



Allergen Information

Due to the handcrafted nature of our food, variations in our supplier ingredients, and our use of shared cooking and preparation areas, we cannot ensure that our food is free from any allergens. We prepare our foods following procedures to prevent allergen cross-contact, but products containing dairy, soy, wheat and egg are all made in our stores.

SMOOTHIES	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	
Acai Energy							GF
Bangin' Berry							GF
Caribbean Craze							GF
Cookie Dough	✓	✓					GF
Jamaican Jammer	✓						GF
Mango Me Crazy							GF
Maui Mango							GF
Oh Kale!							GF
Orange Sunrise	✓						GF
Peach on the Beach	✓						GF
Peanut Butter Protein	✓	✓		✓			GF
Purple Reign							GF
Super Red	✓						GF
Tropical Therapy			✓				GF
Wild Strawberry							GF
SALADS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	
Buffalo Chicken	✓	✓			✓	✓	
Grilled Chicken Caesar	✓	✓			✓	✓	
Roadhouse BBQ Chicken	✓	✓			✓	✓	
Strawberry & Kale	✓	✓	✓		✓	✓	
SW Chipotle Chicken	✓	✓			✓	✓	
The Greek	✓	✓			✓	✓	

RICE BOWLS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	
Buffalo	✓						
Cajun	✓						
Florence	✓						
KC BBQ	✓						
Classic Hummus	✓						✓
Mexican	✓						
Spicy Korean BBQ		✓			✓	✓	
Power Protein	✓					✓	
CREPES	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	
Buffalo Chicken	✓	✓			✓	✓	
Chicken Caesar	✓	✓			✓	✓	
Chipotle Ranch Turkey Melt	✓	✓			✓	✓	
Honey Mustard	✓	✓			✓	✓	
Hummus	✓	✓			✓	✓	✓
Pepperoni Pizza	✓	✓			✓	✓	
Pesto Chicken	✓	✓	✓		✓	✓	
Raspberry Chicken	✓	✓	✓		✓	✓	
Southwest	✓	✓			✓	✓	
Denver w/Sausage	✓	✓			✓	✓	
Denver w/Turkey	✓	✓			✓	✓	
Denver w/Bacon	✓	✓			✓	✓	
Egg White Florentine	✓	✓			✓	✓	
Sausage & Egg	✓	✓			✓	✓	
Cheesecake Supreme	✓	✓	✓		✓	✓	✓
Nutella Supreme	✓	✓	✓		✓	✓	✓
Mac & Cheese	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	
BBQ Bacon Cheddar	✓				✓		
Italiano	✓				✓		
Spicy Buffalo	✓				✓		
Four Cheese	✓				✓		✓
Bourbon Street	✓				✓		

Stuffed Baguettes	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	
Po Boy	✓				✓		
Mesquite BBQ	✓				✓		
Wingman	✓				✓		
Chicken Ceasar Salad	✓				✓		
Western Scrambler	✓				✓	✓	
Grilled Flat Breads	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	
Chipotle Chicken Club	✓				✓		
BBQ Bacon Cheddar	✓				✓		
Pesto Chicken	✓		✓		✓		
Sante Fe	✓				✓		
Kale Caesar	✓				✓		

*All Chicken Contains No Antibiotics **EVER!***

2,000 calories a day used for general nutrition advice, but calorie needs vary.

Additional nutritional information is available upon request.

 Gluten Friendly

 Vegetarian