



INGREDIENT & ALLERGY CHART

BURRITOS AND SALADS ARE GLUTEN FREE WHEN EATEN IN A BOWL (WITHOUT A TORTILLA) AND EXCLUDING THE ITEMS BELOW:

INGREDIENTS CONTAINING GLUTEN: Tortillas (both Flour and Wheat), Rice Noodles, Buffalo Sauce, Peanut Sauce, Teriyaki Sauce.

ITEM	INGREDIENTS	DAIRY	EGGS	GLUTEN	PEANUTS	SOY	TREE NUT	VEGETARIAN	VEGAN
Classic	Black beans, corn salsa, choice of mild, medium or crazy hot sauce, jack cheese, cilantro lime rice, sour cream	DAIRY						VEGETARIAN	
Bangkok	Thai Peanut Sauce, cilantro lime rice, cucumber, Asian cabbage blend, carrots, almonds, spicy cashew vinaigrette, sesame seeds			GLUTEN	PEANUTS	SOY	CASHEW & ALMOND	VEGETARIAN	VEGAN
Mediterranean	House made hummus, house vinaigrette, feta, tomato salsa, cucumber, brown rice	DAIRY						VEGETARIAN	
Teriyaki	Teriyaki Sauce, brown rice, caramelized onion, Asian cabbage blend, carrots, rice noodles, scallions, spicy cashew vinaigrette			GLUTEN		SOY	CASHEW	VEGETARIAN	VEGAN
Buffalo	Buffalo Sauce, cilantro lime rice, romaine, carrots, scallions, bleu cheese or ranch dressing	DAIRY	EGGS			SOY		VEGETARIAN	
Tikka Masala	Tikka Masala Sauce, curried chickpeas, cucumber, cilantro lime rice, cucumber tahini yogurt dressing	DAIRY						VEGETARIAN	
Summer	Black beans, mango salsa, jack cheese, cilantro lime rice	DAIRY						VEGETARIAN	
Currito House	Romaine lettuce, grilled chicken, pico de gallo, corn salsa, black beans, feta cheese, scallions, creamy lime dressing.	DAIRY	EGGS			SOY			
Spicy Thai	Romaine, Asian cabbage, carrots, edamame, scallions, rice noodles, almonds, spicy cashew vinaigrette			GLUTEN		SOY	CASHEW & ALMOND	VEGETARIAN	VEGAN
Superfood	Kale, arugula, quinoa, carrots, edamame, chickpeas, feta, golden raisins, almonds, house vinaigrette	DAIRY				SOY	ALMOND	VEGETARIAN	
Greek Greens	Romaine, arugula, lentils, tomato salsa, chickpeas, cucumber, scallion, feta cheese, hummus, cucumber tahini yogurt dressing	DAIRY						VEGETARIAN	
Berry Blend	Unsweetened vanilla almond milk, blueberry, strawberry, blackberry, raspberry, agave, lime						ALMOND	VEGETARIAN	VEGAN
Healthnut	Unsweetened vanilla almond milk, strawberry, banana, almonds, agave, cacao, cashew butter						CASHEW & ALMOND	VEGETARIAN	VEGAN
Orange Glo	Natural orange juice, lime, mango, strawberry, ginger, carrot, agave nectar							VEGETARIAN	VEGAN
Supergreen	Unsweetened vanilla almond milk, kale, banana, coconut oil, agave, lime						ALMOND	VEGETARIAN	VEGAN
Nutella	Whole organic milk, all natural vanilla bean ice cream, nutella	DAIRY	EGGS				HAZELNUT	VEGETARIAN	
Jimmy Carter	Whole organic milk, all natural peanut butter, banana, all natural vanilla bean ice cream	DAIRY	EGGS		PEANUTS			VEGETARIAN	

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Grilled Chicken									Golden Raisin							VEGETARIAN	VEGAN
Grilled Steak									Red Pepper Flake							VEGETARIAN	VEGAN
Organic Tofu					SOY		VEGETARIAN	VEGAN	Jack Cheese	DAIRY						VEGETARIAN	
Cilantro Lime Rice							VEGETARIAN	VEGAN	Feta Cheese	DAIRY						VEGETARIAN	
Brown Rice							VEGETARIAN	VEGAN	Guacamole							VEGETARIAN	VEGAN
Quinoa							VEGETARIAN	VEGAN	Hummus							VEGETARIAN	VEGAN
Black Beans							VEGETARIAN	VEGAN	House Vinaigrette							VEGETARIAN	VEGAN
Chick Peas							VEGETARIAN	VEGAN	Spicy Cashew Vinaigrette						CASHEW	VEGETARIAN	VEGAN
Curried Chick Peas	DAIRY						VEGETARIAN		Cucumber Tahini Yogurt Dressing	DAIRY						VEGETARIAN	
Caramelized Onions							VEGETARIAN	VEGAN	Creamy Lime	DAIRY	EGGS			SOY		VEGETARIAN	
Romaine Lettuce							VEGETARIAN	VEGAN	Bleu Cheese Dressing	DAIRY	EGGS			SOY		VEGETARIAN	
Kale							VEGETARIAN	VEGAN	Ranch Dressing	DAIRY	EGGS			SOY		VEGETARIAN	
Arugula							VEGETARIAN	VEGAN	Sour Cream	DAIRY						VEGETARIAN	
Asian Cabbage Blend							VEGETARIAN	VEGAN	Buffalo Sauce					SOY		VEGETARIAN	VEGAN
Cucumbers							VEGETARIAN	VEGAN	Thai Peanut Sauce			GLUTEN	PEANUTS	SOY		VEGETARIAN	VEGAN
Carrots							VEGETARIAN	VEGAN	Teriyaki Sauce			GLUTEN		SOY		VEGETARIAN	VEGAN
Scallions							VEGETARIAN	VEGAN	Tikka Masala Sauce	DAIRY						VEGETARIAN	
Edamame					SOY		VEGETARIAN	VEGAN									
Lentils							VEGETARIAN	VEGAN									

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White Corn Tortilla Chip	Ground corn treated with lime, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil), salt							VEGETARIAN	VEGAN
Corn Salsa	Corn, red pepper, red onion, jalapeño, lime juice, kosher salt, cilantro, sugar, black pepper, oil blend							VEGETARIAN	VEGAN
Pico de gallo Salsa	Roma tomatoes, yellow onion, cilantro, jalapeño, lime juice, kosher salt							VEGETARIAN	VEGAN
Mango Salsa	Mango, green bell pepper, red onion, jalapeño, lime juice, kosher salt							VEGETARIAN	VEGAN
Verde (mild) Salsa	Tomatillos, jalapeno, yellow onion, water, cilantro, avocado, kosher salt, garlic							VEGETARIAN	VEGAN
Roasted Tomato (med)	Fire-roasted tomatoes, tomatillos, yellow onion, jalapeño, kosher salt, garlic, cilantro, chipotle pepper puree, water, pico de gallo, vinegar, lime juice							VEGETARIAN	VEGAN
House Hot Sauce	Garlic, jalapeño, chipotle pepper puree, kosher salt, habanero powder, white vinegar, water, agave							VEGETARIAN	VEGAN