





Allergen Information

Due to the handcrafted nature of our food, variations in our supplier ingredients and our use of shared preparation areas, we cannot ensure that our food is free from any allergens. Products containing milk, soy, wheat, egg, tree nuts, peanuts & sesame seeds are all made in our kitchens. There could be other potential allergens not addressed here. Please consult the ingredients on each product prior to consuming.

SMOOTHIES	Milk	Soy	Tree Nuts	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 ✓
Apple Kiwi Kale								GF ✓
Peanut Butter Protein	✓			✓				GF D
Vegan Power Up								GF ✓



GF = Gluten Friendly D = Dairy ✓ = Vegan

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	✓	✓				✓		
Frito Grande	✓	✓				✓		
KC BBQ	✓	✓			✓			
Mexican	✓	✓				✓		
Thai Chicken*		✓			✓			
Power Protein	✓	✓				✓		
Meatless Mexican	✓					✓		

Grilled FLATBREADS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Chipotle Chicken Club	✓	✓			✓	✓		
BBQ Bacon Cheddar	✓	✓			✓			
Pesto Chicken	✓	✓	✓		✓			
Sante Fe	✓	✓			✓	✓		
Nashville Hot!	✓	✓			✓			

TOASTED WRAPS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Super Green	✓	✓			✓	✓	✓	
Thai Chicken*		✓			✓			
Chicken Avocado	✓	✓			✓	✓		
Mexicano	✓	✓			✓	✓		
Spinach Pesto	✓	✓	✓		✓			

Artisan Melts	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
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!**

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

Additional nutritional information is available upon request.

* Contains sesame seeds

