

# CRISP & GREEN<sup>®</sup> ALLERGEN GUIDE | SPRING SUMMER 2025

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**X = Contains**  
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Menu Name	Agave	Citrus	Dairy	Eggs	Garlic	Gluten	Soy	Peanuts	Tree Nuts	Coconut	Sesame	Finfish	Shellfish
<b>WARM GRAIN BOWLS</b>													
Ahh... Greek Out!	X	X	X	O	X	X	X				X		
Fiesta Bowl	X	X	X		X	O	X	X	O		O		
Golden Hour Curry	X	X			X		X		X	X	O		
Seoul Bowl	X	X			X	X	X	O	X		X		
The Bold & The Buffalo		X	X		X	X	X			O			
Zen BBQ Bowl	X		O		X	X	X	X	O		X		
<b>SIGNATURE SALADS</b>													
C'est La Viche	X	X			X								X
Chicken Bacon Ranch	X	X	X		X		X						
Classic Chicken Caesar		X	X	X	X	O	X	X	O		O	X	
No Prob Cobb		X	X	X	X		X					X	
Watermelon Feta Zest	X		X		X								
Wild Wild Southwest		X	X		X		X						
<b>WRAPS</b>													
Buffalo Bleu		X	X	O	X	X	X						
Caesar Crunch		X	X	X	X	X	X		O			X	
Crispy Medi Wrap	X	X	X	O	X	X	O	O	O		X		
Honey Mustard		X	X	X	X	X	O						
Japanese BBQ	X		O		X	X	X	X	O		X		
Spicy Southwest		X	X		X	X	X						
<b>KIDS BOWLS</b>													
Adventure Bowl		X	X	O	X	O	X	X	O		O		
Little Chef Salad		X	X	X	X		X						
Los Ninos Bowl		X	X		X		X						
Smash Bowl		X	X		X		X						
<b>ACAI BOWLS</b>													
Acai Ya Later			O	O		O	O	O	O	X			
Give Me S'More			O	O		O	X	O	X	X	O		
Imagine Dragon Fruit			O	O		O	O	O	X	X			
Protein Power Play			O	O		O	X	O	X	X	O		
Tropic Time			O	O		O	O	O	X	X			
Two to Mango			O	O		O	O	X	X	X			
<b>SMOOTHIES</b>													
Big Island									X	X			
Date Night								O	X	X	O		
Green Glow													
Maple Pea-Nut								X	X	X			
Purple Rain		X											
Rise & Grind							O		X	X	O		
Strawberry Sunrise													
<b>AGUAS FRESCAS</b>													
Butterfly Tea	X	X											
Cranberry Blueberry	X	X											
Pineapple Ginger	X	X											
Pomegranate Lemon	X	X											
Rishi Classic Black Tea													
Strawberry Jalapeno	X	X											
<b>SNACKS &amp; TREATS</b>													
Vegan Crispie							X			X			
Vegan Walnut Chocolate Chip Cookie						X	X		X				
<b>BUILD YOUR OWN ACAI BOWL</b>													
Acai Sorbet			O	O		O	O	O	O	X			
Dragon Fruit Sorbet			O	O		O	O	O	O	X			
Mango Sorbet			O	O		O	O	O	O	X			
Bananas													
Blueberries													
Kiwi													
Strawberries													
Cacao Nibs													
Cashew Butter							O		X		O		
Granola									O				
Protein Puffs			O				X		O		O		
Toasted Coconut									X	X			
Vegan Marshmallows							X						
<b>SMOOTHIE INGREDIENTS</b>													

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Almond Butter								O	X		O		
Cashew Butter									X		O		
Coconut Milk									X	X			
Cold Brew Coffee													
Maple Syrup													
Oat Milk													
Peanut Butter								X	X				
Plain Pea Protein													
Vanilla Pea Protein									X	X			
<b>BASES</b>													
Arugula													
Black Rice							X						
Brown Rice							X						
Hero Tortilla						X	O						
Kale													
Mixed Greens													
Quinoa							X						
Romaine													
Spinach													
<b>HOT TOPPINGS</b>													
Black Beans													
Blackened Chicken Thigh					X								
Buffalo Chicken					X								
Quinoa							X						
Roasted Cauliflower					X								
Roasted Chicken					X								
Roasted Corn & Poblano													
Roasted Mushrooms													
Roasted Peppers & Onions		X											
Roasted Sweet Potatoes													
Roasted Tofu	X	X			X		X						
<b>COLD TOPPINGS</b>													
Apples		X											
Avocado													
Bleu Cheese			X										
Carrots													
Citrus & Garlic Shrimp		X			X								X
Cucumbers													
Daikon Radish													
Edamame							X						
Egg				X									
Feta			X										
Jalapenos													
Olives													
Napa Cabbage													
Parmesan			X										
Pickled Onions	X												
Queso Fresco			X										
Radicchio													
Roasted Corn													
Roasted Tomatoes					X								
Tomatoes													
Watermelon													
White Cheddar			X										
<b>DRY TOPPINGS</b>													
Bacon													
Craisins													
Crispy Wontons						X			O				
Pepitas			O			O	O	X	O		O		
Sunflower Seeds			O	O		O	O	X	O		O		
<b>GARNISHES</b>													
Bachan's Japanese BBQ Sauce					X	X	X				X		
Blue Corn Chips													
Bread			O	O		X			O		O		
Buffalo Bread Crumbs			O	O	X	X	O						
Cilantro													
Crispy Chickpeas			O			O	O	O	O		O		
Croutons						X			O				

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Golden Raisins													
Hummus		X	O	O	X	O	O				X		
Mint													
Olive Oil													
Parmesan Crisps			X										
Pepitas			O			O	O	X	O		O		
Pita Chips						X					O		
Roasted Tomatillo Salsa		X			X	O	O		O				
Sesame Seeds											X		
Spicy Bibimbap Sauce	X				X	X	X				X		
<b>DRESSINGS</b>													
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		
Madras Curry Dressing	X	X			X		O		X	X	O		
Red Wine Vinaigrette	X				X								
Teriyaki	X		O		X	O	X	X	O		X		