



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.

V = VEGAN | VEG =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	V, VEG, GF, DF									
	ICEBERG	V, VEG, GF, DF									
	RED CABBAGE	V, VEG, GF, DF									
	ROMAINE	V, VEG, GF, DF									
	SPINACH	V, VEG, GF, DF									
	SPRING MIX	V, VEG, GF, DF									
TOPPINGS	APPLES	V, VEG, GF, DF									
	ARTICHOKES	V, VEG, GF, DF									
	BACON	GF, DF									
	BLACK BEANS	V, VEG, GF, DF									
	BLACK OLIVES	V, VEG, GF, DF									
	BLUEBERRIES	V, VEG, GF, DF									
	BROCCOLI	V, VEG, GF, DF									
	CARROTS	V, VEG, GF, DF									
	CELERY	V, VEG, GF, DF									
	CRAISINS	V, VEG, GF, DF									
	CRUMBLLED EGG	VEG, GF, DF		●							
	CUCUMBER	V, VEG, GF, DF									
	DRIED CHERRIES	V, VEG, GF, DF									
	EDAMAME	V, VEG, GF, DF				●					
	FIRE-ROASTED CORN	V, VEG, GF, DF									
	GARBANZO BEANS	V, VEG, GF, DF									
	GREEN ONIONS	V, VEG, GF, DF									
	JALAPENOS	V, VEG, GF, DF									
	MUSHROOMS	V, VEG, GF, DF									
	NICOISE OLIVES	V, VEG, GF, DF									
	PEPPERONCINIS	V, VEG, GF, DF									
	QUINOA	V, VEG, GF, DF									
	RED ONIONS	V, VEG, GF, DF									
	ROASTED BROCCOLI	V, VEG, GF, DF									
	ROASTED RED PEPPERS	V, VEG, GF, DF									
	STRAWBERRIES	V, VEG, GF, DF									
	TOMATO	V, VEG, GF, DF									
NUTS & SEEDS	CHOPPED ALMONDS	V, VEG, GF, DF									●
	SUNFLOWERS	V, VEG, GF, DF									
	WALNUTS	V, VEG, GF, DF									●
CHEESES	CHEDDAR	VEG, GF			●						
	FETA	VEG, GF			●						
	GORGONZOLA	VEG, GF			●						
	MONTEREY JACK	VEG, GF			●						
	PARMESAN	VEG, GF			●						
	QUESO FRESCO	VEG, GF			●						

CREATE YOUR OWN		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
CRUNCHY	CROUTONS	VEG	●		●						
	JALAPENO CRISPS	V, VEG, DF	●								
	TORTILLA CHIPS	V, VEG, GF, DF									
	WONTONS	V, VEG, DF	●								
DRESSINGS & SAUCES	VINAIGRETTES										
	BALSAMIC VINAIGRETTE	V, VEG, GF, DF									
	LOWFAT BALSAMIC VINAIGRETTE	V, VEG, GF, DF									
	BALSAMIC VINEGAR	V, VEG, GF, DF									
	BLUE CHEESE VINAIGRETTE	VEG, GF			●						
	BROWN DERBY COBB	GF, DF						●			
	CHIMICHURRI DRESSING	V, VEG, GF, DF									
	CHIPOTLE-LIME VINAIGRETTE	VEG, GF, DF									
	EXTRA VIRGIN OLIVE OIL	V, VEG, GF, DF									
	GREEK VINAIGRETTE	V, VEG, GF, DF									
	HOMEMADE HONEY CISTRUS VINAIGRETTE	VEG, GF, DF									
	RED WINE VINEGAR	V, VEG, GF, DF									
	SESAME GINGER VINAIGRETTE	V, VEG, DF	●			●	●				
	SESAME GOCHUJANG	VEG, DF	●			●	●				
	SOUTH TEXAS SALSA	V, VEG, GF, DF									
	SUN-DRIED TOMATO BASIL VINAIGRETTE	V, VEG, GF, DF									
	SWEET DIJON VINAIGRETTE	VEG, GF, DF		●							
	SWEET PARSLEY VINAIGRETTE	GF, DF						●			
	CREAMIES										
	BBQ RANCH	VEG, GF, DF		●							
	CHIPOTLE RANCH	VEG, GF		●	●						
	CILANTRO CHILI LIME	VEG, GF		●	●						
	CREAMY CAESAR	GF		●	●			●			
	GREEN GODDESS DRESSING	VEG, GF		●	●						
	HOMEMADE RANCH	VEG, GF		●	●						
	JALAPENO RANCH	VEG, GF		●	●						
	SAUCES										
	AVOCADO CREAM	VEG, GF			●						
	CREAMY LEMON DRIZZLE	VEG, GF, DF		●							
	FIRECRACKER SAUCE	VEG, GF		●	●	●	●				
	GOGO SAUCE	VEG, GF, DF		●		●					
	MEXICAN CREMA	VEG, GF			●						
	STRIKER SAUCE	VEG, GF, DF		●							
PROTEINS	BLACKENED SOCKEYE SALMON	GF, DF						●			
	CRISPY BUFFALO CHICKEN		●		●						
	CRISPY CHICKEN		●		●						
	FRESH AVOCADO	V, VEG, GF, DF									
	GRILLED AVOCADO	V, VEG, GF, DF									
	GRILLED CHICKEN	GF, DF									
	GRILLED TENDERLOIN	GF, DF									
	LEMON PEPPER CHICKEN SALAD	GF		●	●						
	PAN-SEARED SOCKEYE SALMON	GF, DF						●			
	PIRI PIRI TOFU	V, VEG, GF, DF				●					
	PULLED CHICKEN	GF, DF									
	SAUTEED SHRIMP	GF, DF							●		
	SEARED AHI TUNA	GF, DF						●			
	SPICY AVOCADO	V, VEG, GF, DF									
	TEXAS TACO MEAT	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		•	•	•	•	•				
	BERRY BOOST	GF			•						•
	BLACKENED SOCKEYE SALMON	DF	•	•				•			
	BUFFALO CHICKEN		•	•	•						
	CHICKEN CAESAR		•	•	•			•			
	CHIMICHURRI STEAK	GF			•						
	CLASSIC STEAKHOUSE	GF			•						
	COBB	GF		•	•			•			
	GRILLED AVOCADO	VEG, GF			•						
	SEARED AHI TUNA SALAD	DF	•			•	•	•			
	TEXAS TACO	GF		•	•						
GRAIN BOWLS	HOT HONEY CHICKEN GRAIN BOWL		•	•	•						
	KOREAN BBQ GRAIN BOWL	DF	•			•	•				
	PAN-SEARED SALMON GRAIN BOWL	GF		•	•			•			
	SEARED AHI TUNA GRAIN BOWL	DF	•			•	•	•			
	SOUTHWEST GRAIN BOWL	GF		•	•						
HANDHELDS	GARDEN VEGGIE SANDWICH	V, VEG, DF	•				•				
	LEMON PEPPER CHICKEN SANDWICH		•	•	•						
	TURKEY & SPICY BACON ONION RELISH SANDWICH		•	•	•						
	BAJA SHRIMP WRAP		•	•	•	•	•		•		
	CHICKEN CAESAR WRAP		•	•	•	•	•	•			
	CHIPOTLE CHICKEN WRAP		•	•	•	•	•				
	GOGO STEAK WRAP	DF	•	•		•	•				
	PIRI PIRI TOFU WRAP	V, VEG, DF	•			•	•				•
	TURKEY CLUB WRAP		•	•	•	•	•				
LIGHTER FARE & SIDES, JUICES & DRINKS, KIDS		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
LIGHTER FARE & SIDES	HUMMUS - TRIO W/PITA	VEG	•		•		•				
	HUMMUS - ROASTED GARLIC W/PITA	VEG	•		•		•				
	HUMMUS - ROASTED RED PEPPER W/PITA	VEG	•		•		•				
	HUMMUS - SPICY AVOCADO W/PITA	VEG	•		•						
	SOUP - CHICKEN POBLANO		•		•						
	SOURDOUGH BREAD W/BUTTER	VEG	•		•						
	WARM PITA BREAD	VEG	•		•						
DESSERTS	CHEWY MARSHMALLOW BAR	VEG, GF			•						
	PERUVIAN CHOCOLATE BROWNIE	VEG	•	•	•	•					
	SALTED CARAMEL COOKIE	VEG	•	•	•	•					•
	TOFFEE CRUNCH BLONDIE	VEG	•	•	•	•					•
JUICE	APPLE GREENIE JUICE	V, VEG, GF, DF									
	GREEN DETOX JUICE	V, VEG, GF, DF									
	WAKE UP JUICE	V, VEG, GF, DF									
	PINEAPPLE CITRUS COOLER JUICE	V, VEG, GF, DF									
	STRAWBERRY COOLER	V, VEG, GF, DF									
DRINKS	BOTTLED WATER	V, VEG, GF, DF									
	FRESH BREWED ICED TEA	V, VEG, GF, DF									
	KIDS APPLE JUICE	V, VEG, GF, DF									
	TOPO CHICO SPARKLING MINERAL WATER	V, VEG, GF, DF									
KIDS	KIDS AWESOME BOX		•		•	•					
	KIDS SALAD <i>See Create Your Own for allergen & lifestyle info</i>										