



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 Chicken Satay		X	X	X	X				X*	X	EF, NFO, W30, K
DARING Cauliflower Wings					X	X	X	X	X*		EF, NF, VG, V, K, W30 *Can be seed free
BRIGHT Moroccan Roasted Carrot Dip		X*		X*	X	X			X		VG, W30 Option, EF, NFO *Almond in tortilla chips only
CRAVE 100% Grass-Fed Burger			X*	X*	X*	X	X*	X*	X*	X*	W30 Option, NFO, KO, EF *Optional, Can be removed
DESIRED SALAD Chicken Caesar	X*	X	X	X		X	X		X	X	EFO *Croutons only *Contains dairy, Can be dairy free.
FULFILLED Burrito	X	X*		X*	X	X	X	X			VO, K, W30 Option *Almond & treenuts in tortilla only
COZY Chicken & Dumplings					X	X	X	X*			NF, K, W30 Option, EF *Paprika
PASSION Vegetable Curry					X	X	X	X			VG, W30, NF, EF
LOYAL The Best Quesadilla		X		X	X	X	X		X		EF
WHOLEHEARTED Pork Green Chili		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
AMORE Bolognese						X	X	X			EF, NF, W30, K
CLASSIC Stroganoff			X	X	X	X	X				EF, VG, V, K, W30
PEACE Chicken Pot Pie					X	X	X				EF, NF, W30 Option, KO *Remove Topper for K or W30

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
FULFILLED Burrito Bowl	X				X	X	X	X			NF, EFO, VO, K, VGO
WHOLEHEARTED Pork Green Chili					X	X	X	X			K, EF, NF
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



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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
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

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

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.



/JUSTBEKITCHEN



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JUSTBEYOU@JUSTBEKITCHEN.COM

OR VISIT US ONLINE AT [JUST BEKITCHEN.COM](http://JUSTBEKITCHEN.COM)