



ALLERGEN MENU

SPRING/SUMMER 2020

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

99% Dairy Free

OILS Coconut & Olive Only

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.

V = VEGETARIAN VO = VEGETARIAN OPTION VG = VEGAN VGO = VEGAN OPTION NF = NUT FREE NFO = NUT FREE OPTION
W30 = WHOLE 30 K = KETO EF = EGG FREE EFO = EGG FREE OPTION

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, EF, K *Pepitas
FULFILLED <i>Breakfast Burrito</i>	X	X*		X*	X	X	X	X			VO, K, W30 Option, *Almond & treenuts in tortilla only
HUNGER <i>Biscuits & Gravy</i>					X	X	X				VO, NF, K, EF
MUSHROOM GRAVY					X	X	X*	X			VO, NF, K, EF *Garnish only
SAUSAGE GRAVY					X	X	X*	X			VO, NF, K, EF *Garnish only
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, EFO, *Almond in tortilla only, garlic, cayenne and black pepper in sausage only
SIMPLICITY BACON/BISCUIT	X				X			X*			VO, NF, EFO, *Black pepper in bacon only
SIMPLICITY SAUSAGE/BISCUIT	X				X	X*		X*			VO, NF, EFO *Garlic, cayenne and black pepper in sausage only
WONDER <i>Seasonal Veggie Hash</i>	X*	X		X	X	X	X				V, VGO, W30, NFO *Egg free option available
SWEETNESS <i>Baked Pancake</i>	X	X		X	X					X	V
THRIVE <i>Cajun Chicken Sandwich</i>					X	X	X	X	X	X*	W30 Option, NF, EF *Relish only
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, EF, *Paprika
CRAVE <i>100% Grass-Fed Burger</i>	X	X		X		X	X	X	X	X	W30 Option, K, NFO, EFO
DESIRED SALAD <i>Chicken Caesar</i>	X*	X	X	X		X	X		X	X	EFO, * Croutons only
ENCHANTED <i>Seasonal Salad</i>		X	X	X	X	X	X	X	X	X	VG, W30 Option, EF
INSPIRE <i>Mezze Plate Falafel</i>	X	X		X	X	X	X	X	X	X	VO, W30 Option, NFO
INSPIRE <i>Mezze Plate Chicken</i>					X	X	X	X	X	X	VO, W30 Option, NFO
JOY <i>Spinach Artichoke Dip</i>		X*	X	X	X	X	X	X			VG, W30 Option, K, EF, *Almond in tortilla chips only
GLOW <i>Deconstructed "Egg" Roll</i>		X*		X*	X	X	X	X	X	X*	EF, K, W30 Option *Wonton garnish only
EMBRACE <i>Hot Pocket</i>		X		X		X				X	EF
PASSION <i>Vegetable Curry</i>					X	X	X	X			VG, W30, NF, EF
WHOLEHEARTED <i>Pork Green Chili</i>		X*		X*	X	X	X	X			W30 Option, K, NFO, EF *Tortilla only
DINNER	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
RIOT <i>Buffalo Chicken Wrap</i>		X		X	X	X	X	X	X	X	W30 Option, KO, EF
FULFILLED <i>Dinner Burrito</i>		X		X		X	X	X			K, EF, VGO
FLOURISH <i>Vegan Pad Thai</i>		X*	X	X	X	X	X				VG, EF, W30 *Garnish only
ENVY <i>Beef & Broccoli</i>					X						NF, EF, W30



ALLERGEN MENU

SPRING/SUMMER 2020

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

99% Dairy Free

OILS Coconut & Olive Only

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.

V = VEGETARIAN VO = VEGETARIAN OPTION VG = VEGAN VGO = VEGAN OPTION NF = NUT FREE NFO = NUT FREE OPTION
W30 = WHOLE 30 K = KETO EF = EGG FREE EFO = EGG FREE OPTION

	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
WHOLE 30											
FULFILLED BREAKFAST <i>Breakfast Bowl</i>	X				X	X	X	X*			VO, K, NF *Jalapeño, black pepper
SIMPLICITY	X					X		X*			VO, NF, *Black Pepper in bacon only
THRIVE <i>Cajun Chicken Sausage</i>						X	X	X	X		NF, EF
WONDER <i>Seasonal Veggie Hash</i>	X*	X		X	X	X	X				V, VGO, W30, NFO *Egg free option available
COZY <i>Chicken No Dumplings</i>					X	X	X	X*			NF, K, EF *Paprika
CRAVE <i>100% Grass-Fed Burger</i>					X	X	X				K, NF, EF
ENCHANTED <i>Seasonal Salad</i>		X		X		X					VG
JOY <i>Spinach Artichoke Dip</i>			X	X	X	X	X	X*			VG, K, EF *Blak pepper, cayenne
GLOW <i>Deconstructed "Egg" Roll</i>					X	X	X	X	X		EF, K, NF
PASSION <i>Vegetable Curry</i>					X	X	X	X			VG, NF, EF
WHOLEHEARTED <i>Pork Green Chili</i>					X	X	X	X			K, EF, NF
INSPIRE <i>Mezze Plate Falafel</i>	X	X		X	X	X	X	X	X		VO, NFO
INSPIRE <i>Mezze Plate Chicken</i>					X	X	X	X	X		VO, NFO
FULFILLED DINNER <i>Dinner Bowl</i>					X	X	X	X*			K, EF, NF, VGO *Jalapeño, black pepper
ENVY <i>Beef & Broccoli</i>					X						NF, EF
RIOT <i>Buffalo Chicken Salad</i>		X		X	X	X	X	X	X		KO, EF
FLOURISH <i>Vegan Pad Thai</i>		X*	X	X	X	X	X				VG, EF *Garnish only
JUST BE NAUGHTY											
DIVINE <i>Brownie Trifle</i>	X	X		X	X					X	V
VIBRANT <i>Key Lime Pie</i>			X	X	X				X*	X	VG, EF, *Flaxseed
BAKERY <i>Chocolate Chip Cookies</i>		X		X	X					X	VG, V, EF
BAKERY <i>Brownies</i>	X	X		X	X					X	V
BAKERY <i>Muffins</i>					X					X	VG, V, NF, EF
RETAIL BAGS <i>Biscuit Mix</i>					X						VG, V
RETAIL BAGS <i>Brownie Mix</i>		X		X	X					X	VG, V, EF
RETAIL BAGS <i>Chocolate Chip Cookie Mix</i>		X		X	X					X	VG, V, EF
RETAIL BAGS <i>Granola</i>		X	X	X	X				X*	X	VG, EF, K *Pepitas