CRISP & GREEN ALLERGEN INFORMATION | FALL WINTER 2026

We care deeply about your well-being and strive to provide accurate information about the ingredients used in our menu items. Please note that our kitchens handle and prepare foods containing major allergens, including milk, eggs, wheat, soy, peanuts, tree nuts, fish, shellfish, and sesame. While we take steps to minimize cross-contact when preparing individual orders, we cannot guarantee that any item is completely free of allergens.

If you have a food allergy or dietary restriction, please notify a manager before ordering. We're always happy to work with you to support your needs.

X = Contains
O = May contain

Menu Name	Milk	Eggs	Wheat	Soy	Peanuts	Tree Nuts	Coconut	Sesame	Finfish	Shellfish
SIGNATURE GRAIN BOWLS										
Bold & Buffalo	X		X	X						
Fiesta Bowl	X			O	O	O				
Greek Out!	X		X	X				X		
Pesto Italiano	X			O	O	O				
Tokyo Garden			X	X	O	O		X		
Wild Child	X									
SIGNATURE SALADS										
#squashgoals	X			O	O	O				
Ceviche Zest										X
Chicken Bacon Ranch	X			X						
Classic Chicken Caesar	X	X		X	O	O			X	
No Prob Cobb	X	X		X					X	
Wild Southwest	X			X						
SIGNATURE WRAPS										
Caesar Crunch	X	X	X	X					X	
Honey Mustard	X	X	X	X						
Japanese BBQ			X	X	O	O		X		
Ranch Club	X		X	X						
Spicy Southwest	X		X	X						
Turkey Harvest	X		X	X					X	
KIDS BOWLS										
Adventure Bowl	X			O	O	O				
Little Chef Salad	X	X		X						
Los Ninos Bowl	X									
Smash Bowl	X			X						
ACAI BOWLS										
Acai Ya Later										
Protein Power Play	O			X		X		O		
Tropic Time						X	X			
Two to Mango				O	O	X	X			
SMOOTHIES										
Be Well										
Blue Boost	X			X		X	X			O

Coco Cloud	X			X		X	X			
Date Night						X	X			
Golden Hour	X			X						
Green Glow										
Inner Beauty	X			X						
Maple Peanut					X	X	X			
Mocha Dream					X	X	X			
Power Brew	X			X		X				
Purple Rain	X			X						
Strawberry Sunrise										
FRESCAS										
Apple Cider										
Cranberry Blueberry										
Pineapple Ginger										
Pomegranate Lemon										
Classic Black Tea										
Strawberry Lemonade										
SNACKS & TREATS										
Chocolate Chip Walnut Cookie			X	X	O	X				
Crispie				X			X			
Kettle Cooked Potato Chips Classic										
Kettle Cooked Potato Chips Cracked Pepper & Sea Salt										
Kettle Cooked Potato Chips Salt & Vinegar										
BUILD YOUR OWN ACAI BOWL										
Acai Sorbet										
Mango Sorbet										
Bananas										
Blueberries										
Cacao Nibs										
Cashew Butter						X				
Granola										
Kiwi										
Protein Puffs	O			X		O		O		
Strawberries										
Toasted Coconut						X	X			
SMOOTHIE INGREDIENTS										
Almond Butter						X				
Avocado										
Apple										
Blueberries										
Blue Spirulina										O
Cashew Butter						X				
Cocoa Powder										
Coconut Milk						X	X			
Cold Brew Coffee										
Mango										

Maple Syrup										
Peanut Butter					X	X				
Pineapple										
Plain Pea Protein										
Strawberries										
Toasted Coconut						X	X			
Turmeric Powder										
Vanilla Pea Protein						X	X			
Whey Protein	X			X						
BASES										
Arugula										
Brown Rice										
Hero Tortilla			X							
Kale										
Mixed Greens										
Quinoa										
Romaine										
Spinach										
Wild Rice										
HOT TOPPINGS										
Black Beans										
Blackened Chicken Thigh										
Blackened Chicken Sliced										
Buffalo Chicken										
Honey Miso Salmon				X					X	
Maple Roasted Butternut Squash										
Quinoa										
Roasted Brussels Sprouts										
Roasted Cauliflower										
Roasted Chicken										
Roasted Chicken Sliced										
Roasted Corn & Poblano										
Roasted Peppers & Onions										
Roasted Sweet Potatoes										
Roasted Tofu				X						
COLD TOPPINGS										
Apples										
Avocado										
Carrots										
Citrus & Garlic Shrimp										X
Cucumbers										
Egg		X								
Feta	X									
Goat Cheese	X									
Jalapenos										
Olives										

Napa Cabbage										
Parmesan	X									
Pickled Onions										
Queso Fresco	X									
Radicchio										
Roasted Tomatoes										
Tomatoes										
White Cheddar	X									
DRY TOPPINGS										
Bacon										
Craisins										
Crispy Wontons				X	X					
Pepitas					O	O	O			
Sunflower Seeds					O	O	O			
GARNISHES										
Bachan's Japanese BBQ Sauce				X	X				X	
Blue Corn Chips										
Bread	O	O		X	O		O		O	
Buffalo Sauce										
Cilantro										
Croutons				X						
Hummus					X				X	
Pesto	X									
Olive Oil										
Parmesan Crisps	X									
Pepitas					O	O	O			
Pita Chips				X						
Roasted Tomatillo Salsa										
DRESSINGS										
Apple-Cider Pumpkin Seed					O	O	O			
Balsamic Vinaigrette										
C&G Ranch	X				X					
Classic Caesar	X	X			X					X
Creamy Southwestern	X				X					
Honey Mustard		X			X					
Jalapeno Green Goddess	X				X					X
Jalapeno Lime Vinaigrette										
Teriyaki					X	O	O		X	
SIDES										
Curried Cauliflower					O	O	O			
Quinoa Tabbouleh										
SANDWICHES										
Cali Club	X	O		X	X				O	X
Classic Honey Mustard	X	X		X	X				O	
Pesto Primo	X	O		X	X				O	
The Rancher	X	O		X	X				O	

Turkey BLT	X	X	X	X				O		
Turkey Provo	X	X	X	X				O		
SANDWICH INGREDIENTS										
Avocado										
Bacon										
Bread	O	O	X	X				O		
Cucumber										
Hummus			X	X				X		
Mayonnaise		X		X						
Oil & Vinegar										
Pesto	X		X							
Provolone	X									
Shredded Romaine										
Sliced Chicken										
Sliced Tomato										
Sliced Turkey										
MACRO MEALS										
Honey Mustard Chicken		X		X						
Mediterranean Chicken	X			X				X		
Salmon Avocado				X	O	O		X	X	
Southwest Chicken										