

CRISP & GREEN

ALLERGEN GUIDE | FALL WINTER 2025

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 | Milk | Eggs | Garlic | Wheat | Soy | Peanuts | Tree Nuts | Coconut | Sesame | Finfish | Shellfish |
|------------------------|-------|--------|------|------|--------|-------|-----|---------|-----------|---------|--------|---------|-----------|
| WARM GRAIN BOWLS | | | | | | | | | | | | | |
| Ahh... Greek Out! | X | | X | O | X | X | X | | | | X | | |
| Fiesta Bowl | X | X | X | | X | O | X | X | O | | | | |
| Seoul Bowl | X | X | | | X | O | X | | X | | X | | |
| The Bold & The Buffalo | | X | X | | X | X | X | | O | | | | |
| Verde Chicken Bowl | X | X | X | | X | | X | | | | | | |
| Wild Child | X | | X | | X | | | | | | | | |
| SIGNATURE SALADS | | | | | | | | | | | | | |
| C'est La Viche | X | X | | | X | | | | | | | | X |
| Chicken Bacon Ranch | X | X | X | | X | | X | | | | | | |
| Classic Chicken Caesar | | X | X | X | X | | X | X | O | | | X | |
| No Prob Cobb | | X | X | X | X | | X | | | | | X | |
| #squashgoals | X | X | X | | X | | X | X | X | | | | |
| Wild Wild Southwest | | X | X | | X | | X | | | | | | |
| WRAPS | | | | | | | | | | | | | |
| Buffalo Bleu | | X | X | O | X | X | X | | | | | | |
| Caesar Crunch | | X | X | X | X | X | X | | O | | | X | |
| Ranch Club | | X | X | | X | X | X | | | | | | |
| Honey Mustard | | X | X | X | X | X | X | | | | | | |
| Japanese BBQ | X | | | | X | X | X | X | O | | X | | |
| Spicy Southwest | | X | X | | X | X | X | | | | | | |
| KIDS BOWLS | | | | | | | | | | | | | |
| Adventure Bowl | | X | X | | X | | X | X | O | | | | |
| Little Chef Salad | | X | X | X | X | | X | | | | | | |
| Los Ninos Bowl | | X | X | | X | | | | | | | | |
| Smash Bowl | | X | X | | X | | X | | | | | | |
| Little Protein Plate | | | O | O | X | X | X | | | | X | | |
| ACAI BOWLS | | | | | | | | | | | | | |
| Acai Ya Later | | | O | O | | O | O | O | X | X | | | |
| 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 | X | X | X | X | | | |
| Ube Berry | X | | O | O | | O | O | O | X | X | | | |
| SMOOTHIES | | | | | | | | | | | | | |
| Be Well | | | | | | | | | | | | | |
| Blue Boost | | | O | | | | | | X | X | | O | O |
| Bounce Back | | X | | | | | | | | | | | O |
| Brewberry | | | | | | | O | | X | X | O | | |
| Chai Tea | | X | | | | | | | X | X | | | |
| Date Night | | | | | | | | | X | X | | | |
| Green Glow | | | | | | | | | | | | | |
| Hibiscus Tea | | | O | | | | | | X | X | | O | |
| Inner Beauty | | | O | | | | | | X | X | | O | |
| Maple Peanut | | | | | | | | X | X | X | | | |

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|-------------------------|-------|--------|------|------|--------|-------|-----|---------|-----------|---------|--------|---------|-----------|
| Trail Mix | | | O | | | | X | X | X | | O | | |
| PB Dream | | | | | | X | | X | X | X | | | |
| Coco Nutty | | | | | | | | | X | X | | | |
| Pecan Pie | | | | | | | | O | X | | | | |
| Grab n Go Sides | | | | | | | | | | | | | |
| Chai Chia Pudding | | X | | | | | X | X | X | X | | | |
| Curried Cauliflower | | X | | | X | | X | X | O | | | | |
| Quinoa Tabbouleh | | X | | | | | | | | | | | |
| Tropical Overnight Oats | X | | | | | X | | | X | X | | | |
| Ube Chia Pudding | | X | | | | | | | X | X | | | |