



## 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             | Dairy | Soy | Tree Nut | Peanut | Wheat | Egg | Fish | Icons |
|-----------------------|-------|-----|----------|--------|-------|-----|------|-------|
| Acai Energy           |       |     |          |        |       |     |      | GF    |
| Bangin' Berry         |       |     |          |        |       |     |      | GF ✓  |
| Caribbean Craze       |       |     |          |        |       |     |      | GF ✓  |
| Cookie Dough          | ✓     |     |          |        |       |     |      | GF D  |
| Jamaican Jammer       | ✓     |     |          |        |       |     |      | GF D  |
| Mango Me Crazy        |       |     |          |        |       |     |      | GF ✓  |
| Maui Mango            |       |     |          |        |       |     |      | GF ✓  |
| Orange Sunrise        | ✓     |     |          |        |       |     |      | GF D  |
| Peach on the Beach    | ✓     |     |          |        |       |     |      | GF D  |
| Tropical Therapy      | ✓     |     |          |        |       |     |      | GF ✓  |
| Wild Strawberry       |       |     |          |        |       |     |      | GF ✓  |
| Goin' Green *         |       |     |          |        |       |     |      | GF ✓  |
| Oh Kale! *            |       |     |          |        |       |     |      | GF ✓  |
| Apple Kiwi Kale *     |       |     |          |        |       |     |      | GF ✓  |
| Super Red *           | ✓     |     |          |        |       |     |      | GF D  |
| Peanut Butter Protein | ✓     |     |          | ✓      |       |     |      | GF D  |
| Vegan Power Up        |       |     |          |        |       |     |      | GF ✓  |

Gluten Friendly    
 Dairy    
 /egan

| SALADS                | Dairy | Soy | Tree Nut | Peanut | Wheat | Egg | Fish | Icons |
|-----------------------|-------|-----|----------|--------|-------|-----|------|-------|
| Buffalo Chicken       | ✓     | ✓   |          |        | ✓     | ✓   |      |       |
| Chicken Caesar        | ✓     | ✓   |          |        | ✓     | ✓   | ✓    |       |
| Roadhouse BBQ Chicken | ✓     | ✓   |          |        | ✓     | ✓   |      |       |
| Strawberry & Kale     | ✓     | ✓   | ✓        |        | ✓     | ✓   |      |       |
| SW Chipotle Chicken   | ✓     | ✓   |          |        | ✓     | ✓   |      |       |
| Chicken Avocado Cobb  | ✓     | ✓   |          |        | ✓     | ✓   |      |       |
| RICE BOWLS            | Dairy | Soy | Tree Nut | Peanut | Wheat | Egg | Fish | Icons |
| Buffalo               | ✓     | ✓   |          |        |       |     |      |       |


|                              |              |            |                 |               |              |            |             |   |
|------------------------------|--------------|------------|-----------------|---------------|--------------|------------|-------------|---|
| Baja Queso                   | ✓            | ✓          |                 |               |              |            |             |   |
| Florence                     | ✓            | ✓          |                 |               |              |            |             |   |
| KC BBQ                       | ✓            | ✓          |                 |               |              |            |             |   |
| Mexican                      | ✓            | ✓          |                 |               |              |            |             |   |
| Spicy Korean BBQ             |              | ✓          |                 |               | ✓            | ✓          |             |   |
| Power Protein                | ✓            | ✓          |                 |               |              | ✓          |             |   |
| Cajun (W.Coast) *            | ✓            | ✓          |                 |               |              |            |             |   |
| <b>Grilled FLATBREADS</b>    | <b>Dairy</b> | <b>Soy</b> | <b>Tree Nut</b> | <b>Peanut</b> | <b>Wheat</b> | <b>Egg</b> | <b>Fish</b> | <b>Icons</b>  |
| Chipotle Chicken Club        | ✓            | ✓          |                 |               | ✓            |            |             |   |
| BBQ Bacon Cheddar            | ✓            | ✓          |                 |               | ✓            |            |             |   |
| Pesto Chicken                | ✓            | ✓          | ✓               |               | ✓            |            |             |   |
| Sante Fe                     | ✓            | ✓          |                 |               | ✓            |            |             |   |
| Kale Caesar                  | ✓            | ✓          |                 |               | ✓            | ✓          | ✓           |   |
| Tomato Cheese & Basil *      | ✓            |            |                 |               | ✓            |            |             |    |
| <b>TOASTED WRAPS</b>         | <b>Dairy</b> | <b>Soy</b> | <b>Tree Nut</b> | <b>Peanut</b> | <b>Wheat</b> | <b>Egg</b> | <b>Fish</b> | <b>Icons</b>  |
| Super Green                  | ✓            | ✓          |                 |               | ✓            | ✓          | ✓           |   |
| Diablo Chicken               | ✓            | ✓          |                 |               | ✓            |            |             |   |
| Chicken Avocado              | ✓            | ✓          |                 |               | ✓            |            |             |   |
| Mexicana                     | ✓            | ✓          |                 |               | ✓            |            |             |   |
| Spinach Pesto                | ✓            | ✓          | ✓               |               | ✓            |            |             |   |
| Tomato Cheese & Basil *      | ✓            |            |                 |               | ✓            |            |             |  |
| <b>Artisan Melts</b>         | <b>Dairy</b> | <b>Soy</b> | <b>Tree Nut</b> | <b>Peanut</b> | <b>Wheat</b> | <b>Egg</b> | <b>Fish</b> | <b>Icons</b>  |
| Mom's Grilled Cheese w/soup  | ✓            | ✓          |                 |               | ✓            |            |             |  |
| Bacon Grilled Cheese w/soup  | ✓            | ✓          |                 |               | ✓            |            |             |   |
| Chicken Bacon Grilled Cheese | ✓            |            |                 |               | ✓            |            |             |   |
| Chicken Caprese              | ✓            |            |                 |               |              |            |             |   |
| Buffalo                      | ✓            | ✓          |                 |               |              |            |             |   |
| Tomato Soup Dipper           | ✓            | ✓          |                 |               | ✓            |            |             |  |


All Chicken Contains No Antibiotics **EVER!**

\* Based on availability

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

Additional nutritional information is available upon request.

 Gluten Friendly

 Vegetarian