



# ALLERGEN MENU

FALL/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
<b>BREAKFAST</b>	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER		
ECSTATIC <b>Grainless Granola</b>		X	X	X	X				X*	X		VG, EF, K
FULFILLED <b>Burrito</b>	X	X*		X*	X	X	X	X				VO, K, W30 Option *Almond & treenuts in tortilla only
HUNGER <b>Biscuits &amp; Gravy</b>					X	X	X	X*				NF, EF, K *Garnish Only
SIMPLICITY BACON/TORTILLA	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							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 <b>Baked Pancake</b>	X	X		X	X					X		V
WONDER <b>Mediterranean Bowl</b>					X	X	X	X	X*	X*		W30 Option, NF, EF *Pickles only *Can be removed
<b>ALL DAY</b>	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER		ADDITIONAL NOTES
HARMONY <b>Chicken Satay</b>		X		X	X	X		X	X			EF, NFO, W30, K
DARING <b>Cauliflower Wings</b>					X	X	X	X	X*			EF, NF, VG, V, K, W30 *Can be seed free
BRIGHT <b>Moroccan Roasted Carrot Dip</b>		X*		X*	X	X			X			VG, W30 Option, EF, NFO *Almond in tortilla chips only
CRAVE <b>100% Grass-Fed Burger</b>			X*	X*	X*	X	X*	X*	X*	X*		W30 Option, NFO, KO, EF *Optional, Can be removed
DESIRED SALAD <b>Chicken Caesar</b>	X*	X	X	X		X	X		X	X		EFO *Croutons only *Contains dairy, Can be dairy free.
ENCHANTED <b>Seasonal Salad</b>		X	X	X	X	X	X	X	X	X		VG, W30 Option, EF
COZY <b>Chicken &amp; Dumplings</b>					X	X	X	X*				NF, K, W30 Option, EF *Paprika
PASSION <b>Vegetable Curry</b>					X	X	X	X				VG, W30, NF, EF
LOYAL <b>The Best Quesadilla</b>		X		X	X	X	X		X			EF
WHOLEHEARTED <b>Pork Green Chili</b>		X*		X*	X	X	X	X				W30 Option, K, NFO, EF *Tortilla only
WARMED <b>Chicken &amp; "Rice" Soup</b>					X							EF, NF, W30, K *Nut & Seed Free Bowl: Contains seeds, Can be seed free
SEDUCE <b>Potato Leek Soup</b>					X	X	X	X				EF, NF, VG, V, W30 *Nut & Seed Free Bowl: Contains seeds, Can be seed free
<b>DINNER</b>	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER		ADDITIONAL NOTES
GODDESS <b>Greek Gyro</b>		X*		X*	X	X	X		X*	X*		EF, W30 Option, NFO, KO, VGO, VO *Optional, can be removed
AMORE <b>Bolognese</b>						X	X	X				EF, NF, W30, K
CLASSIC <b>Stroganoff</b>			X	X	X	X	X					EF, VG, V, K, W30
FULFILLED <b>Burrito</b>	X	X*		X*	X	X	X	X				VO, K, W30 Option *Almond & treenuts in tortilla only
PEACE <b>Chicken Pot Pie</b>					X	X	X					EF, NF, W30 Option, KO *Remove Topper for K or W30



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WHOLE 30	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
BRIGHT Moroccan Roasted Carrot Dip					X	X			X		EF, NF, VG, K
DARING Cauliflower Wings					X	X	X	X	X*		EF, NF, VG, K, V *Can be seed free
COZY Chicken No Dumplings					X	X	X	X*			NF, K, EF *Paprika
CRAVE 100% Grass-Fed Burger			X	X	X	X	X*				K, NF, EF *Can be removed
ENCHANTED Seasonal Salad		X		X		X					VG, V, EF, K
FULFILLED Burrito Bowl	X				X	X	X	X			NF, EFO, VO, K, VGO
GODDESS Greek Gyro		X*		X*	X	X	X		X*		EF, NFO, VO, VGO, KO *Optional, can be removed
SEDUCE Potato Leek Soup					X	X	X	X	*		EF, NF, VG, V
SIMPLICITY Breakfast Plate	X					X		X*			VO, NF *Black Pepper in bacon only
WARMED Chicken & Rice Soup					X						EF, NF, K
WHOLEHEARTED Pork Green Chili					X	X	X	X			K, EF, NF
WONDER Mediterranean Veggie Bowl					X	X	X		X*		V, VG, EF, NF *Can be removed
PEACE Chicken Pot Pie					X	X	X				EF, NF, K
AMORE Bolognese						X	X	X			NF, EF, K
CLASSIC Stroganoff			X	X	X	X	X				EF, VG, V, K
JUST BE NAUGHTY	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
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
TEMPTATION Chocolate Bread Pudding	X	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