



## 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	Other
Açaí Energy								GF
Bangin' Berry								GF
Caribbean Craze								GF
Lime Berry	✓							GF
Lucky 7								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	✓							GF
Berry Burn								GF
Peanut Butter Protein	✓			✓				GF
Super Fuel	✓							GF

ACAI BOWLS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Pure Life		✓						
Nutty Bowl		✓	✓					
Aloha Bowl		✓						
Açaí Power		✓		✓				

= Gluten Free = Dairy : Vegan

SALADS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Caesar	✓				✓	✓		fish ✓
Harvest	✓		✓					✓
SW Chipotle	✓	✓				✓		✓
Avocado Cobb	✓	✓				✓		
Some locations serve in a Crepe shell which contains dairy, wheat, egg.								
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	✓				✓			✓
TOASTED WRAPS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Chicken Avocado	✓	✓			✓	✓		
Hot Honey Mustard	✓	✓			✓			
Mexicano	✓	✓			✓	✓		
BBQ Jerk Chicken	✓	✓			✓			
CBR	✓	✓			✓	✓		

DESSERTS & SAUCES	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Other
Farm House Ranch	✓	✓				✓		
Buffalo Ranch	✓	✓				✓		
Chipotle Ranch	✓	✓				✓		
Asian Thai Dressing		✓			✓			
Avocado Lime Ranch	✓	✓				✓		
Balsamic Vinaigrette								
Casesar	✓	✓				✓		fish
BBQ Jerk Sauce		✓			✓			
Nashville Hot Sauce		✓						
Hot Honey Mustard								mustard seed
Queso Cheese Sauce	✓							may contain sesame

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