

## ALLERGEN INFORMATION | FALL WINTER 2025

**X = Contains**  
**O = May contain**

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						
ACAI BOWLS													
Acai Ya Later		X	O	O		O	O	O	X	X			
Imagine Dragon Fruit		X	O	O		O	O	O	X	X			
Protein Power Play		X	O	O		O	X	O	X	X	O		
Tropic Time		X	O	O		O	O	O	X	X			
Two to Mango		X	O	O		O	X	X	X	X			
Ube Berry	X	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			
Mocha Dream								X	X	X			
Strawberry Sunrise													
AGUAS FRESCAS													

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Parmesan			X										
Pickled Onions	X												
Queso Fresco			X										
Radicchio													
Roasted Corn													
Roasted Tomatoes					X								
Tomatoes													
White Cheddar			X										
DRY TOPPINGS													
Bacon													
Craisins													
Crispy Wontons						X	X		O				
Pecans									X				
Pepitas							X	X	O				
Sunflower Seeds							X	X	O				
GARNISHES													
Aji Verde Sauce		X	X		X		X						
Bachan's Japanese BBQ Sauce					X	X	X				X		
Blue Corn Chips													
Bread			O	O		X	O		O		O		
Buffalo Bread Crumbs			O	O	X	X	O						
Cilantro													
CROUTONS						X			O				
Hummus			O	O	X	O	X				X		
Olive Oil													
Parmesan Crisps			X										
Pepitas							X	X	O				
Pita Chips						X							
Roasted Tomatillo Salsa		X			X	O	O	O	O				
Sesame Seeds											X		
Spicy Bibimbap Sauce	X				X	O	X				X		
DRESSINGS													
Apple Cider Pumpkin Seed	X						X	X	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			X						
Jalapeno Green Goddess		X	X		X		X					X	
Jalapeno Lime Vinaigrette	X	X			X								
Korean Chile Cashew	X				X	O	X		X		X		
Red Wine Vinaigrette	X				X								
Teriyaki	X				X		X	X	O		X		
SIDES													
Curried Cauliflower		X			X		X	X	O				
Quinoa Tabbouleh		X											
SANDWICHES													

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