



ALLERGEN MENU

FALL 2021 & WINTER 2022

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					NF, K, EF, VGO
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				V, VGO, NF, W30, EFO
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		W30 Option, K *Bun only
DESIRED SALAD <i>Chicken Caesar</i>	X*	X	X	X		X	X		X	X		EFO, * Croutons only
WARMED <i>Creamy Chicken & Rice</i>					X							EF, NF, AIP, W30
ENCHANTED <i>Seasonal Salad</i>		X	X	X	X	X	X	X	X	X		VG, W30 Option, EF
BRIGHT <i>Moroccan Roasted Carrot Dip</i>		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
LOYAL <i>The BEst Quesadilla</i>		X		X	X	X	X	X*	X			EF, *Black pepper only
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
NATIVE <i>Navajo Taco with Rice & Beans</i>		X*		X*		X	X	X		X*		EF, W30 Option, NFO, *Optional and can be removed
GODDESS <i>Greek Gyro</i>		X*		X*	X	X	X			X*		EF, W30 Option, NFO, *Optional and can be removed
COMPASSION <i>Shepherd's Pie</i>					X	X	X	X*				EF, NF, KO, W30, Black pepper only
FULFILLED <i>Dinner Burrito</i>		X		X		X	X	X				K, EF, VGO
MAGIC <i>Chicken Tikka Kebab</i>		X*		X*		X	X	X		X*		EF, NFO, W30 Option, KO, *Optional and can be removed
TRANQUIL <i>Ramen "Noodle Bowl"</i>	X*					X		X				NF, V, VGO, W30, *EFO



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	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
WHOLE 30											
BRIGHT Moroccan Roasted Carrot Dip					X	X			X		VG, EF, NF
COZY Chicken No Dumplings					X	X	X	X*			NF, K, EF *Paprika
CRAVE 100% Grass-Fed Burger						X	X		X		K, NF, EF
ENCHANTED Seasonal Salad		X		X		X					VG
COMPASSION Shepherd's Pie					X	X	X	X			EF, NF, KO
FULFILLED BREAKFAST Breakfast Bowl	X				X	X	X				VO, K, NF
FULFILLED DINNER Dinner Bowl						X	X	X			K, EF, NF, VGO
GODDESS Greek Gyro		X*		X*	X	X	X				EF, *Can be nut free
NATIVE Navajo Taco with Rice & Beans		X*		X*		X	X	X			EF, *Can be nut free
TRANQUIL Ramen "Noodle Bowl"	X					X		X			NF, V, VGO, EFO
MAGIC Chicken Tikka Plate						X	X	X			EF, NF, K
SIMPLICITY	X					X		X*			VO, NF, *Black Pepper in bacon only
WARMED Creamy Chicken & Rice					X						EF, NF, AIP
THRIVE Cajun Chicken Sausage						X	X	X	X		NF, EF
WHOLEHEARTED Pork Green Chili					X	X	X	X			K, EF, NF
WONDER Seasonal Veggie Hash	X*	X		X	X	X	X				V, VGO, NFO, W30, *Garlic
JUST BE NAUGHTY											
BAKERY Brownies	X	X		X	X					X	V
BAKERY Chocolate Chip Cookies		X		X	X					X	VG, V, EF
BAKERY Muffins					X					X	VG, V, NF, EF
ELEGANT Pear Tart	X*	X		X	X					X	V
RETAIL BAGS Biscuit Mix					X						VG, V
RETAIL BAGS Brownie Mix		X		X	X					X	VG,V, EF
RETAIL BAGS Chocolate Chip Cookie Mix		X		X	X					X	VG, V, EF
RETAIL BAGS Granola		X	X	X	X				X	X	VG, V, EF
RETAIL BAGS Hot Cocoa Mix					X					X	VG, V, NF, EF