

	SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian †	Vegan †	Gluten Friendly*	Dairy Friendly**	ALLERGENS*
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MENU ITEMS

SMALL SALADS

(Salad nutrition includes one SMALL portion of pulled chicken, without dressing.Tofu +10 calories; Steak +10 calories; No Protein -70 calories)

ARCADIA	1 Salad	430	20	4.5	0	55	430	46	1	32	19					Milk (Goat,Cow), Tree Nuts (Pecan), Wheat May Contain: Peanuts
BBQ RANCH	1 Salad	410	25	9	0	75	910	22	7	5	27		X			Milk
BUFFALO CHICKEN	1 Salad	230	9	1.5	0	35	1310	21	4	4	16					Milk, Wheat
CAESAR	1 Salad	220	8	3.5	0	55	810	18	3	2	21					Milk, Wheat
COBB	1 Salad	540	36	12	0	275	1140	18	5	4	39					Milk, Egg, Wheat
ELOTE	1 Salad	390	22	5	0	60	990	26	5	4	28					Milk, Wheat
FAJITA	1 Salad	320	19	9	0	75	720	14	6	3	24		X			Milk
GARDEN	1 Salad	320	16	8	0	75	900	19	2	3	25					Milk, Wheat
MEDITERRANEAN	1 Salad	270	14	5	0	60	1070	15	4	3	22		X			Milk
ROASTED AUTUMN	1 Salad	440	18	4.5	0	55	910	51	6	31	21			X		Milk (Goat,Cow), Tree Nuts (Pecan) May Contain: Peanuts
SUMMER CRUNCH (with Steak)	1 Salad	410	23	9	0	70	1430	28	3	3	26					Milk, Wheat

CLASSIC SALADS

(Salad nutrition includes one CLASSIC portion of pulled chicken, without dressing.Tofu +30 calories; Steak +30 calories; No Protein -90 calories)

ARCADIA	1 Salad	460	20	4.5	0	70	520	48	2	32	24					Milk (Goat,Cow), Tree Nuts (Pecan), Wheat May Contain: Peanuts
BBQ RANCH	1 Salad	440	26	9	0	90	1000	24	9	6	32		X			Milk
BUFFALO CHICKEN	1 Salad	290	12	2	0	55	1770	25	6	6	23					Milk, Wheat
CAESAR	1 Salad	260	8	3.5	0	65	900	21	5	3	27					Milk, Wheat
COBB	1 Salad	580	36	12	0	290	1230	20	6	4	44					Milk, Egg, Wheat
ELOTE	1 Salad	430	22	5	0	70	1080	29	7	5	34					Milk, Wheat
FAJITA	1 Salad	350	20	9	0	90	810	17	8	4	29		X			Milk
GARDEN	1 Salad	350	16	8	0	90	1000	20	2	3	30					Milk, Wheat
MEDITERRANEAN	1 Salad	300	15	6	0	70	1150	18	6	4	27		X			Milk
ROASTED AUTUMN	1 Salad	470	18	4.5	0	70	1000	53	7	32	26			X		Milk (Goat,Cow), Tree Nuts (Pecan) May Contain: Peanuts
SUMMER CRUNCH (with Steak)	1 Salad	470	24	10	0.5	85	1640	31	5	4	33					Milk, Wheat

CLASSIC WRAPS

(Wrap nutrition includes one CLASSIC portion of pulled chicken, tortilla, and 2.5 oz of dressing (full sachet), Tofu +30 calories; Steak +30 calories; No protein -90 calories)

ARCADIA	1 Wrap	1000	53	10	0	70	1390	104	3	39	32					Milk (Goat,Cow), Tree Nuts (Pecan), Wheat May Contain: Peanuts
BBQ RANCH	1 Wrap	910	48	14	0	90	2160	82	10	13	41					Milk, Wheat
BUFFALO CHICKEN	1 Wrap	920	53	14	0	75	2850	77	8	6	34					Milk, Egg, Wheat
CAESAR	1 Wrap	870	52	11	0	85	2240	70	5	3	37					Milk, Eggs, Anchovy, Soy, Wheat
COBB	1 Wrap	1160	75	23	0	230	2280	71	7	4	52					Milk, Egg, Wheat
ELOTE	1 Wrap	940	50	12	0	80	2110	83	10	8	45					Egg, Milk, Wheat
FAJITA	1 Wrap	880	53	15	0	90	1920	66	8	5	38					Milk, Wheat
GARDEN	1 Wrap	870	48	15	0	100	2050	71	4	4	40					Milk, Wheat
MEDITERRANEAN	1 Wrap	830	47	15	0	90	2120	67	7	4	40					Egg, Milk, Wheat
ROASTED AUTUMN	1 Wrap	1080	59	11	0	70	2120	108	8	36	34					Milk (Goat,Cow), Wheat, Tree Nuts (Pecan) May Contain: Peanuts
SUMMER CRUNCH (with Steak)	1 Wrap	1050	60	18	0.5	95	3030	89	7	9	42					Egg, Milk, Wheat
FLOUR TORTILLA (13")	1 Each	310	9	3	0	0	660	49	2	0	8				X	Wheat

GO BIG BREAKFAST BURRITOS

(Includes wheat flour tortilla, without salsa. Breakfast bowls -310 calories)

BACON LOVER w/Shredded Beef	1 Burrito	1020	61	28	1	540	2600	54	2	2	62					Milk, Eggs, Wheat
BACON LOVER w/Pulled Chicken	1 Burrito	960	52	23	1	530	2510	53	2	1	68					Milk, Eggs, Wheat
CHILAQUILE w/Shredded Beef and Salsa Verde	1 Burrito	810	46	19	0	455	1980	57	2	3	41					Milk, Eggs, Wheat
CHILAQUILE w/Pulled Chicken and Salsa Verde	1 Burrito	750	36	14	0	440	1890	57	2	2	48					Milk, Eggs, Wheat
OG w/ Shredded Beef	1 Burrito	810	46	22	1	480	1830	53	2	2	45					Milk, Eggs, Wheat
OG w/Pulled Chicken	1 Burrito	750	37	17	1	465	1730	52	2	1	51					Milk, Eggs, Wheat
TRADITIONAL w/Shredded Beef	1 Burrito	870	48	22	1	480	2170	63	3	3	46					Milk, Eggs, Wheat
TRADITIONAL w/Pulled Chicken	1 Burrito	810	38	18	1	465	2070	63	3	2	53					Milk, Eggs, Wheat
BACON	2.4 oz	290	20	8	0	85	1030	2	1	1	22			X	X	
BREAKFAST POTATOES	2.3 oz	60	2	0	0	0	340	11	1	1	1	X	X	X	X	
SCRAMBLED EGG	3.4 oz	140	9	3	0	355	340	1	0	0	12	X		X	X	Eggs
SHREDDED BEEF	3 oz	150	11	6	0	70	450	1	0	1	12			X	X	
TURKEY SAUSAGE	2.8 oz	140	8	0	0	0	600	0	0	0	14			X	X	

BREAKFAST CLASSIC BURRITOS

(Includes wheat flour tortilla, without salsa. Breakfast bowls -310 calories)

BACON, EGG & CHEESE	1 Burrito	600	28	11	0	405	1520	50	2	0	30					Milk, Eggs, Wheat
FIESTA	1 Burrito	750	38	12	0	380	1840	65	4	1	35					Milk, Eggs, Wheat
MEDITERRANEAN	1 Burrito	600	30	11	0	375	1440	55	5	1	26					Milk, Eggs, Wheat
SOUTHWEST	1 Burrito	630	31	11	0	380	1490	51	2	1	34					Milk, Eggs, Wheat
TRADITIONAL	1 Burrito	760	38	16	0	430	2040	61	3	1	38					Milk, Eggs, Wheat
SAUSAGE, EGG & CHEESE	1 Burrito	620	31	11	0	380	1490	50	2	0	34					Milk, Eggs, Wheat
BACON	1.2 oz	140	10	4	0	45	520	1	0	0	11			X	X	
BREAKFAST POTATOES	2.3 oz	60	2	0	0	0	340	11	1	1	1	X	X	X	X	

SCRAMBLED EGG	3.4 oz	140	9	3	0	355	340	1	0	0	12	X		X	X	Eggs
TURKEY SAUSAGE	1.4 oz	70	4	0	0	0	300	0	0	0	7			X	X	
QUESADILLAS (Includes 6" Wheat flour tortilla, without salsa.)																
BREAKFAST - BACON, EGG & CHEESE	1 Quesadilla	300	19	9	0	185	740	13	0	0	19					Milk, Eggs, Wheat
BREAKFAST- EGG & CHEESE	1 Quesadilla	230	14	7	0	165	480	12	0	0	13					Milk, Eggs, Wheat
BREAKFAST- POTATO, EGG & CHEESE	1 Quesadilla	250	15	7	0	165	630	17	1	1	14					Milk, Eggs, Wheat
BREAKFAST- SAUSAGE, EGG & CHEESE	1 Quesadilla	260	16	7	0	165	630	12	0	0	17					Milk, Eggs, Wheat
CHEESE ONLY	1 Quesadilla	280	19	11	0.5	55	540	13	0	0	15	X				Milk, Wheat
CHEESE & CHICKEN	1 Quesadilla	200	11	6	0	45	470	12	0	0	15					Milk, Wheat
CHEESE & STEAK	1 Quesadilla	210	12	6	0	45	560	12	0	0	15					Milk, Wheat
FLOUR TORTILLA (6")	1 Each	70	2	0.5	0	0	160	11	0	0	2				X	Wheat
	SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian	Vegan	Gluten Friendly*	Dairy Friendly**	ALLERGENS*
SIDES																
WHOLE BANANA	1 Each	110	0	0	0	0	0	27	3	14	1	X	X	X	X	
BOULDER CANYON AVOCADO OIL SEA SALT CHIPS	1 Bag	180	11	1.5	0	0	150	20	2	0	3	X	X	X	X	
CHEWY MARSHMALLOW BAR (GF)	1 Bar	230	4	3	0	15	230	45	0	22	2	X		X		Milk
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 8 oz Cup	6 oz	150	6	0	0	15	730	16	4	1	7			X	X	
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 12 oz Cup	10 oz	220	7	0	0	25	1220	26	6	3	12			X	X	
HUMMUS	4 oz	210	11	0	0	0	480	18	4	0	7	X	X	X	X	Sesame
KIDS SALAD w/Dressing	1 Salad	340	25	4	0	10	800	22	3	4	6	X	X			Milk, Wheat
LOADED GREEK HUMMUS	~ 4 oz	280	15	2.5	0	15	730	21	4	1	10	X				Sesame, Milk
HUMMUS WITH CHICKPEAS	~ 4 oz	250	13	0	0	0	600	22	5	1	9	X				Sesame
HUMMUS WITH FETA	~ 4 oz	280	16	4	0	25	760	19	4	1	11	X				Sesame, Milk
MAC AND CHEESE CUP	~ 6 oz	280	15	9	0.5	55	840	24	1	4	12	X				Milk, Eggs, Wheat
MAC AND CHEESE BOWL	~ 11 oz	520	27	16	1	95	1550	43	1	7	23	X				Milk, Eggs, Wheat
PITA CHIPS (Larger Size)	2 oz	260	6	0.5	0	0	290	41	1	2	7	X	X		X	Wheat
DRESSINGS/SALSA (1 Packet)																
1001 ISLAND DRESSING	2.5 oz	270	27	5	0	10	730	9	0	6	1	X		X	X	Egg
BALSAMIC VINAIGRETTE	2.5 oz	310	32	3.5	0	0	470	7	0	5	1	X	X	X	X	
BALSAMIC VINEGAR	1 oz	30	0	0	0	0	0	6	0	6	0	X	X	X	X	
BBQ RANCH	2.5 oz	170	14	1.5	0	0	510	10	0	8	1	X		X		Milk
CAESAR	2.5 oz	320	35	4.5	0	20	680	3	0	1	3			X		Milk, Eggs, Fish, Soy
CHAMPAGNE VINAIGRETTE	2.5 oz	280	29	3	0	0	260	5	0	3	1	X		X	X	
CREAMY BLUE CHEESE	2.5 oz	310	32	9	0	20	420	3	0	1	3	X		X		Milk, Eggs
CREAMY FETA	2.5 oz	230	23	6	0	20	310	4	0	0	5	X		X		Milk, Eggs
ELOTE	2.5 oz	200	19	3	0	10	380	5	1	2	3	X	X	X	X	Milk, Eggs
JALAPEÑO RANCH	2.5 oz	230	24	2.5	0	0	450	3	0	1	2	X		X		Milk

ROMAINE WITH MIXED GREENS	2.4 oz	10	0	0	0	0	10	2	1	1	1	X	X	X	X	
CLASSIC PORTION - GREENS																
MIXED GREENS	3 oz	15	0	0	0	0	25	2	1	1	1	X	X	X	X	
ROMAINE	6 oz	30	0	0	0	0	10	6	4	2	2	X	X	X	X	
ROMAINE WITH MIXED GREENS	4.8 oz	25	0	0	0	0	20	4	3	1	2	X	X	X	X	
	SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian	Vegan	Gluten Friendly*	Dairy Friendly**	ALLERGENS*
FRUITS, VEGGIES AND MORE																
APPLE SLICES	1.5 oz	25	0	0	0	0	6	0	5	0	X	X	X	X		
AVOCADO	1/2 each	60	6	1	0	0	3	0	0	1	X	X	X	X		
BACON	1.3 oz	150	11	4.5	0	45	560	1	0	0	12			X	X	
BLACK BEANS, SPICY	1.4 oz	25	0	0	0	0	170	5	1	0	2	X	X	X	X	
BLACK PEPPER	.01 oz	0	0	0	0	0	0	0	0	0	0	X	X	X	X	
BRUSSELS SPROUTS	1.6 oz	40	2.5	0	0	0	100	4	2	1	2	X	X	X	X	
CARROTS	.6 oz	10	0	0	0	0	15	2	0	1	0	X	X	X	X	
CELERY	.7 oz	5	0	0	0	0	15	1	0	0	0	X	X	X	X	
CRANBERRIES (DRIED)	.75 oz	70	0	0	0	0	18	0	16	0	X	X	X	X		
CRISPY ONIONS	.55 oz	90	6	0	0	0	35	8	0	1	1	X	X		X	Wheat
CROUTONS - CORNBREAD	.8 oz	100	5	0	0	0	130	13	0	0	3	X				Milk, Wheat
CROUTONS - SOURDOUGH	.8 oz	90	2.5	0	0	0	370	14	0	0	2	X	X		X	Wheat
CUCUMBERS	1.6 oz	5	0	0	0	0	2	0	1	0	X	X	X	X		
EGG - HARD BOILED	1 each	70	5	1.5	0	170	55	0	0	1	6	X		X	X	Eggs
JALAPEÑOS - SLICED	.5 oz	5	0	0	0	0	0	1	0	1	0	X	X	X	X	
KALAMATA OLIVES	1 oz	50	5	0.5	0	0	480	1	1	0	0	X	X	X	X	
MARINATED CHICKPEAS	1.2 oz	30	1.5	0	0	0	90	3	1	1	1	X	X	X	X	
PECANS (CANDIED)	.75 oz	120	8	1	0	0	60	12	1	10	1	X		X		Milk, Tree Nuts (Pecan) May Contain: Peanuts
PICKLED RED ONION	.8 oz	15	0	0	0	0	4	0	0	0	X	X	X	X		
PICKLES - CORNICHONS	1.5 oz	0	0	0	0	0	360	1	0	0	0	X	X	X	X	
PICO DE GALLO	1.5 oz	10	0	0	0	0	200	2	1	1	0	X	X	X	X	
RED PEPPERS - FRESH	1 oz	5	0	0	0	0	0	2	0	0	0	X	X	X	X	
ROASTED CORN	1 oz	30	0.5	0	0	0	0	5	1	2	1	X	X	X	X	
SWEET POTATOES	2.4 oz	70	2	0	0	0	420	13	2	3	1	X	X	X	X	
TAJIN	.05 oz	0	0	0	0	0	0	0	0	0	0	X	X	X	X	
TOMATOES	.67 oz	5	0	0	0	0	0	1	0	1	0	X	X	X	X	
TORTILLA STRIPS	.35 oz	60	5	0	0	0	10	2	0	0	0	X	X	X	X	
FLOUR TORTILLA (6")	1 Each	70	2	0.5	0	0	160	11	0	0	2					Wheat
FLOUR TORTILLA (13")	1 Each	310	9	3	0	0	660	49	2	0	8				X	Wheat
	SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian	Vegan	Gluten Friendly*	Dairy Friendly**	ALLERGENS*
BEVERAGES																
GREEN REVIVER	24 oz	180	0	0	0	0	75	45	1	34	2	X	X	X	X	
ORANGE REVIVER	24 oz	140	0	0	0	0	70	33	1	27	1	X	X	X	X	
COCONUT LEMONADE w/COLD FOAM	24 oz	410	2.5	1.5	0	15	45	101	0	98	1	X		X		Milk, Soy
HOUSEMADE LEMONADE - TRADITIONAL	24 oz	270	0	0	0	0	10	73	0	69	1	X	X	X	X	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	50	49	0	46	1	X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	25	74	0	71	1	X	X	X	X	
FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	24 oz	320	0	0	0	0	20	86	0	82	1	X	X	X	X	
FRUIT STAND LEMONADE - SUMMER STONE FRUIT	24 oz	330	0	0	0	0	20	86	0	83	1	X	X	X	X	
ICED TEA - BLACK	24 oz	0	0	0	0	0	20	0	0	0	0	X	X	X	X	
ICED TEA - MANGO GREEN	24 oz	0	0	0	0	0	20	0	0	0	0	X	X	X	X	
COCONUT COLD BREW w/COLD FOAM	24oz	170	2.5	1.5	0	15	50	35	0	35	0	X		X		Milk, Soy
COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	25	0	0	0	0	X	X	X	X	
ENERGY SPRITZ	24 oz	80	0	0	0	0	210	26	0	18	0	X	X	X	X	
GREEN REVIVER	16 oz	130	0	0	0	0	50	31	1	23	1	X	X	X	X	
ORANGE REVIVER	16 oz	100	0	0	0	0	50	22	1	19	1	X	X	X	X	
COCONUT LEMONADE w/COLD FOAM	16 oz	300	2.5	1.5	0	15	35	72	0	70	0	X		X		Milk, Soy
HOUSEMADE LEMONADE - TRADITIONAL	16 oz	190	0	0	0	0	10	50	0	48	0	X	X	X	X	
HOUSEMADE LEMONADE - CUCUMBER MINT	16 oz	130	0	0	0	0	35	34	0	32	1	X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	16 oz	190	0	0	0	0	15	51	0	49	1	X	X	X	X	

FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	16 oz	230	0	0	0	0	15	62	0	60	1	X	X	X	X	
FRUIT STAND LEMONADE - SUMMER STONE FRUIT	16 oz	240	0	0	0	0	15	63	0	60	0	X	X	X	X	
ICED TEA - BLACK	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	
ICED TEA - MANGO GREEN	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	
COLD BREW ICED COFFEE	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	
COCONUT COLD BREW w/COLD FOAM	16 oz	140	2.5	1.5	0	15	40	28	0	28	0	X		X		Milk, Soy
ADD-INS																
ALMOND MILK	2 oz	15	1	0	0	0	45	2	0	1	0	X	X	X	X	Tree Nuts (Almond)
OAT MILK	2 oz	35	2	1	0	0	25	4	1	2	<1	X	X	X	X	
HALF-AND-HALF	2 oz	90	6	4	0	30	55	4	0	2	2	X		X		Milk
COLD FOAM	1 oz	60	2.5	1.5	0	15	25	9	0	9	0	X		X		Milk, Soy
SIMPLE SYRUP SHOT (24 oz Cup)	1 oz	70	0	0	0	0	0	18	0	18	0	X	X	X	X	
CARAMEL FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	20	0	19	0	X	X	X	X	
COCONUT FLAVOR SHOT (24 oz Cup)	.75 oz	80	0	0	0	0	0	19	0	19	0	X	X	X	X	
HAZELNUT FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	19	0	19	0	X	X	X	X	Tree Nuts (Hazelnut)
VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	20	0	20	0	X	X	X	X	
SUGAR-FREE VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	0	0	0	0	0	0	0	0	0	0	X	X	X	X	
BLACKBERRY FLAVOR SHOT (24 oz Cup)	.75 oz	60	0	0	0	0	0	13	0	13	0	X	X	X	X	
STONE FRUIT FLAVOR SHOT (24 oz Cup)	.75 oz	60	0	0	0	0	0	14	0	13	0	X	X	X	X	
MANGO PUREE (24 oz Cup)	1 oz	80	0	0	0	0	10	20	0	19	0	X	X	X	X	
SIMPLE SYRUP SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	14	0	14	0	X	X	X	X	
CARAMEL FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	13	0	13	0	X	X	X	X	
COCONUT FLAVOR SHOT (16 oz Cup)	.5 oz	50	0	0	0	0	0	13	0	13	0	X	X	X	X	
HAZELNUT FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	12	0	12	0	X	X	X	X	Tree Nuts
VANILLA FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	13	0	13	0	X	X	X	X	
SUGAR-FREE GLACIER CLEAR SINGLE SHOT	.75 oz	0	0	0	0	0	70	3	0	0	0	X	X	X	X	
SUGAR-FREE VANILLA FLAVOR SHOT (16 oz Cup)	.75 oz	0	0	0	0	0	0	0	0	0	0	X	X	X	X	
BLACKBERRY FLAVOR SHOT (16 oz Cup)	.5 oz	35	0	0	0	0	0	9	0	9	0	X	X	X	X	
STONE FRUIT FLAVOR SHOT (16 oz Cup)	.5 oz	35	0	0	0	0	0	9	0	9	0	X	X	X	X	
* Based on the Food and Drug Administration's list of 9 common food allergens: dairy, eggs, fish, peanuts, shellfish, soy, tree nuts, wheat, sesame. We do not make representations about other allergens. While we make efforts to minimize the risk of cross contact, we cannot guarantee that our foods are free of any allergens. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. We use eggs, milk, peanuts, tree nuts, wheat, soy, sesame, and fish as ingredients in our food. Salad and Go cannot guarantee the absence of these allergens in our ingredients. Please reach out to info@saladandgo.com if you have additional questions on allergens or ingredients.																
^Gluten-Friendly																
While our menu includes ingredients that are made without gluten, our restaurants are not gluten free. We take steps to minimize the risk of cross-contact with gluten, but cannot guarantee that these menu items are gluten free.																
^^Dairy-Friendly																
While our menu includes foods that are made without dairy, our restaurants are not dairy free. We take steps to minimize the risk of cross-contact and cannot guarantee that that these menu items are free of milk allergens.																
PEANUT & TREE NUT ALLERGENS																
Peanuts and Tree Nuts are used in Salad and Go recipes and may come in contact with your food or drink. While our restaurants take allergen requests seriously, cross contact may occur during food preparation and we cannot guarantee the absence of these allergens.																
GLUTEN INTOLERANCE & CELIAC DISEASE																
We serve foods that contain gluten. Please refer to our nutrition and allergen chart to see a specific list. If you are highly sensitive to gluten and would like us to change our gloves before serving you, please let us know at the start of your order. While we are happy to change our gloves, we cannot guarantee that any foods are gluten-free due to the risk of cross-contact.																
†VEGAN & VEGETARIAN OPTIONS																
Our tofu is vegan and vegetarian. Vegans should avoid our meats, cheeses, Ranch, BBQ Ranch, Caesar and Creamy Feta Dressings. Our balsamic dressing, and balsamic vinegar are vegan. Our 'vegan' items are on the same line with animal-based products, individual foods may come into contact with one another during preparation.																
* 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutrition information is based on our standard recipes and portion sizes. While care is taken to provide consistent portioning, because every item is made by hand, variations may occur.																