



ALLERGEN & LIFESTYLE INFORMATION

‡THE FOLLOWING MAJOR FOOD ALLERGENS ARE USED AS INGREDIENTS: MILK, EGG, FISH, CRUSTACEAN SHELLFISH, TREE NUTS, PEANUTS, WHEAT, SOY, AND SESAME. PLEASE NOTIFY OUR TEAM FOR MORE INFORMATION ABOUT THESE INGREDIENTS OR VISIT OUR INTERACTIVE ALLERGEN AND NUTRITIONAL MENUS.

WHILE WE OFFER GLUTEN-FREE ITEMS, OUR KITCHEN IS NOT GLUTEN-FREE AND CROSS CONTAMINATION CAN OCCUR.

Vg = VEGAN | V = VEGETARIAN | GF = GLUTEN-FREE | DF = DAIRY-FREE

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CREATE YOUR OWN		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
LETTUCE	ARUGULA	Vg, V, GF, DF									
	ICEBERG	Vg, V, GF, DF									
	KALE	Vg, V, GF, DF									
	MIXED GREENS	Vg, V, GF, DF									
	RED CABBAGE	Vg, V, GF, DF									
	ROMAINE	Vg, V, GF, DF									
	SPINACH	Vg, V, GF, DF									
TOPPINGS	BACON	GF, DF									
	BLACK BEANS	Vg, V, GF, DF									
	BLACK BEAN/POBLANO/CORN RELISH	Vg, V, GF, DF									
	NEW BLUEBERRIES	Vg, V, GF, DF									
	BROCCOLI	Vg, V, GF, DF									
	CARROTS	Vg, V, GF, DF									
	CANDIED PECAN	V, GF			●	●				●	●
	CELERY	Vg, V, GF, DF									
	CHARRED BROCCOLI	Vg, V, GF, DF									
	CHARRED RED ONION	Vg, V, GF, DF									
	CHICKPEAS	Vg, V, GF, DF									
	CHOPPED ALMONDS	Vg, V, GF, DF									●
	CRUMBLed EGG	V, GF, DF		●							
	CUCUMBER	Vg, V, GF, DF									
	DRIED CHERRIES	Vg, V, GF, DF									
	DRIED CRANBERRIES	Vg, V, GF, DF									
	EDAMAME	Vg, V, GF, DF				●					
	FIRE-ROASTED CORN	Vg, V, GF, DF									
	FUJI APPLES	Vg, V, GF, DF									
	GREEN CHILES	Vg, V, GF, DF									
	GREEN ONIONS	Vg, V, GF, DF									
	JALAPENO	Vg, V, GF, DF									
	KALAMATA OLIVES	Vg, V, GF, DF									
	PEPPERONCINIS	Vg, V, GF, DF									
	PICKLED ONIONS	Vg, V, GF, DF									
	QUINOA	Vg, V, GF, DF									
	RAINBOW SLAW	Vg, V, GF, DF									
	RED ONIONS	Vg, V, GF, DF									
	ROASTED RED PEPPERS	Vg, V, GF, DF									
	ROASTED SWEET POTATO	Vg, V, GF, DF									
	NEW STRAWBERRIES	Vg, V, GF, DF									
	TOMATO	Vg, V, GF, DF									
CHEESES	COTIJA	V, GF			●						
	FETA	V, GF			●						
	GOAT CHEESE	V, GF			●						
	GORGONZOLA	V, GF			●						
	PARMESAN	V, GF			●						
	WHITE CHEDDAR	V, GF			●						

CREATE YOUR OWN		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
CRUNCHY	CRISPY ONION	Vg, V, DF	●								
	FRITOS CORN CHIPS	Vg, V, GF, DF									
	HOUSE-MADE FOCACCIA CROUTONS	V	●	●	●	●					
	PARMESAN CRISPS	V, GF			●						
	STACY'S PITA CHIPS	Vg, V, DF	●				●				
	TORTILLA CHIPS	Vg, V, GF, DF									
	WONTONS	Vg, V, DF	●								
DRESSINGS & SAUCES	VINAIGRETTES										
	BALSAMIC VINEGAR	Vg, V, GF, DF									
	BLUE CHEESE VINAIGRETTE	V, GF			●						
	BROWN DERBY COBB	GF, DF						●			
	CHIPOTLE-LIME VINAIGRETTE	V, GF, DF									
	EXTRA VIRGIN OLIVE OIL	Vg, V, GF, DF									
	FIRE-ROASTED SALSA	Vg, V, GF, DF									
	GREEK VINAIGRETTE	Vg, V, GF, DF									
	HONEY BALSAMIC VINAIGRETTE	V, GF, DF									
	NEW HONEY CITRUS VINAIGRETTE	V, GF, DF									
	LEMON VINAIGRETTE	Vg, V, GF, DF									
	ORGANIC SESAME GINGER VINAIGRETTE	Vg, V, DF	●			●	●				
	RED WINE VINEGAR	Vg, V, GF, DF									
	SWEET DIJON VINAIGRETTE	V, GF, DF		●							
	SWEET PARSLEY VINAIGRETTE	GF, DF						●			
	CREAMIES										
	BBQ RANCH	V, GF, DF		●							
	CHIPOTLE CAESAR	GF		●	●			●			
	CILANTRO CHILI LIME	V, GF		●	●						
	CREAMY CAESAR	GF		●	●			●			
	GREEN GODDESS DRESSING	V, GF		●	●						
	JALAPENO RANCH	V, GF		●	●						
	HOUSE-MADE RANCH	V, GF		●	●						
	SMOKY CHIPOTLE RANCH	V, GF		●	●						
	DRIZZLES										
	BBQ DRIZZLE	Vg, V, GF, DF									
	BUFFALO SAUCE DRIZZLE	Vg, V, GF, DF									
	FIRECRACKER SAUCE	V, GF		●	●	●	●				
	GOCHUJANG DRIZZLE	Vg, V, DF	●			●	●				
	GREEN HERB DRIZZLE	Vg, V, GF, DF									
	MEXICAN CREMA	V, GF			●						
	STRIKER SAUCE	V, GF, DF		●							
PROTEINS	VEGETARIAN										
	FRESH AVOCADO	Vg, V, GF, DF									
	GRILLED AVOCADO	Vg, V, GF, DF									
	SPICY AVOCADO	Vg, V, GF, DF									
	LEMON HERB-GRILLED ORGANIC TOFU	Vg, V, GF, DF				●					
	CHICKEN										
	CRISPY BUFFALO CHICKEN	DF	●								
	CRISPY CHICKEN	DF	●								
	GRILLED SOUTHWEST CHICKEN	GF, DF									
	HERB-GRILLED CHICKEN	GF, DF									
	HOT HONEY CHICKEN	DF	●								
	STEAK										
	FIRE-GRILLED STEAK TENDERLOIN	GF, DF									
	SEAFOOD										
	BLACKENED SOCKEYE SALMON	GF, DF						●			
	LEMON HERB-ROASTED SHRIMP	GF, DF							●		
	PAN-SEARED SOCKEYE SALMON	GF, DF						●			

CORE MENU ENTREES		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
SALADS	BAM BAM	GF, DF						•			•
	BBQ RANCH CHICKEN		•	•	•	•	•				
	NEW BERRY BOOST SALAD	GF			•	•				•	•
	BUFFALO CHICKEN		•	•	•						
	CAESAR CRUNCH SALAD		•	•	•	•		•			
	CLASSIC STEAKHOUSE <i>Available on Catering Menu</i>	GF			•						
	COBB	GF		•	•			•			
	COWBOY COOKOUT STEAK SALAD		•	•	•						
	GRILLED AVOCADO	V, GF			•						
	ORCHARD SALAD		•	•	•	•				•	•
	NEW SMOKIN' STEAK CAESAR SALAD		•	•	•	•		•			
	TEX-MEX CHICKEN	GF		•	•						
WARM BOWLS	HEART & SEOUL STEAK BOWL	DF	•			•	•				
	HOT HONEY CHICKEN BOWL		•	•	•						
	MEDITERRANEAN BOWL		•	•	•		•				
	SOUTHWEST BOWL	GF		•	•						
	WILD HARVEST BOWL	GF			•						
WRAPS	BAJA SHRIMP WRAP		•	•	•	•	•		•		
	CHICKEN BACON CLUB WRAP		•	•	•						
	CHIPOTLE CAESAR WRAP		•	•	•			•			
	GREEN MACHINE WRAP	V	•	•	•	•					
	VEGAN GREEN MACHINE <i>Available on Catering Menu</i>	Vg, V, DF	•			•					
	NEW SMOKIN' STEAK CAESAR WRAP		•	•	•	•		•			
	SPICY STREET CORN WRAP		•	•	•						
	STEAK FAJITA WRAP		•	•	•						
LIGHTER FARE & SIDES, SMOOTHIES & AÇAÍ BOWLS, JUICES & DRINKS, KIDS		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
SMOOTHIES & AÇAÍ BOWLS	AÇAÍ-BERRY SMOOTHIE BOWL	V, GF, DF									
	BERRY CHILL SMOOTHIE	GF			•						
	GOLDEN MANGO SMOOTHIE	V, GF			•						
	GREEN AVOGLOW SMOOTHIE	Vg, V, GF, DF									
	PB PROTEIN MAXX SMOOTHIE	V, GF			•	•				•	
	STRAWBERRY CLOUD COLADA SMOOTHIE	V, GF			•						
DESSERTS	CHEWY MARSHMALLOW BAR	V, GF			•						
	PERUVIAN CHOCOLATE BROWNIE	V	•	•	•	•					
	SALTED CARAMEL COOKIE	V	•	•	•	•					•
	TOFFEE CRUNCH BLONDIE	V	•	•	•	•					•
JUICE	APPLE GREENIE JUICE	Vg, V, GF, DF									
	GREEN DETOX JUICE	Vg, V, GF, DF									
	PINEAPPLE CITRUS COOLER JUICE	Vg, V, GF, DF									
	WAKE UP JUICE	Vg, V, GF, DF									
DRINKS	BOTTLED WATER	Vg, V, GF, DF									
	FRESH BREWED ICED TEA	Vg, V, GF, DF									
	KIDS APPLE JUICE	Vg, V, GF, DF									
	TOPO CHICO SPARKLING MINERAL WATER	Vg, V, GF, DF									
KIDS	KIDS AWESOME BOX <i>See Create Your Own for allergen & lifestyle info</i>										
	KIDS SALAD <i>See Create Your Own for allergen & lifestyle info</i>										