

SUGGESTED STIR-FRY	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SPICY GARLIC	777	186	21	1	0	65	1488	114	6	22	33
SESAME GARLIC	880	406	45	12	0	204	1429	96	19	12	32
SWEET SOY FIVE SPICE	600	219	23	2	0	75	1730	75	6	25	25
GARLIC BUTTER CHICKEN	905	370	40	2	0	65	1852	94	4	7	35
RED COCONUT CURRY (V, GF)	573	241	28	6	0	0	828	73	5	17	11
CHESAPEAKE CRAB	656	156	18	0	0	65	1863	94	4	4	26
THE VEGAN SESAME GARLIC (V)	652	207	23	0	0	0	1413	98	21	12	24
PALEO STIR-FRY (GF)	390	186	21	1	0	60	708	32	6	15	24
HIGH PROTEIN STIR-FRY	930	680	77	25	0	408	1359	31	9	13	35
KIDS GARLIC BUTTER + PARM	692	262	30	6	0	30	1534	83	4	3	21
GARLIC BUTTER SHRIMP	861	350	38	2	0	110	1742	94	4	7	30

SUGGESTED SALAD	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
OG COBB (GF)	846	554	61	18	0	357	1683	25	8	15	48
KALE CHICKEN CAESAR	685	422	47	11	0	105	1387	30	6	1	36
CLASSIC SHRIMP CAESAR	609	393	44	11	0	150	1264	24	3	2	31
COLD SESAME NOODLE	819	139	26	4	0	110	1464	113	7	21	29
LOADED GREEK	726	475	53	12	0	80	2152	34	13	8	30
STEAKHOUSE CHOPPED	921	670	75	27	0	314	1879	27	3	4	41

SUGGESTED HONEYBAR	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE COBBLER	356	130	14	9	0	61	122	47	2	34	10
FRUIT + GRANOLA	282	63	7	3	0	0	88	49	6	43	1
APPLE PIE	439	198	14	10	0	54	158	63	3	49	2
BROWNIE CRUMBLE	414	184	20	11	0	47	36	54	3	51	2
CHEESECAKE	400	243	28	18	0	90	790	35	2	26	5
STRAWBERRY SHORTCAKE	628	400	44	27	0	181	170	49	1	49	4

CREATE YOUR OWN (CYO) STIR-FRY BASE	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BROWN RICE	216	27	3	0	0	0	385	45	3	0	5
EGG WHITE NOODLES	380	9	1	0	0	5	790	77	3	0	11
WHOLE WHEAT NOODLES	330	15	2	0	0	0	200	74	17	0	13
RICE NOODLES	214	3	0	0	0	0	37	48	2	0	4
CURLY KALE - BASE	25	9	1	1	0	0	10	3	3	1	2

CREATE YOUR OWN (CVO) STIR-FRY PROTEIN	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CRISPY BACON	167	113	13	6	0	70	890	0	0	0	14
ROASTED CHICKEN	100	20	2	0	0	60	220	0	0	0	19
ROASTED STEAK	288	224	25	12	0	204	131	0	0	0	15
ROASTED SHRIMP	56	0	0	0	0	105	110	0	0	0	14
ROASTED TOFU	60	25	3	0	0	0	115	2	2	0	7
SCRAMBLED EGG	144	83	9	3	0	349	625	0	0	0	12
CRAB CLAW	60	0	0	0	0	55	150	0	0	0	13
TURKEY MEATBALLS	116	54	6	2	0	75	642	0	0	0	17

CREATE YOUR OWN (CVO) STIR-FRY ADD-INS	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BELL PEPPERS	6	0	0	0	0	0	0	2	1	1	0
BROCCOLI	13	1	0	0	0	0	18	3	1	1	1
CARROTS	9	0	0	0	0	0	16	2	1	1	0
CURLY KALE - ADD	11	4	0	0	0	0	4	1	1	0	1
EDAMAME	29	12	1	0	0	0	10	2	1	1	3
GRAPE TOMATOES	9	0	0	0	0	0	3	2	1	1	1
GREEN BEANS	19	0	0	0	0	0	3	4	2	2	1
JALAPEÑOS	3	0	0	0	0	0	0	1	0	0	0
MUSHROOMS	6	0	0	0	0	0	0	1	0	0	1
ORGANIC BABY SPINACH	4	0	0	0	0	0	18	1	1	0	1
PINEAPPLES	32	0	0	0	0	0	0	8	0	7	0
RED ONIONS	6	0	0	0	0	0	0	2	1	1	0
ROASTED GARLIC	85	67	8	1	0	0	0	4	0	0	0
ROASTED RED PEPPERS	101	64	7	0	0	0	240	8	2	2	2
SCALLIONS	0	0	0	0	0	0	0	0	0	0	0
SNOW PEAS	12	0	0	0	0	0	0	2	1	1	1

CREATE YOUR OWN (CVO) STIR-FRY GARNISH	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
AVOCADO	90	75	8	1	0	0	4	5	4	0	1
CANDIED PECANS	117	68	8	1	0	0	72	12	1	11	1
CHILI CRISPS	100	81	9	0	0	0	75	5	0	1	2
CHILI FLAKES	0	0	0	0	0	0	0	0	0	0	0
CILANTRO	0	0	0	0	0	0	0	0	0	0	0
CRISPY ONIONS	28	19	2	0	0	0	11	3	0	0	0
FRESH LIME WEDGE	5	0	0	0	0	0	0	2	0	0	0
SEASONED BREADCRUMBS	25	0	0	0	0	0	60	5	0	0	1
OLD BAY SEASONING	0	0	0	0	0	0	140	0	0	0	0
PARSLEY	0	0	0	0	0	0	0	0	0	0	0
TOASTED SESAME SEEDS	23	18	2	0	0	0	0	1	1	0	1
SHAVED PARMESAN	110	72	8	5	0	25	360	1	1	0	9

SAUCE	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
GARLIC BUTTER	164	122	14	2	0	0	767	9	0	6	2
GARLIC OIL	120	120	14	1	0	0	0	0	0	0	0
OLD BAY SAUCE	21	12	1	1	0	3.5	377	2	0	2	1
RED COCONUT CURRY	135	93	11	6	0	0	660	12	0	9	0
SRIRACHA TAHINI*	200	144	16	2	0	0	800	10	0	8	2
SESAME GARLIC	100	28	4	0	0	0	1080	18	0	12	2
SPICY GARLIC	120	36	4	1	0	0	460	22	2	14	2
SWEET SOY FIVE SPICE	100	0	0	0	0	0	700	24	0	22	2

CREATE YOUR OWN (CVO) SALAD BASE	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHOPPED ROMAINE	21	0	0	0	0	0	0	4	2	2	2
EGG WHITE NOODLES	380	9	1	0	0	5	790	77	3	0	11
CURLY KALE - BASE	25	9	1	1	0	0	10	3	3	1	2
ORGANIC BABY SPINACH - BASE	9	0	0	0	0	0	47	2	2	0	2
SPRING MIX	13	0	0	0	0	0	36	2	1	0	1
SHREDDED GREEN CABBAGE	23	0	0	0	0	0	23	6	2	2	1

CREATE YOUR OWN (CYO) SALAD PROTEIN	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CRISPY BACON	167	113	13	6	0	70	890	0	0	0	14
HARD-BOILED EGG	90	50	6	2	0	207	67	1	0	1	7
ROASTED CHICKEN	100	20	2	0	0	60	220	0	0	0	19
ROASTED SHRIMP	56	0	0	0	0	105	110	0	0	0	14
ROASTED TOFU	60	25	3	0	0	0	115	2	2	0	7

CREATE YOUR OWN (CYO) SALAD ADD-INS	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
APPLES	18	1	0	0	0	0	0	5	1	4	0
BANANA PEPPERS	5	0	0	0	0	0	280	1	1	0	0
BELL PEPPERS	6	0	0	0	0	0	0	2	1	1	0
BLUEBERRIES	21	1	0	0	0	0	0	5	1	4	0
CARROTS	9	0	0	0	0	0	16	2	1	1	0
CELERY	8	1	<1	<1	0	0	45	1	1	0.75	<1
CRUNCHY CHICKPEAS	100	27	3	0	0	0	110	14	9	0	5
CUCUMBER	9	0	0	0	0	0	0	2	0	1	0
EDAMAME	29	12	1	0	0	0	10	2	1	1	3
GRAPE TOMATOES	9	0	0	0	0	0	3	2	1	1	1
GRAPES	29	0	0	0	0	0	0	8	0	7	0
JALAPEÑOS	3	0	0	0	0	0	0	1	0	0	0
KALAMATA OLIVES	83	89	10	0	0	0	825	0	0	0	0
ROASTED CAULIFLOWER	30	15	1.5	0	0	0	170	3	1	1	1
RED ONIONS	6	0	0	0	0	0	0	2	1	1	0
SCALLIONS	0	0	0	0	0	0	0	0	0	0	0
SEASONED BREADCRUMBS	25	0	0	0	0	0	60	5	0	0	1
SNOW PEAS	12	0	0	0	0	0	0	2	1	1	1
STRAWBERRIES	13	0	0	0	0	0	0	3	1	2	0

CREATE YOUR OWN (CYO) SALAD CHEESE	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CRUMBLIED BLUE CHEESE	79	57	6	5	0	20	267	1	0	0	5
FETA CHEESE	55	42	5	3	0	20	250	1	0	0	3
SHAVED PARMESAN	110	72	8	5	0	25	360	1	1	0	9

CREATE YOUR OWN (CYO) SALAD TOPPINGS	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
AVOCADO	90	75	8	1	0	0	4	5	4	0	1
CANDIED PECANS	117	68	8	1	0	0	72	12	1	11	1
CILANTRO	0	0	0	0	0	0	0	0	0	0	0
CRISPY JALAPENOS	40	27	3	0	0	0	15	3	0	0	0
CRISPY ONIONS	28	19	2	0	0	0	11	3	0	0	0
FRESH LIME	10	0	0	0	0	0	0	3	1	0	0
MEDITERRANEAN HERBS	0	0	0	0	0	0	50	0	0	0	0
PARMESAN CRISPS	66	40	4	3	0	11	143	0	0	0	7
SEASONED CROUTONS	81	24	3	0	0	0	190	14	0	0	3

DRESSING	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
ASIAN SESAME GINGER	250	99	22	4	0	0	504	12	0	10	0
BUFFALO SAUCE	100	90	10	4	0	16	880	0	0	0	0
CLASSIC CAESAR	316	297	33	6	0	20	544	0	0	0	2
FRESH LIME SQUEEZE	10	0	0	0	0	0	0	3	1	0	0
OLIVE OIL + BALSAMIC VINEGAR	175	181	20	3	0	0	35	1	0	1	0
RANCH	270	252	28	4	0	20	398	4	0	0	2
ROASTED GARLIC RED WINE VINAIGRETTE	288	252	28	4	0	0	424	8	0	4	0
SRIRACHA TAHINI*	200	144	16	2	0	0	800	10	0	8	2
WHITE BALSAMIC VINAIGRETTE	272	238	26	4	0	0	232	8	0	8	0

CREATE YOUR OWN (CYO) HONEYBAR BASE	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHEESECAKE FILLING	288	217	25	16	0	82	716	14	0	14	4
CHOCOLATE MOUSSE BASE	372	294	33	22	0	135	0	12	0	10	0
LEMON MOUSSE	348	262	29	19	0	120	117	13	0	12	2
VANILLA YOGURT	94	0	0	0	0	7	36	13	0	12	9

CREATE YOUR OWN (CYO) HONEYBAR HONEY	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BUCKWHEAT HONEY	60	0	0	0	0	0	0	17	0	17	0
CLOVER HONEY	60	0	0	0	0	0	0	17	0	16	0
WILDFLOWER HONEY	60	0	0	0	0	0	0	17	0	16	0

CREATE YOUR OWN (CYO) HONEYBAR ADD-INS	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
APPLES	18	1	0	0	0	0	0	5	1	4	0
BLUEBERRIES	21	1	0	0	0	0	0	5	1	4	0
GRAPES	29	0	0	0	0	0	0	8	0	7	0
ROASTED APPLES	22	1	0	0	0	0	0	6	1	5	0
STRAWBERRIES	13	0	0	0	0	0	0	3	1	2	0

CREATE YOUR OWN (CYO) HONEYBAR TOPPINGS	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BROWNIE CRUMBLES	37	14	2	0	0	1	24	5	0	4	0
GRAHAM CRACKER CRUMBLE	77	31	3	1	0	7	37	11	0	6	0
GRANOLA	76	27	3	0	0	0	60	12	1	4	1
MILK CHOCOLATE CHIPS	131	67	7	4	0	0	0	19	2	15	2
POUND CAKE	63	35	4	1	0	15	41	6	0	12	2
STREUSEL CRUMBLE	78	25	3	2	0	8	74	13	0	6	1
WHIPPED CREAM	144	103	11	7	0	46	12	10	0	7	0

SIDES	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HERBED FOCACCIA BREAD	150	20	2.5	0	0	0	330	27	3	0	5
BROWNIES	470	190	20	5	0	33	276	66	3	46	4

Calorie counts are based on “regular” portions of dressings and sauces. We do not carry or use any peanuts or peanut products. 2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request. Before placing your order, please inform us if a person in your party has a food allergy. If you have a severe food allergy or sensitivity, please notify an ambassador or manager in the restaurant. Although some items do not contain any particular allergens, we cannot make any guarantees. All nutrition information is based on an individual portion of each ingredient. All stir-fries are made with a small amount of garlic oil made with Canola oil. Customization of your order may impact the accuracy and/or completeness of the available nutritional information.

SUGGESTED STIR-FRY	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
SPICY GARLIC	x	x						
SESAME GARLIC	x	o	o	o	x	o	x	o
SWEET SOY FIVE SPICE	x				x		x	
GARLIC BUTTER CHICKEN	x	x	o	o	x	o	x	o
RED COCONUT CURRY (V, GF)				x	x			
CHESAPEAKE CRAB	x	x	x	o	o	x	o	o
THE VEGAN SESAME GARLIC (V)	x				x		x	
PALEO STIR-FRY (GF)	o	o	o	o	o	o	o	o
HIGH PROTEIN STIR-FRY	x				x		x	
KIDS GARLIC BUTTER + PARM	x	x	x	o	x	o	o	o
GARLIC BUTTER SHRIMP	x	x			x	x	x	

SUGGESTED SALAD	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
OG COBB (GF)		x	x					
KALE CHICKEN CAESAR	x	x	x	o	x	o	o	x
CLASSIC SHRIMP CAESAR	x	x	x		x	x		x
COLD SESAME NOODLE	x	x	o	o	x	x	x	o
LOADED GREEK			x		x			
STEAKHOUSE CHOPPED	x	x	x	o	o	o	o	o

SUGGESTED HONEYBAR	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
THE COBBLER	x		x					
FRUIT + GRANOLA	o	o	o	x	x	o	o	o
APPLE PIE	x		x	x				
BROWNIE CRUMBLE	x	x	x	o	x	o	o	o
CHEESECAKE	x		x					
STRAWBERRY SHORTCAKE	x	x	x	o	o	o	o	o

CREATE YOUR OWN (CYO) STIR-FRY BASE	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
BROWN RICE								
EGG WHITE NOODLES	x	x	o	o	o	o	o	o
WHOLE WHEAT NOODLES	x							
RICE NOODLES	o	o	o	o	o	o	o	o
CURLY KALE - BASE								

CREATE YOUR OWN (CVO) STIR-FRY PROTEIN	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
CRISPY BACON								
ROASTED CHICKEN	o	o	o	o	o	o	o	o
ROASTED STEAK								
ROASTED SHRIMP	o	o	o	o	o	x	o	o
ROASTED TOFU					x			
SCRAMBLED EGG	o	x	o	o	o	o	o	o
CRAB CLAW						x		
TURKEY MEATBALLS	o	o	o	o	o	o	o	o

CREATE YOUR OWN (CVO) STIR-FRY ADD-INS	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
BELL PEPPERS								
BROCCOLI	o	o	o	o	o	o	o	o
CARROTS								
CURLY KALE - ADD	o	o	o	o	o	o	o	o
EDAMAME					x			
GRAPE TOMATOES	o	o	o	o	o	o	o	o
GREEN BEANS								
JALAPEÑOS	o	o	o	o	o	o	o	o
MUSHROOMS								
ORGANIC BABY SPINACH	o	o	o	o	o	o	o	o
PINEAPPLES								
RED ONIONS	o	o	o	o	o	o	o	o
ROASTED GARLIC								
ROASTED RED PEPPERS	o	o	o	o	o	o	o	o
SCALLIONS								
SNOW PEAS	o	o	o	o	o	o	o	o

CREATE YOUR OWN (CYO) STIR-FRY GARNISH	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
AVOCADO								
CANDIED PECANS	o	o	o	x	o	o	o	o
CHILI CRISPS								
CHILI FLAKES	o	o	o	o	o	o	o	o
CILANTRO								
CRISPY ONIONS	x	o	o	o	o	o	o	o
FRESH LIME WEDGE								
SEASONED BREADCRUMBS	x	o	o	o	o	o	o	o
OLD BAY SEASONING								
PARSLEY	o	o	o	o	o	o	o	o
TOASTED SESAME SEEDS							x	
SHAVED PARMESAN	o	o	x	o	o	o	o	o

SAUCE	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
GARLIC BUTTER	x				x			
GARLIC OIL	o	o	o	o	o	o	o	o
OLD BAY SAUCE			x			x		
RED COCONUT CURRY	o	o	o	x	o	o	o	o
SRIRACHA TAHINI*							x	
SESAME GARLIC	x	o	o	o	x	o	x	o
SPICY GARLIC								
SWEET SOY FIVE SPICE	x	o	o	o	x	o	x	o

CREATE YOUR OWN (CYO) SALAD BASE	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
CHOPPED ROMAINE								
EGG WHITE NOODLES	x	x	o	o	o	o	o	o
CURLY KALE - BASE								
ORGANIC BABY SPINACH - BASE	o	o	o	o	o	o	o	o
SPRING MIX								
SHREDDED GREEN CABBAGE	o	o	o	o	o	o	o	o

CREATE YOUR OWN (CYO) SALAD PROTEIN	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
CRISPY BACON								
HARD-BOILED EGG	○	x	○	○	○	○	○	○
ROASTED CHICKEN								
ROASTED SHRIMP	○	○	○	○	○	x	○	○
ROASTED TOFU					x			

CREATE YOUR OWN (CYO) SALAD ADD-INS	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
APPLES								
BANANA PEPPERS	○	○	○	○	○	○	○	○
BELL PEPPERS								
BLUEBERRIES	○	○	○	○	○	○	○	○
CARROTS								
CELERY	○	○	○	○	○	○	○	○
CRUNCHY CHICKPEAS								
CUCUMBER	○	○	○	○		○	○	○
EDAMAME					x			
GRAPE TOMATOES	○	○	○	○	○	○	○	○
GRAPES								
JALAPEÑOS	○	○	○	○	○	○	○	○
KALAMATA OLIVES								
ROASTED CAULIFLOWER	○	○	○	○	○	○	○	○
RED ONIONS								
SCALLIONS	○	○	○	○	○	○	○	○
SEASONED BREADCRUMBS	x							
SNOW PEAS	○	○	○	○	○	○	○	○
STRAWBERRIES								

CREATE YOUR OWN (CYO) SALAD CHEESE	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
CRUMBLED BLUE CHEESE			x					
FETA CHEESE	○	○	x	○	○	○	○	○
SHAVED PARMESAN			x					

CREATE YOUR OWN (CYO) SALAD TOPPINGS	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
AVOCADO								
CANDIED PECANS	o	o	o	x	o	o	o	o
CILANTRO								
CRISPY JALAPENOS	x	o	o	o	o	o	o	o
CRISPY ONIONS	x							
FRESH LIME	o	o	o	o	o	o	o	o
MEDITERRANEAN HERBS								
PARMESAN CRISPS	o	o	x	o	o	o	o	o
SEASONED CROUTONS	x		x					

DRESSING	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
ASIAN SESAME GINGER	x				x		x	
BUFFALO SAUCE	o	o	x	o	o	o	o	o
CLASSIC CAESAR	x	x	x		x			x
FRESH LIME SQUEEZE	o	o	o	o	o	o	o	o
OLIVE OIL + BALSAMIC VINEGAR								
RANCH	o	x	x	o	o	o	o	o
ROASTED GARLIC RED WINE VINAIGRETTE								
SRIRACHA TAHINI*	o	o	o	o	o	o	x	o
WHITE BALSAMIC VINAIGRETTE								

CREATE YOUR OWN (CYO) HONEYBAR BASE	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
CHEESECAKE FILLING			x					
CHOCOLATE MOUSSE BASE	o	o	x	o	o	o	o	o
LEMON MOUSSE			x					
VANILLA YOGURT	o	o	x	o	o	o	o	o

CREATE YOUR OWN (CYO) HONEYBAR HONEY	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
BUCKWHEAT HONEY								
CLOVER HONEY	o	o	o	o	o	o	o	o
WILDFLOWER HONEY								

CREATE YOUR OWN (CYO) HONEYBAR ADD-INS	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
APPLES								
BLUEBERRIES	○	○	○	○	○	○	○	○
GRAPES								
ROASTED APPLES	○	○	○	○	○	○	○	○
STRAWBERRIES								

CREATE YOUR OWN (CYO) HONEYBAR TOPPINGS	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
BROWNIE CRUMBLES	x	x	x		x			
GRAHAM CRACKER CRUMBLE	x	○	x	○	x	○	○	○
COCONUT SHAVINGS				x				
GRANOLA	○	○	○	○	x	○	○	○
MILK CHOCOLATE CHIPS			x		x			
POUND CAKE	x	x	x					
STREUSEL CRUMBLE	x		x					
WHIPPED CREAM	○	○	x	○	○	○	○	○

SIDES	Wheat	Egg	Milk	Tree Nut	Soy	Shellfish	Sesame	Fish
HERBED FOCACCIA BREAD	x							
BROWNIES	x	x	x	○	x	○	○	○

Calorie counts are based on "regular" portions of dressings and sauces. We do not carry or use any peanuts or peanut products. 2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request. Before placing your order, please inform us if a person in your party has a food allergy. If you have a severe food allergy or sensitivity, please notify an ambassador or manager in the restaurant. Although some items do not contain any particular allergens, we cannot make any guarantees. All nutrition information is based on an individual portion of each ingredient. All stir-fries are made with a small amount of garlic oil made with Canola oil. Customization of your order may impact the accuracy and/or completeness of the available nutritional information.