



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 Dairy, soy, wheat, egg, tree nuts, peanuts and sesame 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	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Icons
Açaí Energy								GF
Bangin' Berry								GF
Caribbean Craze								GF
Banana Berry	✓							GF
Mango Me Crazy								GF
Maui Mango								GF
Orange Sunrise	✓							GF
Peach on the Beach	✓							GF
Tropical Therapy								GF
Wild Strawberry								GF
Goin' Green								GF
Super C Immune Support	✓							GF
Berry Burn								GF
Peanut Butter Protein	✓			✓				GF
Super Fuel	✓							GF
ACAI BOWLS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Icons
Acai Banana Berry								
Acai Peanut Butter				✓				

= Gluten Friendly = Dairy Vegan

SALADS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Buffalo Chicken	✓	✓			✓	✓		
Chicken Caesar	✓	✓			✓	✓		
Roadhouse BBQ Chicken	✓	✓			✓	✓		
Strawberry & Kale	✓	✓	✓		✓	✓		
SW Chipotle Chicken	✓	✓			✓	✓		
Chicken Avocado Cobb	✓	✓			✓	✓		

Crepe shell contains egg, Dairy, wheat. Some locations do not serve in a crepe shell.

RICE BOWLS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Buffalo	✓	✓				✓		
Baja Queso	✓	✓				✓		
Thai Chicken (Peanut Free)		✓			✓		✓	
KC BBQ	✓	✓			✓			
Mexican	✓	✓				✓		
Frito Grande	✓	✓				✓		
Power Protein	✓	✓				✓		
Meatless Mexican	✓	✓				✓		
Grilled FLATBREADS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Chipotle Chicken Club	✓	✓			✓	✓	✓	
BBQ Bacon Chicken	✓	✓			✓		✓	
Pesto Chicken	✓	✓	✓		✓		✓	
Sante Fe	✓	✓			✓	✓	✓	
Nashville Hot!	✓	✓			✓	✓	✓	
ARTISAN MELTS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Mom's Grilled Cheese w/soup	✓				✓	✓		
Bacon Grilled Cheese w/soup	✓	✓			✓	✓		
Chicken Bacon Grilled Cheese	✓	✓			✓	✓		
Chicken Caprese	✓	✓			✓	✓		
Buffalo	✓	✓			✓	✓		
Tomato Soup Dipper	✓							
CRUNCHADILLAS	Dairy	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Chicken Bacon Ranch	✓	✓			✓	✓		
The Cowboy	✓	✓			✓			
On the Border	✓	✓			✓	✓		
Supreme	✓	✓			✓	✓		
Chicken Avocado	✓	✓			✓	✓		
DRESSINGS & SAUCES	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Farm House Ranch	✓	✓				✓		
Buffalo Ranch	✓	✓				✓		
Chipotle Ranch	✓	✓				✓		
Roadhouse BBQ Ranch	✓	✓			✓	✓		
Avocado Lime Ranch	✓	✓				✓		

Asian Thai		✓			✓		✓	
Casesar	✓	✓				✓		
Strawberry Vinaigrette		✓						
Nashville Hot Sauce		✓				✓		

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 Free



Vegetarian



Peanut Free