



ALLERGEN MENU

FALL 2019/WINTER 2020

100% Gluten, Grain, Refined Sugar, Soy, Corn, Peanut & Legume Free

99% Dairy Free

OILS Coconut & Olive Only

V = VEGETARIAN VO = VEGETARIAN OPTION VG = VEGAN VGO = VEGAN OPTION NF = NUT FREE NFO = NUT FREE OPTION W30 = WHOLE 30 K = KETO EGG FREE
 While we do our best to ensure this is accurate, we do have to make changes from time to time, so please ask our team for the most up to date information.

BREAKFAST

	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
ECSTATIC <i>Grainless Granola</i>		X	X	X	X				X*	X	VG, Egg Free, K
FULFILLED <i>Breakfast Burrito</i>	X	X*		X*	X	X	X	X			VO, K, W30 Option, *Almond in tortilla only
HUNGER <i>Biscuits & Gravy</i>					X	X	X	X			VO, NF, K, Egg Free
MUSHROOM GRAVY					X	X	X	X			VO, NF, K, Egg Free
SAUSAGE GRAVY					X	X		X			VO, NF, K, Egg Free
SIMPLICITY BACON/TORTILLA	X	X*		X				X*			VO, NFO, *Almond in tortilla only, *Black pepper in bacon only
SIMPLICITY SAUSAGE/TORTILLA	X	X*		X		X*		X*			VO, NFO, Egg Free Option available, *Almond in tortilla only, garlic and black pepper in sausage only
SIMPLICITY BACON/BISCUIT	X				X			X*			VO, NF, Egg Free Option available, *Black pepper in bacon only
SIMPLICITY SAUSAGE/BISCUIT	X				X	X*		X*			VO, NF, *Garlic and black pepper in sausage only, Egg Free Option available
WONDER <i>Seasonal Veggie Hash</i>	X	X		X	X	X		X			V, VGO, W30, Nut Free/Egg Free Option available, Cayenne
SWEETNESS <i>Baked Pancake</i>	X	X		X	X					X	V

ALL DAY

	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
COZY <i>Chicken & Dumplings</i>					X	X	X	X*			NF, K, W30 Option, Egg Free, *Paprika
CRAVE <i>100% Grass-Fed Burger</i>	X	X		X		X	X	X		X	W30 Option, K, Nut Free/Egg Free Option available
DESIRED SALAD <i>Chicken Caesar</i>	X*	X	X	X		X	X		X*	X**	Egg Free Option available, * Croutons only, **Pickled onions
ENCHANTED <i>Seasonal Salad</i>		X	X	X	X	X	X	X	X	X	VG, W30 Option, Egg Free
WARMED <i>Seasonal Soup</i>					X		X		X*	X*	VG, NF, W30 Option, Egg Free, *Can be made without
JOY <i>Spinach Artichoke Dip</i>		X*	X	X	X	X	X	X			VG, W30 Option, K, Egg Free, *Almond in tortilla chips only
GLOW <i>Deconstructed "Egg" Roll</i>		X*		X*	X	X	X	X	X	X	Egg Free, K, W30 Option, Nut Free Option available
EMBRACE <i>Hot Pocket</i>		X		X	X	X	X	X		X	Egg Free
PASSION <i>Vegetable Curry</i>					X	X	X	X			VG, W30, NF, Egg Free
WHOLEHEARTED <i>Pork Green Chili</i>		X*		X*	X	X	X	X			W30 Option, K, Nut Free Option available, Egg Free, *Tortilla only
DIVINE <i>Brownie Trifle</i>	X	X		X	X					X	V
GRACE <i>Sticky Toffee Pudding</i>					X				X	X	NF, Egg Free, VG



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	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
DINNER											
STRENGTH <i>Beef Stew</i>						X	X	X			W30, K, Egg Free, Nut Free
ENVY <i>Beef & Broccoli</i>					X	X				X	NF, Egg Free, W30 Option
RADIANT <i>Sweet Potato Gnocchi</i>				X		X		X	X		VG, W30 Option, Egg Free
FULFILLED <i>Dinner Burrito</i>		X		X		X	X	X			K, Egg Free
INVITING <i>Pig in a Blanket</i>			X	X	X	X	X				Nut Free Option available, Egg Free, W30 Option
WHOLE30											
FULFILLED BREAKFAST <i>Breakfast Bowl</i>	X				X	X	X				VO, K, NF
SIMPLICITY	X							X*			VO, NF, *Black Pepper in bacon only
WONDER <i>Seasonal Veggie Hash</i>	X	X		X	X	X					V, VGO, Nut Free/Egg Free Option available
COZY <i>Chicken No Dumplings</i>						X	X	X			NF, K, Egg Free, *Paprika
CRAVE <i>100% Grass-Fed Burger</i>	X					X	X				K, NF
WARMED <i>Seasonal Soup</i>					X		X				VG, NF, Egg Free
ENCHANTED <i>Seasonal Salad</i>		X		X	X	X					VG
JOY <i>Spinach Artichoke Dip</i>			X	X	X	X	X				VG, K, Egg Free
GLOW <i>Deconstructed "Egg" Roll</i>					X	X	X	X	X		Egg Free, K, NF
PASSION <i>Vegetable Curry</i>					X	X	X				VG, NF, Egg Free
WHOLEHEARTED <i>Pork Green Chili</i>					X	X	X	X			K, Egg Free, NF
STRENGTH <i>Beef Stew</i>						X	X	X			K, Egg Free, NF
FULFILLED DINNER <i>Dinner Bowl</i>					X	X	X	X			K, Egg Free, NF
INVITING <i>Pig in a Blanket</i>			X*	X		X	X				*Nut Free Option available, Egg Free
ENVY <i>Beef & Broccoli</i>					X						NF, Egg Free
RADIANT <i>Acorn Squash</i>				X		X			X		VG, Egg Free, *Pepitas, can be made seed free