

Common Allergy Quick Reference Guide

Starters + Sides	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Buffalo Wings	•	•	•		•	
BBQ Wings	•	•	•		•	
Plain Wings	•	•	•		•	
Two Buffalo Mini Wraps	•	•	•		•	
Two Baja "Fish" Taco Plate	•	•			•	
Southwestern Nachos	•		•		•	•
Crispy Cauliflower	•	•	•		•	
Crispy Fries w/ Ketchup						
Crispy Fries w/ Chipotle Aioli	•				•	
Sweet Potato Fries w/ Ketchup						
Sweet Potato Fries w/ Chipotle Aioli	•				•	
Greek Chickpea Salad						
Mac + Cheese	•	•	•		•	•
Moroccan Lentil Soup			•			
Roasted Garlic Broccoli			•			
Pesto Pasta Salad		•	•		•	

Salads	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Catalina Taco Salad	•		•		•	•
Classic Romaine Caesar	•	•	•		•	
Kale Caesar	•	•	•		•	
Kale + Quinoa Power Salad			•		•	
Dressings	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Caesar Dressing	•		•		•	
Chipotle Dressing						
Lemon-Mango Vinaigrette			•			

Note: We offer gluten-free, soy-free and nut-free options. However, all our food may be made on equipment or prepared in areas containing gluten, soy, and nuts. Please consider this if you have an extreme allergy.

Bowls	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Far East Bowl w/ Sesame Chickin'	•	•	•		•	•
Far East Bowl w/ Grilled Tempeh	•		•			•
Kimchi Beef Bowl	•	•	•		•	
Masala Chickpea Curry	•		•		•	
7-Layer Bowl	•		•		•	•

Burgers + Sandwiches	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Double BBQ Mac Burger	•	•	•		•	•
House Veggie Burger	•	•			•	•
Steakhouse Burger	•	•			•	•
The VG Classic	•	•				•
BLT Avocado Croissant	•	•	•			
Cajun Fish Sandwich	•	•	•			
Crispy Buffalo Chickin'	•	•	•		•	
Reuben on Rye	•	•	•		•	•
Santa Fe Chickin'	•	•	•		•	•
Tuna Melt	•	•	•		•	•

Kids Meals	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Kids Crispy Chickin' and Kids Crispy Fish	•	•	•		•	
Kids Mac + Cheese	•	•	•		•	•
Kids Quesadilla	•	•				•
Kids Veggie Burger	•	•				

Desserts	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Belgian Chocolate Cake	•	•			•	•
Carrot Cake	•	•		•	•	
Chocolate Chip Cookies	•	•				
Chocolate Pudding Parfait	•	•			•	

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ITEMS WITH SEEDS OR NUTS

To order without nuts and seeds when possible, please modify as indicated in parenthesis when ordering. See our standard menu for a full description of each item.

ITEMS CONTAINING TREE NUTS (*Almonds, Walnuts*)

DESSERTS

- Carrot Cake (contains walnuts, cannot remove)

ITEMS CONTAINING SEEDS (*Flax, Sesame, Pumpkin & Sunflower Seeds*)

STARTERS + SIDES

- Crispy Cauliflower (order without sesame seeds; buffalo sauce contains sunflower oil)
- BBQ Wings (ranch contains flaxseed oil)
- Buffalo Wings (buffalo sauce contains sunflower oil; ranch contains flaxseed oil)
- Buffalo Mini Wraps (buffalo sauce contains sunflower oil; ranch contains flaxseed oil)
- Mac + Cheese (VG cheese sauce contains sunflower and flaxseed oil)
- Plain Wings (ranch contains flaxseed oil)
- Pesto Pasta Salad (shredded Parmesan contains sunflower oil)
- Southwestern Nachos (VG cheese sauce contains sunflower and flaxseed oil)
- Two Taco Plate (jalapeno slaw contains flaxseed oil)

BOWLS

- Far East Bowl (no sesame crusted chick'n, sub grilled tempeh)
- Masala Curry Bowl (turmeric cauliflower contains sunflower and flaxseed oil)
- Kimchi Beef Bowl (bulgogi beef contains sesame seeds and sesame oil)
- 7-Layer Bowl (chipotle crema contains flaxseed oil)

SALADS

- Catalina Taco Salad (Impossible taco meat contains sunflower oil)
- Classic Romaine Caesar (Parmesan contains sunflower oil; Caesar dressing contains flaxseed and sunflower oil)
- Kale Caesar (Parmesan contains sunflower oil; Caesar dressing contains flaxseed and sunflower oil)
- Kale + Quinoa Power Salad (3-seed crunch contains flax, pepitas and sunflower seeds)

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ITEMS WITH SEEDS OR NUTS CONTINUED...

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ITEMS CONTAINING SEEDS *(Flax, Sesame, Pumpkin & Sunflower Seeds)*

BURGERS + SANDWICHES

- Double BBQ Mac Burger (Beyond patty contains sunflower oil- sub black-bean patty or grilled tempeh; ranch contains flaxseed oil; VG cheese sauce contains sunflower and flaxseed oil)
- House Veggie Burger (wheat bun contains sunflower, sesame and flax seeds- sub brioche bun; chipotle aioli contains flaxseed oil)
- Steakhouse (Beyond patty contains sunflower oil- sub black-bean patty or grilled tempeh; horseradish aioli contains flaxseed oil)
- The VG Classic (Beyond patty contains sunflower oil- sub black-bean patty or grilled tempeh; special sauce contains flaxseed oil)
- BLT Avocado Croissant (croissant contains sunflower oil- sub brioche bun; dijonnaise contains flaxseed oil)
- Cajun Fish Sandwich (Cajun devil sauce contains sunflower oil)
- Crispy Buffalo Chickin' (buffalo sauce contains sunflower and flaxseed oil; ranch contains flaxseed oil)
- Reuben on Rye (rye bread contains caraway seeds- sub brioche bun; Earth Balance butter contains sunflower and flaxseed oil; special sauce contains flaxseed oil)
- Santa Fe Chickin' (wheat bun contains sunflower, sesame and flax seeds- sub brioche bun; southwest mayo contains flaxseed oil)
- Tuna Melt (Good Catch tuna contains sunflower oil; tuna mix contains flaxseed oil; VG cheese sauce contains sunflower and flaxseed oil)

KIDS' MEALS

- Kids Celery + Carrots (ranch contains flaxseed oil)
- Kids Crispy Chickin' (ranch contains flaxseed oil)
- Kids Crispy Fish (ranch sauce contains flaxseed oil)
- Kids Mac + Cheese (VG cheese sauce contains sunflower and flaxseed oil, cannot be substituted)
- Kids Veggie Burger (Beyond patty contains sunflower oil- sub mushroom patty)

DESSERTS

- Belgian Chocolate Cake (contains sunflower oil)
- Chocolate Pudding Parfait (cookie crumbles contain sunflower oil)
- Carrot Cake (frosting contains sunflower oil)

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ITEMS WITH SEEDS OR NUTS CONTINUED...

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ITEMS CONTAINING COCONUT

STARTERS + SIDES

- Southwestern Nachos (VG cheese sauce contains coconut oil, cannot be substituted; Impossible taco meat contains coconut oil)
- Mac + Cheese (VG cheese sauce contains coconut oil, cannot be substituted)

BOWLS

- Far East Bowl (cilantro green curry sauce contains coconut milk)
- 7-Layer Bowl (cheddar "cheese" contains coconut oil)

SALADS

- Catalina Taco Salad (Impossible taco meat contains coconut oil)

BURGER + SANDWICHES

- Double BBQ Mac Burger (VG cheese contains coconut oil; Beyond patty contains coconut oil, sub black-bean patty or grilled tempeh)
- House Veggie Burger (pepper jack cheese contains coconut oil)
- Steakhouse Burger (blue cheese crumbles contain coconut oil; Beyond patty contains coconut oil, sub black-bean patty or grilled tempeh)
- The VG Classic (American "cheese" contains coconut oil; Beyond patty contains coconut oil, sub black-bean patty or grilled tempeh)
- BLT Avocado Croissant (croissant contains coconut oil; bacon contains coconut oil)
- Reuben on Rye (smoked gouda "cheese" contains coconut oil)
- Tuna Melt (VG cheese contains coconut oil)

KIDS' MEALS

- Kids Quesadilla ("cheese" contains coconut oil, cannot be substituted)
- Kids Mac + Cheese (VG cheese sauce contains coconut oil, cannot be substituted)

DESSERTS

- Belgian Chocolate Cake (contains coconut oil)

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SOY-FREE OPTIONS

Please modify as indicated in parenthesis when ordering. See our standard menu for a full description of each item.

STARTERS + SIDES

- Roasted Garlic Broccoli
- Crispy Cauliflower (order without buffalo sauce or orange glaze)
- Crispy Fries (order without chipotle aioli)
- Sweet Potato Fries (order without chipotle aioli)
- Greek Chickpea Salad
- Pesto Pasta Salad
- Moroccan Lentil Soup

SOY-FREE PROTEINS

- Beyond Burger Patty

BOWLS

- 7-Layer Bowl (order without chipotle crema)

SALADS

- Catalina Taco Salad (order without Impossible meat crumbles)
- Classic Romaine Caesar (order without Caesar dressing)
- Kale Caesar (order without Caesar dressing)
- Kale + Quinoa Power Salad
- **Soy-free Dressings:** Lemon-Mango Vinaigrette, Chipotle Dressing

BURGERS + SANDWICHES

- The VG Classic (brioche bun contains soybean oil- sub wheat bun; order without special sauce)
- House Veggie Burger (order without chipotle aioli; order without black-bean patty, sub Beyond patty)

KIDS' MEALS

- Kids Quesadilla (sub corn tortilla for flour tortilla)
- Kids Veggie Burger
- Kids Celery + Carrots (order without ranch)
- Kids Crispy or Sweet Potato Fries

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GLUTEN-FRIENDLY OPTIONS

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STARTERS + SIDES

- Roasted Garlic Broccoli
- Southwestern Nachos
- Crispy Fries
- Sweet Potato Fries
- Greek Chickpea Salad
- Moroccan Lentil Soup

GLUTEN-FRIENDLY PROTEINS

- Impossible Taco Crumbles
- Beyond Burger Patty
- Grilled Tempeh

BOWLS

- Masala Curry Bowl
- Far East Bowl w/ Grilled Tempeh
- 7-Layer Bowl

SALADS

- Catalina Taco Salad
- Classic Romaine Caesar (order without flatbread croutons)
- Kale Caesar (order without flatbread croutons)
- Kale + Quinoa Power Salad
- **Gluten-free Dressings:** Caesar Dressing, Lemon-Mango Vinaigrette, Chipotle Dressing, Ranch

BURGERS

- Double BBQ Mac Burger (no mac-n-cheese; sub GF bun or lettuce style)
- House Veggie Burger (sub black-bean patty for Beyond or tempeh; sub GF bun or lettuce style)
- Steakhouse (sub GF bun or lettuce style)
- The VG Classic (sub GF bun or lettuce style)

KIDS' MEALS

- Kids Quesadilla (sub corn tortilla for flour tortilla)
- Kids Veggie Burger (substitute GF bun)
- Kids Celery + Carrots
- Kids Crispy or Sweet Potato Fries

DESSERTS

- Chocolate Pudding Parfait (order without cookie crumbles)

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GARLIC-FREE OPTIONS

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STARTERS + SIDES

- Crispy Cauliflower (order with buffalo sauce, orange glaze contains garlic)
- Crispy Fries
- Greek Chickpea Salad
- Sweet Potato Fries

SALADS

- Catalina Taco Salad (order without Impossible taco meat; order without black beans)
- Classic Caesar Salad (order without flatbread croutons and Caesar dressing)
- Kale Caesar (order without flatbread croutons and Caesar dressing)
- Kale + Quinoa Power Salad (order without lemon-mango vinaigrette)
- **Garlic-free Dressing:** Chipotle Dressing

BURGERS + SANDWICHES

- House Veggie Burger
- Steakhouse Burger
- The VG Classic
- BLT Avocado Croissant

KIDS' MEALS

- Kids Veggie Burger
- Kids Quesadilla
- Kids Celery + Carrots (order without ranch)
- Kids Crispy or Sweet Potato Fries

DESSERTS

- Carrot Cake
- Chocolate Chip Cookies
- Chocolate Pudding Parfait

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