

Common Allergy Quick Reference Guide

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

Salads	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Catalina Taco Salad	•		•		•	•
Chinese Chick'n Salad	•	•	•	•	•	•
Classic Romaine Caesar	•	•	•		•	
Power Greens Caesar	•	•	•		•	
Super Greens + Quinoa Salad			•	•	•	
Dressings	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Caesar Dressing	•		•		•	
Chipotle Dressing						
Mango-Lemon Vinaigrette			•			
Sesame Dressing	•		•		•	

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
Chickpea Curry Bowl	•		•		•	
Chipotle Ranchero Bowl	•		•			
Far East Bowl w/ Grilled Tempeh	•		•			•
Far East Bowl w/ Sesame Chick'n	•	•	•		•	•
Harvest Bowl	•		•		•	
Korean Kimchi Beef 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	•	•	•		•	•
Crispy Buffalo Chick'n	•	•	•		•	
Grilled Chick'n Wrap	•	•	•		•	
Reuben on Rye	•	•	•		•	•
Santa Fe Chick'n	•	•	•		•	•
Spicy Crabcake Sandwich	•	•	•		•	

Kids Meals	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Kids Crispy Chick'n 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*)

SALADS

- Chinese Chick'n Salad (order without candied sesame almonds)
- Super Greens + Quinoa Salad (order without toasted almonds)

DESSERTS

- Carrot Cake (contains walnuts, cannot remove)

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

STARTERS + SIDES

- 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)
- Crispy Cauliflower (order without sesame seeds; buffalo sauce contains sunflower oil)
- Japanese Katsu-style Sliders (sauce contains flaxseed oil, sesame seeds and sesame oil; Impossible sliders contain sunflower 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)
- Side Salad (order without sunflower seeds)
- Southwestern Nachos (VG cheese sauce contains sunflower and flaxseed oil; Impossible taco meat contains sunflower oil)
- Two Taco Plate (jalapeno slaw contains flaxseed oil)

BOWLS

- Chickpea Curry Bowl (turmeric cauliflower contains sunflower and flaxseed oil)
- Far East Bowl (no sesame crusted chick'n, sub grilled tempeh)
- Harvest Bowl (turmeric cauliflower contains sunflower and flaxseed oil)
- Korean Kimchi Beef Bowl (power greens contain sesame dressing; bulgogi beef contains sesame seeds and sesame oil)

SALADS

- Catalina Taco Salad (Impossible taco meat contains sunflower oil)
- Chinese Chick'n Salad (order without sesame dressing; candied almonds contain sesame)
- Classic Romaine Caesar (Parmesan contains sunflower oil; Caesar dressing contains flaxseed and sunflower oil)
- Power Greens Caesar (Parmesan contains sunflower oil; Caesar dressing contains flaxseed and sunflower oil)
- Super Greens + Quinoa Salad (order without 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; bacon contains sunflower oil)
- Crispy Buffalo Chick'n (buffalo sauce contains sunflower and flaxseed oil; ranch contains flaxseed oil)
- Grilled Chick'n Wrap (chick'n contains sunflower oil; southwest mayo 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)
- Spicy Crabcake Sandwich (Cajun devil sauce contains flaxseed oil and sunflower oil)

KIDS' MEALS

- Kids Celery + Jicama (ranch contains flaxseed oil)
- Kids Crispy Chick'n (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 black bean mushroom patty)

DESSERTS

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

Continued next page...

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ITEMS WITH SEEDS OR NUTS CONTINUED...

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ITEMS CONTAINING COCONUT

STARTERS + SIDES

- Japanese Katsu-style Sliders (Impossible sliders contain coconut oil)
- Mac + Cheese (VG cheese sauce contains coconut oil, cannot be substituted)
- Southwestern Nachos (VG cheese sauce contains coconut oil, cannot be substituted; Impossible taco meat contains coconut oil)

BOWLS

- Far East Bowl (cilantro green curry sauce contains coconut milk)

SALADS

- Catalina Taco Salad (Impossible taco meat contains coconut oil)
- Chinese Chick'n Salad (chick'n 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)
- BLT Avocado Croissant (croissant contains coconut oil; bacon contains coconut oil)
- Grilled Chick'n Wrap (chick'n contains coconut oil)
- Reuben on Rye (smoked gouda "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

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STARTERS + SIDES

- Crispy Cauliflower (order without buffalo sauce or orange glaze)
- Crispy Fries (order without chipotle aioli)
- Moroccan Lentil Soup
- Pesto Pasta Salad
- Side Salad
- Sweet Potato Fries (order without chipotle aioli)

SOY-FREE PROTEINS

- Beyond Burger Patty

BOWLS

- Chickpea Curry Bowl (order without turmeric cauliflower)
- Chipotle Ranchero Bowl (order without roasted mushrooms)
- Harvest Bowl (order without turmeric cauliflower and roasted mushrooms)

SALADS

- Catalina Taco Salad (order without Impossible taco meat)
- Classic Romaine Caesar (order without Caesar dressing)
- Power Greens Caesar (order without Caesar dressing)
- Super Greens + Quinoa Power Salad
- **Soy-free Dressings:** Mango-Lemon 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 mushroom patty, sub Beyond patty)

KIDS' MEALS

- Kids Quesadilla (sub corn tortilla for flour tortilla)
- Kids Veggie Burger (brioche bun contains soybean oil- sub wheat bun)
- Kids Celery + Jicama (order without ranch)
- Kids Crispy or Sweet Potato Fries

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GLUTEN-FRIENDLY OPTIONS

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

STARTERS + SIDES

- Crispy Fries
- Moroccan Lentil Soup
- Side Salad
- Southwestern Nachos
- Sweet Potato Fries

GLUTEN-FRIENDLY PROTEINS

- Impossible Taco Meat
- Beyond Burger Patty
- Grilled Tempeh

BOWLS

- Chickpea Curry Bowl
- Chipotle Ranchero Bowl
- Far East Bowl w/ Grilled Tempeh
- Harvest Bowl

SALADS

- Catalina Taco Salad
- Chinese Chick'n Salad (order without chick'n)
- Classic Romaine Caesar (order without flatbread croutons)
- Power Greens Caesar (order without flatbread croutons)
- Super Greens + Quinoa Salad
- **Gluten-free Dressings:** Caesar Dressing, Chipotle Dressing, Mango- Lemon Vinaigrette, Ranch

BURGERS

- Double BBQ Mac Burger (order without mac-n-cheese; sub GF bun or lettuce style)
- House Veggie Burger (sub black-bean patty for Beyond; sub GF bun or lettuce style)
- Steakhouse Burger (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 + Jicama
- 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
- Side Salad (sub mango-lemon vinaigrette for chipotle dressing)
- 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)
- Power Greens Caesar (order without flatbread croutons and Caesar dressing)
- Super Greens + Quinoa Salad (order without mango- lemon vinaigrette)
- **Garlic-free Dressing:** Chipotle Dressing

BURGERS + SANDWICHES

- House Veggie Burger
- Steakhouse Burger (order without caramelized onions)
- The VG Classic
- BLT Avocado Croissant

KIDS' MEALS

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

DESSERTS

- Belgian Chocolate Cake
- Carrot Cake
- Chocolate Chip Cookies
- Chocolate Pudding Parfait

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