



# 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



## ALL DAY

	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 <b>*Can be seed free</b>
BRIGHT <b>Moroccan Roasted Carrot Dip</b>		X*		X*	X	X			X		VG, W30 Option, EF, NFO <b>*Almond in tortilla chips only</b>
CRAVE <b>100% Grass-Fed Burger</b>			X*	X*	X*	X	X*	X*	X*	X*	W30 Option, NFO, KO, EF <b>*Optional, Can be removed</b>
DESIRED SALAD <b>Chicken Caesar</b>	X*	X	X	X		X	X		X	X	EFO <b>*Croutons only *Contains dairy, Can be dairy free.</b>
FULFILLED <b>Burrito</b>	X	X*		X*	X	X	X	X			VO, K, W30 Option <b>*Almond &amp; treenuts in tortilla only</b>
COZY <b>Chicken &amp; Dumplings</b>					X	X	X	X*			NF, K, W30 Option, EF <b>*Paprika</b>
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 <b>*Tortilla only</b>

## DINNER

	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
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
PEACE <b>Chicken Pot Pie</b>					X	X	X				EF, NF, W30 Option, KO <b>*Remove Topper for K or W30</b>

## WHOLE 30

	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
BRIGHT <b>Moroccan Roasted Carrot Dip</b>					X	X			X		EF, NF, VG, K
DARING <b>Cauliflower Wings</b>					X	X	X	X	X*		EF, NF, VG, K, V <b>*Can be seed free</b>
COZY <b>Chicken No Dumplings</b>					X	X	X	X*			NF, K, EF <b>*Paprika</b>
CRAVE <b>100% Grass-Fed Burger</b>			X	X	X	X	X*				K, NF, EF <b>*Can be removed</b>
FULFILLED <b>Burrito Bowl</b>	X				X	X	X	X			NF, EFO, VO, K, VGO
WHOLEHEARTED <b>Pork Green Chili</b>					X	X	X	X			K, EF, NF
PEACE <b>Chicken Pot Pie</b>					X	X	X				EF, NF, K
AMORE <b>Bolognese</b>						X	X	X	*		NF, EF, K
CLASSIC <b>Stroganoff</b>			X	X	X	X	X				EF, VG, V, K



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## JUST BE NAUGHTY

	EGG	ALMOND	CASHEW	TREENUT	COCONUT	GARLIC	ONION	NIGHTSHADES	SEEDS	SWEETENER	ADDITIONAL NOTES
BAKERY <b>Brownies</b>	X	X		X	X					X	V
BAKERY <b>Chocolate Chip Cookies</b>		X		X	X					X	VG, V, EF
BAKERY <b>Muffins</b>					X					X	VG, V, NF, EF
RETAIL BAGS <b>Biscuit Mix</b>					X						VG, V
RETAIL BAGS <b>Brownie Mix</b>		X		X	X					X	VG, V, EF
RETAIL BAGS <b>Chocolate Chip Cookie Mix</b>		X		X	X					X	VG, V, EF
RETAIL BAGS <b>Granola</b>		X	X	X	X				X	X	VG, V, EF

## AS SEEN ON DINERS, DRIVE IN'S & DIVER

WE WERE THE FIRST TIME A 100% GLUTEN, GRAIN, REFINED SUGAR, AND DAIRY FREE RESTAURANT FEATURED ON THE SHOW!

## MINDFUL MOUTHFULS AT HOME!

LOOK AT OUR RETAIL BAG MIXES FOR OUR FAMOUS CHOCOLATE CHIP COOKIES, BROWNIES AND GRANOLA! LOAVES OF RYE BREAD TOO!

## JUST BE PARTYING

ASK US ABOUT HOSTING A BIRTHDAY, WEDDING OR ANY CELEBRATION! WE DO FULL OR PARTIAL VENUE HIRES!  
FOR MORE INFORMATION EMAIL: [Catering@JustBeKitchen.com](mailto:Catering@JustBeKitchen.com)

We offer grain-free tequila & vodka. Reduced grain gin. You must be 21 or over to enjoy our Alcoholic Beverages.

\* These items may be served raw or undercooked, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illnesses.

Paleo is a lifestyle rather than a diet and uses nutrient dense foods which are minimally processed.

**WE VALUE & APPRECIATE INDIVIDUALS WITH FOOD SENSITIVITIES.  
PLEASE ASK FOR ANY MODIFICATIONS- WE ARE HAPPY TO ACCOMODATE!**

*All of our dishes are prepared-to-order, thus our kitchen operations may involve shared cooking & preparation areas. Therefore, we cannot guarantee that any menu item can be completely free of nut, dairy or egg allergens.*



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