



ALLERGEN MENU

FALL 2020 & WINTER 2021

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

												ADDITIONAL NOTES
BREAKFAST	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER		
ECSTATIC <i>Grainless Granola</i>		X	X	X	X				X*	X		VG, EF, K
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 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 and black pepper in sausage only
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
WONDER <i>Seasonal Veggie Hash</i>	X*	X		X	X	X	X					V, VGO, NFO, W30, *Garlic
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
EMBRACE <i>Hot Pocket</i>		X		X	X	X	X	X		X		EF
ENCHANTED <i>Seasonal Salad</i>		X	X	X	X	X	X	X	X	X		VG, W30 Option, EF
GLOW <i>Deconstructed "Egg" Roll</i>		X*		X*	X	X	X	X	X	X		EF, K, W30 Option
JOY <i>Spinach Artichoke Dip</i>		X*	X	X	X	X	X	X				VG, W30 Option, K, EF, *Almond in tortilla chips only
PASSION <i>Vegetable Curry</i>					X	X	X	X				VG, W30, NF, EF
WARMED <i>Butternut Squash Soup</i>					X	X	X	X*	X**			VG, EF, NF, W30, *Black Pepper, **Can be seed free
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
COMPASSION <i>Shepherd's Pie</i>					X	X	X	X				EF, NF, K, W30
EXCITE <i>Korean Beef</i>	X*					X	X	X	X			NF, K, W30, *EFO
FLOURISH <i>Vegan Pad Thai</i>		X*	X	X	X	X	X	X				VG, EF, W30 *Garnish only
FULFILLED <i>Dinner Burrito</i>		X		X		X	X	X				K, EF, VGO
LOADED <i>Sweet Potato Gratin</i>					X	X	X	X		X*		VG, NF, EF, W30 Option *can be modified
STRENGTH <i>Beef Stew</i>					X	X	X	X				W30, K, NF, EF



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	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
WHOLE 30											
COMPASSION <i>Shepherd's Pie</i>					X	X	X	X			EF, NF, K
COZY <i>Chicken No Dumplings</i>					X	X	X	X*			NF, K, EF *Paprika
CRAVE <i>100% Grass-Fed Burger</i>					X	X	X		X		K, NF, EF
ENCHANTED <i>Seasonal Salad</i>		X		X		X					VG
EXCITE <i>Korean Beef</i>	X*					X	X	X	X		NF, K, *EFO
FULFILLED BREAKFAST <i>Breakfast Bowl</i>	X				X	X	X				VO, K, NF
FULFILLED DINNER <i>Dinner Bowl</i>						X	X	X			K, EF, NF, VGO
GLOW <i>Deconstructed "Egg" Roll</i>					X	X	X	X	X		EF, K, NF
JOY <i>Spinach Artichoke Dip</i>			X	X	X	X	X	X			VG, K, EF
LOADED <i>Sweet Potato Gratin</i>					X	X	X	X			VG, NF, EF
PASSION <i>Vegetable Curry</i>					X	X	X	X			VG, NF, EF
SIMPLICITY	X					X		X*			VO, NF, *Black Pepper in bacon only
STRENGTH <i>Beef Stew</i>					X	X	X	X			K, NF, EF
THRIVE <i>Cajun Chicken Sausage</i>						X	X	X	X		NF, EF
WARMED <i>Butternut Squash Soup</i>					X	X	X	X*	X**		VG, EF, NF, W30, *Black Pepper, **Can be seed free
WHOLEHEARTED <i>Pork Green Chili</i>					X	X	X	X			K, EF, NF
WONDER <i>Seasonal Veggie Hash</i>	X*	X		X	X	X	X				V, VGO, NFO, W30, *Garlic
JUST BE NAUGHTY											
BAKERY <i>Brownies</i>	X	X		X	X					X	V
BAKERY <i>Chocolate Chip Cookies</i>		X		X	X					X	VG, V, EF
BAKERY <i>Muffins</i>					X					X	VG, V, NF, EF
DIVINE <i>Brownie Trifle</i>	X	X		X	X					X	V
GRACE <i>Sticky Toffee Pudding Cake</i>					X				X	X	NF, EF, VG
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, V, EF
RETAIL BAGS <i>Hot Cocoa Mix</i>					X					X	VG, V, NF, EF