

## ALLERGEN INFORMATION

Bowl	Dairy	Nut	Soy	Egg	Gluten	Sesame
The Rancher	•		•	•		
The Farmside	•	•				
The Farm Caesar	•		•	•		
The Local Farmer	•	•				
The G.O.A.T.	•	•				
The Root Veggie Bowl		•	•			•
Grain Silo	•		•			
The Pitchfork	•		•			•
Kale & Quinoa	•					•
Carolina Bowl	•		•	•		

Dressings	Dairy	Nut	Soy	Egg	Gluten	Sesame
Balsamic Vinaigrette						
Basil Pesto	•					
Caesar	•			•		
Cilantro Lime						
Honey Ginger		•	•			•
Honey Sriracha	•					
Lemon Basil						
Lemon Tahini						•
Mediterranean Vinaigrette						
Spicy Jalapeño	•		•	•		
Carolina BBQ Sauce						
Sweet & Tangy Ranch	•		•	•		

Extras	Dairy	Nut	Soy	Egg	Gluten	Sesame
Mac and Cheese	•			•	•	
Grilled Cheese	•				•	
Chocolate Chip Cookie	•			•	•	
Salted Caramel Cookie	•			•	•	
Gluten-Free Cookie				•		
Sourdough Bread					•	

Kid's Meals (Main Item)	Dairy	Nut	Soy	Egg	Gluten	Sesame
Baked Nuggets	•		•	•	•	
Grilled Nuggets			•			
Grilled Cheese	•				•	
Little Farmer Bowl						
Mac and Cheese	•			•	•	

## BOWLS

### Dairy:

- Rancher (choose cilantro lime and not spicy jalapeño, remove honey sriracha and feta)
- Farm Caesar
- Pitchfork (remove cheese)
- The G.O.A.T. (remove cheese)
- The Farmside (remove cheese)
- Kale & Quinoa (remove cheese and basil pesto)
- Grain & Silo (remove cheese)
- The Local Farmer (remove cheese)
- Carolina Bowl (remove cheese, sweet & tangy ranch and cornbread croutons)

### Tree Nut or Peanut:

- The Root Veggie
- The G.O.A.T.- (remove almonds)
- The Farmside- (remove almonds)
- The Local Farmer (remove pecans)

### Eggs:

- Farm Caesar (caesar dressing)
- Rancher (spicy jalapeño)
- Carolina Bowl (sweet & tangy ranch and cornbread croutons)

### Sesame:

- Kale and Quinoa (tahini)
- Root Veggie (honey ginger)

### Soy:

- Root Veggie (honey ginger)
- Farm Caesar (chicken breast, caesar dressing)
- Grain Silo (chicken breast)
- Pitchfork (tofu)
- Rancher (spicy jalapeño)
- Carolina Bowl (sweet & tangy ranch)

## DRESSINGS

### Dairy Free:

- Lemon basil, pomegranate vinaigrette, lemon tahini, mediterranean vinaigrette, balsamic vinaigrette, cilantro lime vinaigrette, honey ginger

### Vegan:

- Lemon basil, pomegranate vinaigrette, lemon tahini, balsamic vinaigrette, cilantro lime, Carolina BBQ sauce

### Tree Nuts or Peanuts:

- Honey ginger (peanuts)

### Sesame:

- Honey ginger, lemon tahini

### Soy:

- Honey ginger, caesar, spicy jalapeño, sweet & tangy ranch

### Egg:

- Caesar, spicy jalapeño, sweet & tangy ranch

## EXTRAS/KID'S MEALS

### Gluten:

- Grilled Cheese
- Crispy baked chicken nuggets
- Mac and cheese
- Cookies
- Sourdough bread

### Dairy:

- Grilled Cheese
- Mac and Cheese
- Cookies

### Nuts:

- Salted Caramel Chocolate Chunk cookie

### Soy:

- Crispy baked chicken nuggets