



Allergen Information

Due to the handcrafted nature of our food, variations in our supplier ingredients, and our use of shared preparation areas and equipment, we cannot ensure that our food is free from any allergens. Products containing milk, soy, wheat, egg, tree nuts, peanuts, sesame, and gluten in our kitchens. There could be other allergens not listed here. Please consult an onsite Flip Kitchen Manager before ordering.

SMOOTHIES	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Açaí Energy								
Bangin' Berry								
Caribbean Craze								
Lime Berry	✓							DAIRY
Lucky 7								
Mango Me Crazy								
Maui Mango								
Orange Sunrise	✓							DAIRY
Peach on the Beach	✓							DAIRY
Tropical Therapy								
Wild Strawberry								
Goin' Green								
Super C Immune Support	✓							DAIRY
PB Protein	✓			✓				DAIRY
Peanut Butter Cookie	✓			✓				DAIRY
PB & J				✓				

AÇAÍ BOWLS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Pure Life								
Nutty Bowl	✓	✓	✓					
Açaí Power		✓		✓				
Aloha Bowl								

* Granola is produced on the same equipment as products composed of tree nuts and/or tree nut based ingredients.

SALADS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Caesar	✓	✓			✓	✓		fish
Harvest	✓		✓					
SW Chipotle	✓	✓				✓		
Avocado Cobb	✓	✓				✓		

RICE BOWLS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Buffalo	✓	✓				✓		
Baja Queso	✓	✓				✓		
Frito Grande	✓	✓				✓		
KC BBQ	✓	✓						
Mexican	✓	✓				✓		
Thai Chicken		✓			✓		✓	<i>Peanut free</i>
Power Protein	✓	✓				✓		
Meatless Mexican	✓	✓				✓		
Grilled FLATBREADS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Chipotle Chicken Club	✓	✓			✓	✓	✓	
BBQ Bacon Chicken	✓	✓			✓		✓	
Pesto Chicken	✓	✓	✓		✓		✓	
Chicken Bacon Avocado	✓	✓			✓	✓	✓	
Hot Honey Chicken	✓	✓			✓		✓	
TOASTED WRAPS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Chicken Avocado	✓	✓			✓	✓	✓	
Hot Honey Mustard	✓	✓			✓			
Mexicano	✓	✓			✓	✓	✓	
BBQ Jerk Chicken	✓	✓			✓	✓		
CBR	✓	✓			✓		✓	
QUESADILLAS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Classic Cheese	✓				✓			
Chicken	✓	✓			✓			
Santa Fe Chicken	✓	✓			✓			
Buffalo Chicken	✓	✓			✓	✓		
Ranch Dipping Sauce	✓	✓				✓		
CRUNCHADILLAS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Chicken Bacon Ranch	✓	✓			✓	✓		
The Cowboy	✓	✓			✓			
On the Border	✓	✓			✓	✓		
Supreme	✓	✓			✓	✓		
Chicken Avocado	✓	✓			✓	✓		
TOASTED BURRITOS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Landman	✓	✓			✓	✓		
Baja Queso	✓	✓			✓			
Frito Grande	✓	✓			✓			
Power Protein	✓	✓			✓	✓		
Al Pastor	✓	✓			✓			

ARTISAN MELTS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Mom's Grilled Cheese w/soup	✓				✓	✓		
Bacon Grilled Cheese w/soup	✓				✓	✓		
Chicken Bacon Grilled Cheese	✓	✓			✓	✓		
Chicken Caprese	✓	✓			✓	✓		
Buffalo	✓	✓			✓	✓		
Tomato Soup Dipper	✓				✓			
SMASHED AVOCADO TOAST	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Classic Smash	✓				✓			
Avocado Club					✓			
Fiesta	✓				✓	✓		
Caesar Smash	✓	✓			✓	✓		fish
POCKET DIPPERS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Pocket Dippers	✓	✓			✓	✓		
Boom Sauce	✓	✓				✓		
Chipotle Ranch	✓	✓				✓		
Garlic Sauce	✓	✓						
Cilantro Lime	✓	✓				✓		
Smokey Honey BBQ	✓	✓				✓		
Mango Tajin	✓							

BREAKFAST POCKETS	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Bacon, Egg & Cheese	✓				✓	✓		
Sausage, Egg & Cheese	✓	✓			✓	✓		
Southwest					✓	✓		
Florentine	✓				✓	✓		
BREAKFAST SANDWICHES	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Misc.
Classic	✓				✓	✓		
Sausage	✓	✓			✓	✓		

DRESSINGS & SAUCES	Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame	Other
Farm House Ranch	✓	✓				✓		
Buffalo Ranch	✓	✓				✓		
Chipotle Ranch	✓	✓				✓		
Avocado Lime Ranch	✓	✓				✓		
Balsamic Vinaigrette								GF

Casesar Dressing		✓				✓		fish
Hot Honey Mustard								mustard seed
Sweet Baby Ray's BBQ Sauce								
Queso Cheese Sauce	✓							may contain sesame