

## LENT 2025 - ALLERGEN INFORMATION

Menu Item	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
<b>Tikka Masala Cauliflower</b>									
Breaded Cauliflower			X	X					
Tikka Masala Sauce			X						
<b>Hot Honey Flatbread</b>									
Flatbread/Naan	X	X	X	X					
Mozzarella Cheese			X						
Goat Cheese			X						
Almonds								X	
<b>Blackened Mahi Sandwich</b>									
Potato Bun				X					
Chipotle Mayo			X						
Mahi-Mahi					X				
<b>Blackened Mahi Rice Bowl</b>									
Cheddar Chesse			X						
Mahi-Mahi					X				
Chipotle Mayo			X						
<b>Spinach Cucumber B/B Salad</b>									
Almonds								X	
Goat Cheese			X						
Red Wine Vinaigrette		X							
<b>Berry Torte</b>									
Torte	X	X	X	X			X	X	
Whipped Topping			X						