

Common Mild Allergen Guide

IF YOU HAVE A SEVERE FOOD ALLERGY, please inform your server and ensure that a manager handles your order personally, to confirm your food is prepared safely.

If your allergy or intolerance is not severe & you are comfortable eating foods that contain very small amounts of the identified allergen, then please use this guide along with our main menu to make your selection.

	contains dairy	contains onions	contains garlic	contains shellfish	contains fish	contains peanuts	contains tree nuts	contains eggs	contains soy	vegetarian item
SHARE										
tuna poke (available at select locations)		✓	✓		✓				✓	
calamari	✓ * no garlic dip	✓	✓	✓				✓ * no garlic dip	✓ * no spicy mayo	
roasted tomatoes & whipped feta cheese	✓	✓ * no chives	✓					✓ * bread may contain		✓
dry ribs (available at select locations)		✓ * no breading	✓ * no breading							
fresh smashed guacamole (available at select locations)		✓	✓ * no salsa							✓
1lb chicken wings	✓ * no ranch	✓	✓					✓ * no ranch	✓ * no ranch	
cashew chicken lettuce wraps		✓	✓				✓ * no cashews		✓	
vegan tofu lettuce wraps		✓	✓				✓ * no cashews		✓	✓
nachos (available at select locations)	✓	✓	✓ * no salsa							✓

SALADS										
feature SOUP seasonal rotating- ask your server for details	✓ * no baguette	✓ * no baguette	✓ * no baguette				✓ * baguette may contain			* soup varies
caesar salad	✓	✓	✓		✓		✓ * baguette may contain	✓ * no dressing	✓ * no baguette or croutons	
market kale salad	✓ * no cheese	✓	✓						✓ * no edamame or croutons	✓ * no cheese
salmon & avocado cobb salad (available at select locations)	✓	✓	✓		✓			✓ * no egg or ranch	✓ * no ranch or croutons	
soup, salad & bread (available at select locations)	✓ * no baguette or croutons	✓	✓						✓ * no croutons, soup varies	* soup varies

STEAKS (also see sides)										
steak frites	✓ * no cheese on fresh greens	✓	✓							
sirloin	✓	✓	✓							
mushroom sirloin	✓	✓	✓							
new york	✓	✓	✓							

MAINS (also see sides)										
lemon basil salmon	✓	✓	✓		✓					
chipotle mango chicken	✓ * no butter	✓	✓				✓ * sauce may contain			
baby back ribs (available at select locations)	✓	✓	✓							

- ✓ checked items contain the ingredient
- * starred items can be prepared without the ingredient at your request – please be aware that modified items may contain very small amounts of the identified allergen
- unchecked items are considered safe for mild allergies or intolerances, and may contain very small amounts of the identified allergen

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PASTA & BOWLS										
vegetarian power bowl (available at select locations)		✓	✓					✓* no egg	✓* no sauces, tofu, edamame or mushrooms	✓
chicken madeira rigatoni	✓	✓	✓				✓* baguette may contain		✓* no garlic butter on baguette	
chicken alfredo	✓	✓	✓				✓* baguette may contain		✓	
beef vindaloo (available at select locations)	✓	✓	✓			✓* sauce may contain		✓* no naan	✓	
tuna poke bowl (available at select locations)		✓	✓		✓			✓* no egg	✓* no sauces, tofu, edamame or mushrooms,	

HANDHELDS (also see sides)										
blackened chicken burger	✓* no bun or cheese	✓	✓					✓* no sauce	✓* no bun	
beyond meat burger	✓* no bun or cheese	✓* no relish or onion	✓* no relish					✓* no pickled mustard seed mayo	✓* no bun	✓
cheeseburger	✓* no bun or cheese	✓	✓					✓* no pickled mustard seed mayo	✓* no bun	
lettuce "bun" burger (available at select locations)	✓* no cheese	✓	✓					✓* no pickled mustard seed mayo		
the loaded cheeseburger	✓* no cheese	✓	✓					✓* no pickled mustard seed mayo	✓* no bun	
blackened shrimp tacos (available at select locations)	✓* no jalapeño lime sauce	✓	✓	✓					✓* no spicy mayo	
beef dip (available at select locations)	✓	✓	✓					✓* no garlic mayo	✓	
vegan tacos (available at select locations)		✓	✓						✓	✓
chicken tenders		✓	✓					✓	✓	

KIDS' MENU (also see sides)										
pasta	✓	✓	✓				✓* baguette may contain		✓* no garlic butter on baguette	
cheeseburger	✓* no bun or cheese	✓	✓						✓* no bun	
chicken fingers		✓	✓					✓	✓	

DESSERTS										
mini jelly donuts	✓							✓	✓	✓
white chocolate brownie	✓							✓	✓	✓
cookies & cream	✓								✓* no oreo	✓

ADD ONS & TABLE SHARE										
fries & garlic dip	✓* no dip	✓* no dip	✓* no dip					✓* no garlic dip		✓
sweet potato fries & garlic dip	✓* no dip	✓* no dip	✓* no dip					✓* no garlic dip		✓
buttered mashed potatoes	✓									✓
garlic butter prawns	✓* no butter		✓	✓						
cremini mushroom sauce	✓	✓	✓							

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