

## CRISP & GREEN

## ALLERGEN INFORMATION | 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. Our kitchen regularly handles and prepares foods with nine major well-known allergens, including but not limited to milk and milk products such as cheese, eggs, wheat, soy, peanuts, tree nuts, fish, shellfish, and sesame. While we take precautions to minimize cross-contact when we individually prepare items, we cannot guarantee that any menu item is completely free of allergens. 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**

Menu Name	Agave	Citrus	Milk	Eggs	Garlic	Wheat	Soy	Peanuts	Tree Nuts	Coconut	Sesame	Finfish	Shellfish
<b>WARM GRAIN BOWLS</b>													
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								
<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		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						
<b>WRAPS</b>													
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						
<b>KIDS BOWLS</b>													
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						
<b>ACAI BOWLS</b>													
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			

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<b>BUILD YOUR OWN ACAI BOWL</b>													
Acai Sorbet		X	O	O		O	O	O	X	X			
Dragon Fruit Sorbet		X	O	O		O	O	O	X	X			
Mango Sorbet		X	O	O		O	O	O	X	X			
Ube Sorbet	X	X	O	O		O	O	O	X	X			
Bananas													
Blueberries													
Cacao Nibs													
Cashew Butter							O		X		O		
Granola													
Kiwi													
Protein Puffs			O				X		O		O		
Strawberries													
Toasted Coconut									X	X			
<b>SMOOTHIE INGREDIENTS</b>													
Almond Butter									X				
Apple		X											
Blue Spirulina													O
Cashew Butter							O		X		O		
Chia Seeds													
Cocoa Powder													
Coconut Milk									X	X			
Cold Brew Coffee													
Collagen Powder			O						O			O	
Green Spirulina													O
Hibiscus Powder													
Maple Syrup													
Peanut Butter								X	X				
Pineapple													
Plain Pea Protein													
Turmeric Powder													
Vanilla Pea Protein									X	X			

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<b>BASES</b>													
Arugula													
Brown Rice													
Hero Tortilla						X	O						
Kale													
Mixed Greens													
Quinoa													
Romaine													
Spinach													
Wild Rice													
<b>HOT TOPPINGS</b>													
Black Beans													
Blackened Chicken Thigh					X								
Brussels Sprouts					X								
Buffalo Chicken													
Butternut Squash													
Quinoa													
Roasted Cauliflower					X								
Roasted Chicken					X								
Roasted Corn & Poblano													
Roasted Mushrooms													
Roasted Peppers & Onions													
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													
Egg				X									
Feta			X										
Goat Cheese			X										
Jalapenos													
Olives													
Napa Cabbage													
Parmesan			X										
Pickled Onions	X												
Queso Fresco			X										
Radicchio													
Roasted Corn													
Roasted Tomatoes					X								
Tomatoes													
White Cheddar			X										
<b>DRY TOPPINGS</b>													
Bacon													
Craisins													
Crispy Wontons						X	X		O				
Pecans								O	X				
Pepitas							X	X	O				
Sunflower Seeds							X	X	O				

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