

# Common Allergy Quick Reference Guide



SHARES & SIDES	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Buffalo Tenders	●	●	●		●	
Chick'n Tenders	●	●	●		●	
Crispy Cauliflower	●	●	●		●	
Fries + Ketchup						
Fries + Chipotle Aioli	●				●	
Housemade Lentil Soup			●			
Mac + Cheese	●	●	●		●	●
Truffle Mac + Cheese	●	●	●	●	●	●

Mas Veggies	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
Baja Fish Tacos	●	●			●	
Loaded Burrito	●	●	●		●	●
Smokey Asada Mushroom Tacos	●				●	
Southwestern Nachos	●		●		●	●
Steak Fajita Quesadilla	●	●	●		●	●

SALADS	Soy	Gluten	Garlic	Tree Nuts	Seeds	Coconut
All Hail Kale				●		
Buffalo Chick'n Salad	●	●	●		●	●
Caesar Crunch Salad	●	●	●	●	●	
Sesame Tofu Supergreens	●		●	●	●	

**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.

<b>DRESSINGS</b>	<b>Soy</b>	<b>Gluten</b>	<b>Garlic</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Coconut</b>
Caesar Dressing	●		●		●	
Chili-Cashew Dressing	●		●	●		
Mango-Lemon Vinaigrette						
Ranch Dressing	●		●		●	
Sesame Dressing	●		●		●	

<b>BOWLS</b>	<b>Soy</b>	<b>Gluten</b>	<b>Garlic</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Coconut</b>
Cali Tempeh Power Bowl	●	●	●	●	●	
Far East Thai Chick'n	●	●	●		●	●
Kimchi "Steak" Bowl	●	●	●		●	
Ranchero Bean Fiesta	●		●		●	●
Sonoran Bowl w/ Mushrooms	●		●		●	
Sonoran Bowl w/ Beyond Steak	●	●	●		●	

<b>BURGERS</b>	<b>Soy</b>	<b>Gluten</b>	<b>Garlic</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Coconut</b>
Steakhouse Burger	●	●	●		●	●
Sunshine Kimchi Burger	●	●	●		●	
Ultimate Mushroom Veggie Burger	●	●				●
VG Classic	●	●			●	●

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<b>SANDWICHES &amp; WRAPS</b>	<b>Soy</b>	<b>Gluten</b>	<b>Garlic</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Coconut</b>
Banh Mi Sandwich	●	●	●		●	
Buffalo Bomber	●	●	●		●	
Pesto Chick'n Parm Sandwich	●	●	●	●	●	●
Santa Fe Chick'n	●	●	●		●	
Buffalo Blitz Wrap	●	●	●		●	
Caesar Crunch Wrap	●	●	●	●	●	
Cali Chick'n Wrap	●	●	●		●	

<b>KIDS MENU</b>	<b>Soy</b>	<b>Gluten</b>	<b>Garlic</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Coconut</b>
Kids Burger	●	●			●	●
Kids Cheese Quesadilla	●	●				●
Kids Chick'n Tenders	●	●	●		●	
Kids Mac + Cheese	●	●	●		●	●

<b>DESSERTS</b>	<b>Soy</b>	<b>Gluten</b>	<b>Garlic</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Coconut</b>
Belgian Chocolate Cake	●	●			●	●
Carrot Cake	●	●		●	●	
Chocolate Chip Cookies	●	●				

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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, Cashews, Walnuts)

#### SHARES

- Truffle Mac + Cheese (order without almond Parmesan)

#### SALADS

- All Hail Kale (order without agave roasted walnuts)
- Caesar Crunch Salad (order without almond Parmesan)
- Sesame Tofu Supergreens (order without candied almonds and chili-cashew dressing)

#### BOWLS

- Cali Power Bowl (order without toasted almonds)

#### SANDWICHES

- Pesto Chick'n Parm Sandwich (order without basil-cashew pesto and almond Parmesan)

#### DESSERTS

- Carrot Cake (contains walnuts, cannot remove)

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

#### SHARES + SIDES

- Buffalo Tenders (tenders contains sunflower oil; buffalo sauce contains sunflower oil; ranch contains flaxseed oil)
- Chick'n Tenders (tenders contains sunflower oil; buffalo sauce contains sunflower oil; ranch contains flaxseed oil)
- Crispy Cauliflower (buffalo sauce contains sunflower oil)
- Crispy Fries (chipotle aioli contains flaxseed oil, order with ketchup)
- Mac + Cheese (cheese sauce contains sesame oil)
- Truffle Mac + Cheese (cheese sauce contains sesame oil)

#### MAS VEGGIES

- Baja Fish Tacos (jalapeno slaw contains flaxseed oil)
- Loaded Burrito (taco meat contain sunflower oil)
- Smokey Asada Mushroom Tacos (baja sauce contains flaxseed oil)
- Steak Fajita Quesadilla (cheese contains sunflower and flaxseed oil; steak contains sunflower oil)
- Southwestern Nachos (cheese sauce contains sesame oil; taco meat contain sunflower oil)

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## ITEMS WITH SEEDS OR NUTS CONTINUED...

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 SEEDS (Flax, Sesame, Pumpkin & Sunflower Seeds)

#### SALADS

- Buffalo Chick'n Salad (tenders contains sunflower oil; buffalo sauce contains sunflower oil; ranch contains flaxseed oil)
- Caesar Crunch Salad (Caesar dressing contains flaxseed and sunflower oil)
- Sesame Tofu Supergreens (order without sesame seeds)

#### BOWLS

- Cali Tempeh Power Bowl (order without pepitas; ancient grains contain flaxseed and sunflower oil; sesame gochu sauce contains sesame oil)
- Far East Thai Chick'n (no sesame chick'n, sub grilled tempeh)
- Kimchi "Steak" Bowl (power greens contain sesame dressing; bulgogi beef contains sesame seeds and sesame oil; sesame gochu sauce contains sesame oil)
- Ranchero Bean Fiesta (taco meat crumbles contain sunflower oil; cheese sauce contains sesame oil; order without pepitas)
- Sonoran Bowl (ancient grains contain flaxseed and sunflower oil; steak contains sunflower oil)

#### BURGERS + SANDWICHES + WRAPS

- Banh Mi Sandwich (dijonnaise contains flaxseed oil)
- Buffalo Bomber (buffalo sauce contains sunflower and flaxseed oil; ranch contains flaxseed oil)
- Buffalo Blitz Wrap (buffalo sauce contains sunflower and flaxseed oil; ranch contains flaxseed oil)
- Caesar Crunch Wrap (Caesar dressing contains flaxseed and sunflower oil)
- Cali Chick'n Wrap (chick'n contains mustard seed; dijonnaise contains flaxseed oil)
- Pesto Chick'n Parm Sandwich (cheese sauce contains sesame oil)
- Santa Fe Chick'n (southwest mayo contains flaxseed oil)
- Steakhouse Burger (Beyond patty contains sunflower oil; horseradish aioli contains flaxseed oil)
- Sunshine Kimchi Burger (Beyond patty contains sunflower oil; Yo Egg! contains sunflower oil)
- Ultimate Burger (special sauce contains flaxseed oil)
- VG Classic Burger (Beyond patty contains sunflower oil; special sauce contains flaxseed oil)

#### DESSERTS

- Carrot Cake (frosting contains sunflower oil)

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## ITEMS WITH SEEDS OR NUTS CONTINUED...

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

#### KIDS' MEALS

- Kids Burger (Beyond patty contains sunflower oil)
- Kids Chick'n Tenders (chick'n contains sunflower oil; ranch sauce contains flaxseed oil)
- Kids Mac & Cheese (cheese sauce contains sesame oil, cannot be substituted)

#### DESSERTS

- Belgian Chocolate Cake (contains sunflower oil)
- Carrot Cake (frosting contains sunflower oil)

### ITEMS CONTAINING COCONUT

#### SHARES + SIDES

- Truffle Mac + Cheese (cheese sauce contains coconut oil, cannot be substituted)
- Mac + Cheese (cheese sauce contains coconut oil, cannot be substituted)

#### MAS VEGGIES

- Loaded Burrito (pepper jack cheese contains coconut oil; taco meat contain coconut oil)
- Steak Fajita Quesadilla (cheese contains coconut oil)
- Southwestern Nachos (queso sauce contains coconut oil, cannot be substituted; taco meat contain coconut oil)

#### SALADS

- Buffalo Chick'n Salad (blue cheese crumbles contains coconut oil)

#### BOWLS

- Far East Thai Chick'n (cilantro green curry sauce contains coconut milk)
- Ranchero Bean Fiesta (coconut-lime drizzle contains coconut milk)

#### BURGER + SANDWICHES

- Pesto Chick'n Parm Sandwich (cheese sauce contains coconut oil)
- Steakhouse Burger (blue cheese crumbles contain coconut oil; Beyond patty contains coconut oil)
- Ultimate Burger (American cheese contains coconut oil)
- VG Classic Burger (American cheese contains coconut oil; Beyond patty contains coconut oil)

#### KIDS' MEALS

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

### SHARES + SIDES

- Crispy Cauliflower (order without buffalo sauce or orange glaze)
- Golden Fries (order without chipotle aioli)
- Housemade Lentil Soup
- Sweetheart Fries (order without chipotle aioli)

### SALADS

- All Hail Kale
- Caesar Crunch Wrap (order without Caesar dressing)
- **Soy-free Dressings:** Mango-Lemon Vinaigrette

### SOY-FREE PROTEINS

- Beyond Burger Patty
- Beyond Steak

### BURGERS

- The VG Classic (brioche bun contains soybean oil- sub gluten-free bun; order without special sauce)

### KIDS' MEALS

- Kids Burger (brioche bun contains soybean oil- sub gluten-free bun)
- Kids Quesadilla (flour tortilla contains soybean oil- sub corn tortilla)
- Kids Crispy or Sweet Potato Fries w/ ketchup

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## GLUTEN-FRIENDLY OPTIONS

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### SIDES

- Golden Fries
- Housemade Lentil Soup
- Sweetheart Fries

### MAS VEGGIES

- Smokey Asada Mushroom tacos
- Southwestern Nachos

### SALADS

- All Hail Kale
- Caesar (order without croutons)
- Sesame Tofu Supergreens
- **Gluten-free Dressings:** Caesar Dressing, Chili-Cashew Dressing, Mango Vinaigrette, Ranch, Sesame Dressing

### BOWLS

- Cali Tempeh Power Bowl
- Far East Thai Chick'n (order with grilled tempeh)
- Ranchero Bean Fiesta
- Sonoran Bowl (Beyond Steak contains gluten, order with asada mushrooms)

### BURGERS

- Sunshine Kimchi Burger (sub gluten-free bun or lettuce style)
- Steakhouse Burger (sub gluten-free bun or lettuce style)
- Ultimate Burger (sub gluten-free bun or lettuce style)
- VG Classic Burger (sub gluten-free bun or lettuce style)

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## GARLIC-FREE OPTIONS

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### STARTERS + SIDES

- Crispy Cauliflower (order with buffalo sauce, orange glaze contains garlic)
- Golden Fries (order with ketchup, chipotle contains garlic)
- Mac + Cheese
- Sweetheart Fries (order with ketchup, chipotle contains garlic)

### SALADS

- All Hail Kale
- Caesar Crunch Salad (order without croutons and Caesar dressing)
- **Garlic-free Dressings:** Mango-Lemon Vinaigrette

### BURGERS

- Steakhouse Burger (order without caramelized onions)
- Ultimate Burger
- VG Classic Burger

### DESSERTS

- Belgian Chocolate Cake
- Carrot Cake
- Chocolate Chip Cookies

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