●			●	
Balsamic Vinaigrette										
Caesar Dressing			●					●	●	
Ranch Dressing			●	●						
Bleu Cheese Dressing			●	●			●			
Sesame Ginger Dressing	●	●							●	

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Allergen List

HUGO'S FRESH NEST

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V VG Lotta Berries Smoothie					●					
V Tropical Chia Smoothie *Coconut				●	●					
V VG The Blue Smoothie					●					
V Bananarama Coffee Smoothie *Coconut				●	●					
V VG Fresh Squeezed Orange Juice										
V VG Almond Milk					●					
V VG Coconut Milk *Coconut										
V VG Apple Cider										
V Yogurt				●						
V VG Apples										
V VG Banana										
V VG Blackberries										
V VG Blueberries										
V VG Raspberries										
V VG Cucumber										
V VG Spinach										
V VG Mango										
V VG Orange										
V VG Peach										
V VG Pineapple										
V VG Strawberries										

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Allergen List

HUGO'S FRESH NEST

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Agave										
Honey										
Chia Seeds										
Mint										
Turmeric										
Acai										
Pure Protein Vanilla Protein Powder	●	●	●	●	●	●	●	●	●	●
Pure Protein Chocolate Protein Powder	●	●	●	●	●	●	●	●	●	●

****PLEASE NOTE: PURE PROTEIN POWDERS CONTAINS MILK AND SOY INGREDIENTS. MADE IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGG, WHEAT, SESAME, SHELLFISH, AND FISH.**

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Allergen List

POMODORO'S

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Crispy Chicken	●	●								
Italian Chicken										
Italian Sausage										
Meatballs	●	●		●					●	
V VG Cannellini Beans										
V VG Tofu									●	
V VG Penne Pasta	●	●								
V VG Whole Wheat Penne Pasta	●	●								
V VG Gluten Free Penne Pasta										
V VG Lentil Pasta										
V VG Brown Rice										
V Alfredo Sauce	●	●		●					●	
V VG Garlic & Olive Oil										
V VG Marinara										
V VG Pesto			●	●						
V Mozzarella				●						
V Parmesan				●						
V VG Roasted Red Peppers										
V VG Mushrooms										
V VG Spinach										
V VG Tomatoes										

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Allergen List

POMODORO'S

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Onions										
Broccoli										
Black Olives										
Garlic Knots	●	●		●						
Mozzarella Sticks	●	●		●						
Cheese Pie/Slice	●	●		●						
Pepperoni Pie/Slice	●	●		●						
Sicilian Pie/Slice	●	●		●						
Vegetable Pie/Slice	●	●		●						
White Pie/Slice	●	●		●						
Gluten Free Pie			●	●					●	
Chicken Parm Sub	●	●	●	●			●		●	
Eggplant Parm Sub	●	●	●	●			●		●	
Meatball Parm Sub	●	●	●	●			●		●	
Spinach Pin Wheel	●	●		●						
Pepperoni Pin Wheel	●	●		●						
Cannoli	●	●	●	●						
Cheesecake	●	●	●	●						
Tiramisu	●	●	●	●					●	

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Allergen List

ATRIUM BREW

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Syrup										
Oatmeal										
Craisins										
Cinnamon										
Brown Sugar										
Almonds					●					
Pecans					●					
Chia Seeds										
Flax Seeds										
Plain Bagel	●	●								
Cinnamon Raisin Bagel	●	●								
Everything Bagel	●	●					●			
Poppy Seed Bagel	●	●								
Sesame Seed Bagel	●	●					●			
Gluten Free Bagel			●							
Plain Cream Cheese				●						
Onion & Chive Cream Cheese				●						
Strawberry Cream Cheese				●						
Peanut Butter						●				
Nutella				●	●				●	

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Allergen List

ATRIUM BREW

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Butter				●						
Gluten Free Bread			●							
Plain Croissant	●	●	●							
English Muffin	●	●		●						
Brioche	●	●								
Egg			●	●					●	
American Cheese				●					●	
Sausage										
Bacon				●	●	●	●	●	●	●
Ham										
NY Style Cheesecake	●	●	●	●					●	
NY Style Cheesecake w/ Strawberry	●	●	●	●	●		●		●	
NY Style Cheesecake w/ Blueberry	●	●	●	●	●		●		●	
NY Style Cheesecake w/ Cherry	●	●	●	●					●	
Whoopie Pie	●	●	●	●					●	
Carrot Cake	●	●	●	●	●					
Chocolate Brownie	●	●	●	●						
Vegan Brownie	●	●							●	
Chocolate Chunk Cookie	●	●	●	●					●	
Gluten Free Snickerdoodle Cookie			●	●						

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Allergen List

ATRIUM BREW

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V Vegetarian M&M Cookie	●	●	●	●						
V Vegetarian Sugar Cookie	●	●	●	●						
V Vegetarian Plain Crossant	●	●	●							
V Vegetarian Almond Croissant	●	●	●		●					
V Vegetarian Chocolate Croissant	●	●	●	●					●	
Ham & Cheese Croissant	●	●	●	●						
V Vegetarian Spinach & Feta Croissant	●	●	●	●						
V Vegetarian Cheese Danish	●	●	●	●						
V Vegetarian Tiramisu	●	●	●	●					●	
V Vegetarian Cannoli	●	●	●	●						
V Vegetarian Cream Puff	●	●	●	●						
V Vegetarian Eclair	●	●	●	●						
V Vegetarian Macaroon	●	●	●		●					
V Vegetarian Cinnamon Bun	●	●	●	●						
V Vegetarian Chocolate Tart	●	●	●	●					●	
V Vegetarian Chocolate Chip Muffin	●	●	●	●					●	
V Vegetarian Corn Muffin	●	●	●	●						
V Vegetarian Gluten Free Blueberry Muffin			●							
V Vegetarian Lemon Poppy Seed Muffin	●	●	●	●						
V Vegetarian Glazed Donut	●	●	●	●					●	
V Vegetarian Boston Cream Donut	●	●	●	●					●	

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Allergen List

ATRIUM BREW

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Oreo Filled Donut	●	●	●	●					●	
Lemon Filled Donut	●	●	●						●	
Chobani Peach Greek Yogurt				●						
Chobani Blueberry Greek Yogurt				●						
Mixed Fruit Cup										
Grape Cup										
Pineapple Cup										
Vanilla Yogurt Parfait w/ Granola				●						
Strawberry Yogurt Parfait w/ Granola				●						
Blueberry Yogurt Parfait w/ Granola				●						

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Allergen List

SWEETS & TREATS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Blueberry Muffin	●	●	●	●						
Double Chocolate Chip Muffin	●	●	●	●					●	
Corn Muffin	●	●	●	●						
Vegan Carob Chip Muffin	●	●								
Vegan Cranberry Muffin	●	●								
Banana Muffin	●	●	●	●						
Coffee Cake Muffin	●	●	●	●						
Lemon Poppyseed Muffin	●	●	●	●						
Chocolate Chunk Cookie	●	●	●	●					●	
Vegan Chocolate Chip Cookie	●	●								
Sugar Cookie	●	●	●	●						
M&M Cookie	●	●	●	●						
Shortbread Cookie	●	●	●							
Brownie	●	●	●	●						
Gluten Free Brownie			●	●					●	
Vegan Brownie	●	●							●	
Plain Croissant	●	●	●							
Chocolate Croissant	●	●	●	●					●	
Raspberry Cream Cheese Croissant	●	●	●	●						
Spinach & Feta Croissant	●	●	●	●						
Ham & Cheese Croissant	●	●	●	●						

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Allergen List

SWEETS & TREATS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
NY Style Cheesecake	●	●	●	●						
Chocolate Chip Cheesecake	●	●	●	●					●	
Cannoli	●	●	●	●						
Cream Puff	●	●	●	●						
Éclair	●	●	●	●						
Macaroon	●	●	●		●					
Whoopie Pie	●	●	●	●					●	
Tiramisu	●	●	●	●					●	
Cinnamon Bun/Stick	●	●	●	●						
Chocolate Tart	●	●	●	●					●	
Lemon Tart	●	●	●	●						
Black & White Cookie	●	●	●	●					●	
Oreo Cake Truffles	●	●	●	●					●	
Vanilla Cake Ball with Sprinkles	●	●	●	●						
Chocolate Chip Cake Slice	●	●	●	●					●	
Vanilla Cupcake	●	●	●	●						
Chocolate Cupcake	●	●	●	●					●	
Red Velvet Cupcake	●	●	●	●					●	
Carrot Cake Cupcake	●	●	●	●	●					
Apple Pie	●	●	●	●						
Pumpkin Pie	●	●	●	●						

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Allergen List

SWEETS & TREATS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
Plain Croissant	●	●	●							
Plain Bagel	●	●								
Everything Bagel	●	●					●			
Sesame Bagel	●	●					●			
Cinnamon Raisin Bagel	●	●								
Gluten Free Bread			●							
English Muffin	●	●		●						
Egg			●	●					●	
Sausage										
Bacon										
Ham										
American Cheese				●					●	
Plain Cream Cheese				●						
Strawberry Cream Cheese				●						
Onion & Chive Cream Cheese				●						
Butter				●						
Peanut Butter						●				
Nutella				●	●				●	

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Allergen List

SWEETS & TREATS

Updated January 2024

NAME	GLUTEN	WHEAT	EGG	MILK	TREE NUTS	PEANUTS	SESAME	FISH	SOY	SHELLFISH
V VG Oatmeal	●	●								
V VG Craisins	●	●								
V VG Cinnamon										
V VG Brown Sugar										
V VG Almonds					●					
V VG Walnuts					●					
V VG Chia Seeds										
V VG Flax Seeds										
V Apple Cider Donut	●	●	●						●	
V Cinnamon & Sugar Cake Donut	●	●	●						●	
V Vanilla Frosted Donut w/ Sprinkles	●	●	●	●						
V Chocolate Glazed Donut	●	●	●	●					●	
V Boston Cream Donut	●	●	●	●					●	
V Oreo Filled Donut	●	●	●	●					●	
V Jelly Filled Donut	●	●	●						●	
V Lemon Filled Donut	●	●	●						●	

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