CRISP&GREEN® ALLERGEN GUIDE | FALL 2024

Your health and safety are just as important to us as making sure that you have an amazing meal. All of our menu items can be customized to fit your needs. See a detailed breakdown below of our menu allergen information. If you have a severe food allergy or sensitivity, please notify a manager in the restaurant. Although some items do not contain any particular allergens, we cannot make any guarantees.

X = Contains
O = May contain / Processed in a facility that contains

Menu Name	Agave	Citrus	Dairy	Eggs	Garlic	Gluten	Soy	Peanuts	Tree Nuts	Coconut	Sesame	Finfish	Shellfish
WARM GRAIN BOWLS													
Ahh... Greek Out!	X	X	X		X	X					X		
Crispy Teriyaki	X		O		X	X	X	X	O		X		
Fiesta Bowl	X	X	X		X	O	O	X	O		O		
Seoul Bowl	X	X			X	X	X	O	X		X		
The Bold & The Buffalo		X	X		X	X	X		O				
Wild Child	X		X		X								
SIGNATURE SALADS													
#squashgoals	X	X	X		X	O	O	X	X		O		
Classic Chicken Caesar		X	X	X	X	O	X	X	O		O	X	
No Prob Cobb		X	X	X	X		X					X	
Wild Wild Southwest		X	X		X		X						
Chicken Bacon Ranch	X	X	X		X		X						
C'est La Viche	X	X			X								X
HERO WRAPS													
Buffalo Chicken		X	X		X	X	X						
Caesar Crunch		X	X	X	X	X	X		O			X	
Honey Mustard		X	X	X	X	X	O						
Italian Chopped	X	X	X		X	X	O						
Japanese BBQ	X		O		X	X	X	X	O		X		
Spicy Southwest		X	X		X	X	X						
KIDS BOWLS													
Adventure Bowl		X	X	O	X	O	O	X	O		O		
Little Chef Salad		X	X	X	X		X						X
Los Ninos Bowl	X	X	X		X								
Smash Bowl		X	X		X		X						X
ACAI BOWLS													
Acai Ya Later									O				
Give Me S'More							X		X		O		
Imagine Dragon Fruit									X	X			
Protein Power Play							X		X		O		
Tropic Time		X							X	X			
Two to Mango		X							X	X			
SMOOTHIES													
Big Island									X	X			
Date Night								O	X	X	O		
Green Glow													
Maple Pea-Nut								X	X	X			
Purple Rain													
Rise & Grind							O		X	X	O		
Strawberry Sunrise													

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Menu Name	Agave	Citrus	Dairy	Eggs	Garlic	Gluten	Soy	Peanuts	Tree Nuts	Coconut	Sesame	Finfish	Shellfish
DRESSINGS													
Apple Cider Pumpkin Seed	X		O			O	O	X	O		O		
Balsamic Vinaigrette	X												
C&G Ranch		X	X		X		X						
Classic Caesar		X	X	X	X		X					X	
Creamy Southwestern		X	X		X		X						
Honey Mustard		X		X									
Jalapeno Green Goddess		X	X		X		X					X	
Jalapeno Lime Vinaigrette	X	X			X								
Korean Chile Cashew	X				X	X	X		X		X		
Red Wine Vinaigrette	X				X								
Roasted Tomatillo Salsa		X			X								
Spicy Bibimbap Sauce	X				X	X	X				X		
Teriyaki	X		O		X	O	X	X	O		X		
SNACKS & TREATS													
Vegan Crispie							X		X	X			
Vegan Walnut Chocolate Chip Cookie						X	X		X				
GARNISHES													
Bread			O	O		X			O		O		
Blue Corn Chips													
Buffalo Bread Crumbs					X	X							
Croutons						X			O				
Japanese BBQ Sauce					X	X	X				X		
Parmesan Crisps			X										
Pita Chips						X					O		
Wonton Strips						X			O				
INGREDIENTS													
Hero Tortilla						X	O						
Salami					X								