

ALLERGY & INGREDIENT INFORMATION

Native Foods uses nuts, non-GMO soy, and wheat in our kitchens, and organic ingredients whenever possible.

Please be aware that many of our ingredients share common cooking equipment and utensils, including common oils.



NUTS

Native Foods uses cashews, peanuts, almonds, and other nuts in our kitchen and shares common kitchen equipment, utensils, and oils.

For options without nut ingredients, see page 2



SOY

Native Foods uses soy in our kitchen and shares common kitchen equipment, utensils, and oils.

For options without soy ingredients, see page 5



WHEAT AND GLUTEN FREE

Native Foods uses wheat and gluten in our kitchen and shares common kitchen equipment, utensils and oils.

For options without wheat or gluten ingredients, see page 7



MENU INGREDIENT LIST

For a full list of ingredients, see page 10

NUTS

Native Foods uses cashews, peanuts, almonds, and other nuts in our kitchen and shares common kitchen equipment, utensils, and oils. If you have any questions or concerns, please ask to see a manager.



When ordered according to given instructions, the following menu items contain no nut ingredients, but may share common equipment, utensils and oils:

Starters

- Chicken Wings (Crispy version contains Native Batter with coconut)
- Japanese Sesame Crusted Chicken Bites (contains Native Batter with coconut)
- Native Chili
 - Order without Cashew Cheese (contains cashews)
- Native Nachos
 - Order without Cashew Cheese (contains cashews)
 - Chips are cooked in oil with items that contain coconut
- Thai Chili Brussels Sprouts (contains Native Batter with coconut)
 - Sprouts are cooked in oil with items that contain coconut
- Spicy Fried Cauliflower (contains Native Batter with coconut)
 - Cauliflower is cooked in oil with items that contain coconut

Seasonal Soups *Note: soup selection may vary by location and season. Ask a Team Member for today's selection.*

- Tortilla
 - Tortilla strips are cooked in oil with items that contain coconut
- Organic Lentil & Chick Pea

Entrée Salads

- Ensalada Azteca
- BBQ Chicken Salad
- Taco Salad
 - Tortilla Strips are cooked in oil with items that contain coconut
- OC Raw Chopper
 - Order without Almonds

Burgers

- Native Southwestern Burger
- Big 'Ol BBQ Burger
- Portobello & Sausage Burger
- Native Scorpion Burger

NUTS

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NUTS: Continued on page 3

When ordered according to given instructions, the following menu items contain no nut ingredients, but may share common equipment, utensils and oils:

Handholds and Sandwiches

- Native Chicken Run Ranch (Native Batter contains coconut)
- Native Chicken, Bacon & Avo Club (Native Batter contains coconut)
- Meatball Sub
 - Order without Parmesan (contains cashews)
 - Meatballs are cooked in oil with items that contain coconut
- Native Oklahoma Classic (Daiya™ Cheddar contains coconut)
 - Tofu Bacon is cooked in oil with items that contain coconut
- Tacos
- Twister Wrap (Crispy Chicken option: Native Batter contains coconut)
- BBQ Pulled Jackfruit Sandwich
 - Shallots are cooked in oil with items that contain coconut

Earth Bowls

- Bangkok Curry Bowl (red curry sauce contains coconut)
- Sesame Kale Macro Bowl
- Moroccan
 - Order without almonds
- Soul Bowl (Crispy Native Chicken contains Native Batter with coconut)
- Thai Meatball
 - Meatballs are cooked in oil with items that contain coconut

Kids' Meals

- Chicken Strips (Native Batter contains coconut)

Regular Sides

- Lemon Dill Potato Salad
- Seasoned Fries
 - Fries are cooked in oil with items that contain coconut
- Side Salad
- Steamed Kale

NUTS: Continued on page 4

NUTS

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When ordered according to given instructions, the following menu items contain no nut ingredients, but may share common equipment, utensils and oils:

Premium Sides

- Crispy Sweet Potato Fries
 - Fries are cooked in oil with items that contain coconut
- Lemongrass Broccoli

Sweet Treats

- Chocolate Chip Cookie (contains coconut oil)
- Oatmeal Crème Pie

Sauces, Dressings, Salsas & Cheeses: *All sauces, dressings, and salsas are nut-free EXCEPT the Red Curry Sauce, which contains coconut.*

The following cheeses CONTAIN CASHEWS:

- Cheese Sauce on Mac & Cheese
- Native Cashew Cheese
- Horseradish Cheese
- Parmesan Cheese
- Daiya Cheddar does not contain cashews, but DOES CONTAIN COCONUT

SOY

Native Foods uses soy in our kitchen and shares common kitchen equipment, utensils, and oils. If you have any questions or concerns, please ask to see a manager.



When ordered according to given instructions, the following menu items contain no soy ingredients, but may share common equipment, utensils and oils:

Starters

- Thai Chili Brussels Sprouts
 - Sprouts are cooked in oil with items that contain soy
- Native Nachos
 - Order without Black Beans, Chipotle Sauce, Taco Meat, and BBQ Chicken
 - Chips are cooked in oil with items that contain soy

Seasonal Soups *Note: soup selection may vary by location and season. Ask a Team Member for today's selection.*

- Organic Lentil & Chickpea

Entrée Salads

- Ensalada Azteca
- OC Raw Chopper

Regular Sides

- Lemon Dill Potato Salad
- Seasoned Fries
 - Fries are cooked in oil with items that contain soy
- Side Salad
- Steamed Kale

Premium Sides

- Lemongrass Broccoli
- Sweet Potato Fries
 - Fries are cooked in oil with items that contain soy
- Super Slaw

Other Sides

- Mac & Cheese

SOY: Continued on page 6

SOY

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Kids' Meals

- Mac & Cheese

Sauces, Dressings, Salsas & Cheeses

- Soy-free sauces include: Buffalo Sauce, Moroccan Sauce, Pesto, Marinara Sauce
- Soy-free dressings include: Lemon Garlic, Mango Lime Vinaigrette, Balsamic Vinaigrette
- Soy-free salsas include: Salsa Fresca, Salsa Pomodoro
- Soy-free cheeses include: Native Cashew Cheese, Parmesan, Daiya™ Sliced Cheddar

MENU INGREDIENTS

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When ordered according to given instructions, the following menu items contain no wheat or gluten ingredients, but may share common equipment, utensils and oils:

Starters

- Native Nachos
 - Order without Taco Meat or BBQ Chicken
 - Chips are cooked in oil with items that contain wheat/gluten

Seasonal Soups *Note: soup selection may vary by location and season. Ask a Team Member for today's selection.*

- Tortilla
 - Tortilla strips are cooked in oil with items that contain wheat/gluten
- Organic Lentil & Chickpea

Entrée Salads

- Ensalada Azteca
- Taco Salad
 - Tortilla Strips are cooked in oil with items that contain wheat/gluten
 - Order without Taco Meat
 - Chef's recommended substitute: Black Beans

Earth Bowls

- Bangkok Curry
 - Tofu is cooked in oil with items that contain wheat/gluten
- Moroccan
- Sesame Kale Macro Bowl
- Thai Meatball
 - Order without Meatballs
 - Chef's recommended substitute: Tempeh

WHEAT AND GLUTEN FREE: *Continued on page 8*

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When ordered according to given instructions, the following menu items contain no wheat or gluten ingredients, but may share common equipment, utensils and oils:

Handholds

- Scorpion Burger
 - Order with lettuce cups/no hamburger bun
- Tacos

Regular Sides

- Lemon Dill Potato Salad
- Side Salad
 - Order without Croutons
- Steamed Kale

Premium Sides

- Lemongrass Broccoli
- Roasted Vegetables
- Super Slaw

Sweet Treats

- Peanut Butter Parfait

WHEAT AND GLUTEN FREE: Continued on page 9

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When ordered according to given instructions, the following menu items contain no wheat or gluten ingredients, but may share common equipment, utensils and oils:

Sauces and Dressings

- **Balsamic Vinaigrette:** olive oil, canola, oil, balsamic vinegar, lemon juice, garlic, Dijon mustard, Italian spice blend, organic unrefined sugar, parsley, basil, crushed chili, sea salt, pomegranate molasses
- **BBQ Sauce:** water, apple cider vinegar, Tamari, yellow mustard, molasses, ketchup, brown sugar, liquid smoke, black pepper, cayenne pepper, chili powder, Sriracha
- **Buffalo Sauce:** ingredients vary by location
- **Cheese Sauce:** Cashews, Yukon Gold potatoes, carrots, onion, coconut milk, nutritional yeast, lemon juice, sea salt, smoked paprika, garlic powder
- **Chipotle Sauce:** Native Mayo, chipotle peppers (canned), agave, onion powder, garlic powder
- **Hummus:** garbanzo bean, vegetable base, garlic, lemon juice, sea salt, white pepper, olive oil
- **Jalapeno Cilantro Lime (Green Goddess) Dressing:** Avocado, Native Mayo, garlic, lime juice, sea salt, jalapenos, lime zest, agave, cilantro
- **Lemon Garlic Dressing:** olive oil, canola, oil, lemon juice, garlic, sea salt
- **Mango Lime Dressing:** olive oil, canola oil, lime juice, rice vinegar, agave, mango, ginger, sea salt
- **Mango-Lime Chili Sauce:** olive oil, canola oil, lime juice, rice vinegar, agave, mango, ginger, sea salt, sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum
- **Marinara Sauce:** olive oil, canola oil, shallots, crushed tomatoes, sea salt, black pepper, agave
- **Moroccan Sauce:** orange juice, ginger, garlic, safflower oil, olive oil, canola oil, lemon juice, maple syrup, paprika, thyme, crushed red pepper flakes, oregano, turmeric, cinnamon, sea salt
- **Pesto Sauce:** olive oil, canola oil, basil, garlic, pumpkin seeds, sea salt
- **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
- **Red Curry:** lemongrass, ginger, garlic, olive oil, canola oil, red curry paste, coconut milk, cilantro
- **1000 Island:** Native Mayo, ketchup, relish, lemon juice
- **Native Mayo:** (soy bean oil, vinegar, water, maltodextrin, modified food starch, contains less than 2% of: sugar, salt, spice, polysorbate 60, xanthan gum, propylene glycol alginate, calcium disodium edta to protect flavor, beta carotene, paprika (color))

MENU INGREDIENTS: Continued on page 11

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Sides

- **Lemon-Dill Potato Salad:** potato, green onion, parsley, dill, Lemon Garlic Dressing, sea salt
- **Lemongrass Broccoli:** broccoli, ginger, garlic, lemongrass, safflower oil, sesame oil, salt, crushed red chili
- **Mac & Cheese:** Fusilli pasta, cashews, Yukon Gold potatoes, carrots, onion, coconut milk, nutritional yeast, lemon juice, sea salt, smoked paprika, garlic powder
- **Roasted Veggies:** zucchini, carrot, red onion, cauliflower, broccoli, yam, roasted garlic oil, sea salt
- **Seasoned Fries:** potatoes, French Fry Seasoning
- **Side Salad:** Baby greens, carrots, croutons
- **Steamed Kale:** kale, lemon wedge, red bell pepper, gomasio
- **Super Slaw:** green and red cabbage, kale, carrots, red pepper, chia seeds, flax seeds, sesame seeds, hemp seeds, olive oil blend, lemon juice, agave, salt
- **Sweet Potato Fries:** sweet potatoes, Sweet Potato Fry Seasoning

Salsas

- **Salsa Fresca:** tomato, red onion, olive oil, sea salt, black pepper, cilantro, chipotle peppers (canned), green onion, garlic, cumin, chili powder, lime juice, tomato juice (reconstituted vegetable juice blend (water and concentrated juices of tomatoes, carrots, celery, beets, parsley, lettuce, watercress, spinach), contains less than 2% of: salt, vitamin C (ascorbic acid), natural flavoring, citric acid.)
- **Salsa Pomodoro:** tomato, garlic, basil, sea salt, black pepper, olive oil, canola oil

Vegan Cheese

- **Daiya™ Cheddar Cheese:** filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, natural flavors (derived from plants), inactive yeast, vegetable glycerin, xanthan gum, citric acid, titanium dioxide (a naturally occurring mineral)
- **Native Cashew Cheese:** cashews, sunflower seeds, lemon juice, nutritional yeast, tahini (sesame seed paste), sea salt, onion powder, garlic powder
- **Horseradish Cheese:** cashews, olive oil, canola oil, horseradish, tahini paste, sea salt
- **Parmesan Cheese:** cashews, nutritional yeast, sea salt

Drinks

- **Chai:** cinnamon sticks, cloves, ginger, cardamom, black peppercorns, black tea, earl grey tea, organic sugar
- **Lavender Lemonade:** lemons, organic sugar, lavender, sea salt
- **Iced Teas:** teas vary by location
- **Watermelon Fresca:** watermelon, mint, agave

MENU INGREDIENTS: Continued on page 12

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Misc.

- **Black Beans:** vegetable base, onion, garlic, olive oil, bay leaf, sea salt
- **Caramelized Onions:** onions, olive oil, canola oil, sea salt, white pepper, maple syrup
- **Chili:** white beans, sea salt, Mexican seitan, tomato, onion, chili powder, paprika, cumin, cayenne, oregano, coriander, rice vinegar
- **Chipotle Peppers with Adobo Sauce:** chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil
- **Chocolate Chips:** evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter.
- **Croutons:** bread, olive oil, canola oil, garlic, paprika, sea salt
- **Deglaze:** tamari, garlic, peppercorn, ginger, yellow onion
- **Dijon Mustard:** ingredients vary by location
- **Egg Replacer:** potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, cream of tartar), cellulose gum, modified cellulose
- **Gomasio:** toasted sesame seeds, sea salt
- **Guacamole:** avocado, red onion, tomato, jalapeño, cilantro, sea salt and lemon juice
- **Ketchup:** (Heinz Simple) Tomato concentrate made from red ripe tomatoes, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring
- **Lemon Garlic Hummus:** garbanzo beans, tahini paste, lemon juice, garlic, olive oil, canola oil, sea salt
- **Native Batter:** coconut milk, garlic, coriander, sea salt, unbleached flour, egg replacer
- **Red Beans:** vegetable base, onion, garlic, bay leaf, sea salt, coriander
- **Red Curry Paste:** red chili pepper, garlic, lemongrass, galangal (Thai ginger), salt, shallots, spices, kaffir lime, soybean oil
- **Rice Milk:** filtered water, brown rice, expeller pressed high oleic safflower oil, tricalcium phosphate, sea salt, vitamin A, vitamin D2, vitamin B12.
- **Roasted Garlic:** garlic, olive oil, canola oil, safflower oil, sea salt, black pepper
- **Sauerkraut:** organic cabbage, yellow onion, olive oil, canola oil, sea salt, caraway seed
- **Sesame Chicken Breading:** black and white sesame seeds, Spicy Chicken Breading
- **Soy Free Earth Balance™ Margarine:** natural oil blend (palm fruit, canola, safflower, flax and olive oil), filtered water, salt, natural flavor (from corn – no MSG/alcohol/gluten), pea protein, sunflower lecithin, lactic acid (non-dairy), annatto
- **Soy Milk:** filtered water, whole soybeans, cane sugar, sea salt, carrageenan, natural flavor, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin (B2), Vitamin B12
- **Soy Sauce:** water, wheat, soybeans (non-gmo), salt, sodium benzoate
- **Spicy Chicken Breading:** bread crumbs, unbleached organic flour, blackening seasoning, salt, parsley, Native Batter

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- **Sriracha:** chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum
- **Sweet Thai Chili:** sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum
- **Tamari (gluten-free soy sauce):** water, organic soybeans, salt, organic alcohol (to preserve freshness)
- **Tofutti™ Cream Cheese:** water, partially hydrogenated soy bean oil, non-GMO (isolated soy protein), maltodextrin, tofu, nondairy lactic acid, sugar, locust bean, guar and carrageenan gums, sugar, salt, vegetable mono and diglycerides, and potassium sorbet (added as preservative)
- **Vegetable Base:** blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids.
- **Veggies Grilled:** zucchini, carrot, red onion, cauliflower, broccoli, yam, roasted garlic oil (garlic, olive oil, canola oil, safflower oil, sea salt, black pepper), sea salt
- **Veggies Steamed:** zucchini, carrot, cauliflower, broccoli
- **Yellow Mustard:** water, org. vinegar, org. mustard seed, salt, org. turmeric, org. paprika

Soups

- **Organic Lentil & Chickpea Soup:** water, vegetable base (organic carrots, organic celery, organic onion, sea salt), organic lentils, organic tomatoes, organic tomato puree, organic chick peas, organic onions. Contains 2% or less of: organic garlic, organic cilantro, organic canola oil, organic sugar, organic turmeric, sea salt, organic spices and organic corn starch.
- **Tortilla Soup:** water, crushed tomatoes (tomatoes, salt citric acid), onions, vine-ripened diced tomatoes in juice, tortilla chips (stoneground corn masa, trace of lime, vegetable oil [canola or soybean oil], salt and water), cilantro, jalapeno peppers, canola oil, garlic, sea salt, cultured dextrose, spices, smoked paprika, lime juice (water, lime juice concentrate, lime oil)

Seasonings

- **Blackening Seasoning:** paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper
- **French Fries Seasoning:** sea salt, chili powder, paprika, cumin, coriander, fennel seed, garlic powder, onion powder
- **Sweet Potato Fries Seasoning:** tarragon, organic sugar, sea salt

MENU INGREDIENTS: Continued on page 14

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Proteins

- **BBQ Chicken:** Native Chicken, BBQ sauce
- **Mexican Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, cumin, garlic powder, coriander, paprika, black pepper, crushed red pepper, oregano.
- **Moroccan Tofu:** tofu (firm), Moroccan sauce
- **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat)
- **Peppered Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, black pepper, garlic powder, oregano.
- **Peppered Steak Seitan (prepared):** peppered seitan, olive oil, canola oil, shallots, Deglaze
- **Sausage Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, tapioca starch, canola oil, fennel, garlic powder, black pepper, oregano
- **Signature Savory Burger Patty:** Vital wheat gluten, water, all-purpose flour, mushrooms, tamari, canola oil, tapioca starch, soy sauce, sea salt, onion powder, black pepper, garlic powder, oregano.
- **Taco Meat:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, cumin, garlic powder, coriander, paprika, black pepper, crushed red pepper, oregano.es
- **Tempeh:** millet, water, organic soybeans, rice vinegar, tempeh starter, deglaze
- **Tofu (extra firm/baking) (Mori-Nu brand):** Filtered water, soybeans, isolated soy protein, gluconolactone (non-GMO), calcium chloride
- **Tofu (firm):** organic soybeans, calcium sulfate, calcium chloride
- **Bacon:** Water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
- **Tofu Steak:** Tofu (firm), Dijon mustard, Brown Sugar, Nutritional Yeast, Tamari Soy Sauce, Rice Wine Vinegar, Olive Oil, Canola Oil, Cumin, Chili Powder, Oregano, Onion Powder, Garlic Powder, Sriracha
- **White Bean Burger Patty:** white beans, Portobello mushrooms, lentils (yellow onion, bay leaves, garlic, salt), garlic, olive oil, canola oil, sea salt, smoked paprika, tamari, Brown Rice, cilantro

Breads

- **Multi-Grain Ciabatta:** water, unbleached enriched wheat flour, whole wheat flour, hard red winter wheat, sugar, rye flour, soybean oil, salt, rye, sunflower seeds, sesame seeds, rye flakes, oats, flax seeds, cracked wheat, spelt, hulled barley, yeast, soft white wheat, yellow corn
- **Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid

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MENU INGREDIENTS

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- **Cornbread:** corn flour, unbleached flour, baking powder, baking soda, sea salt, orange juice, water, safflower oil, tofu (baking), orange zest, agave
- **Rye Bread:** unbleached enriched wheat flour, rye flour, enriched semolina flour, salt, caraway seeds, yeast
- **Corn Tortilla:** organic yellow corn, water and traces of lime
- **Wheat Tortilla:** unbleached whole wheat flour, unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, palm oil, cultured wheat, sea salt, sodium acid pyrophosphate (baking powder), sodium bicarbonate, sugar, citric acid, enzyme, guar gum, yeast, mono and diglycerides.

Desserts/Sweet Treats

- **Carrot Caramel-Vanilla Cupcake:**
 - **Cupcake Batter:** unbleached flour, baking powder, baking soda, organic brown sugar, sea salt, cinnamon, safflower oil, rice milk, orange juice, carrot, vanilla extract
 - **Frosting:** Tofutti™ Cream Cheese, Soy Free Earth Balance™ Margarine, powdered sugar, vanilla extract, caramel extract, vanilla bean paste
- **Chocolate Chip Cookie:** wheat flour, malted barley flour, coconut oil, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin), brown sugar, sugar, water, vanilla extract, baking soda, salt
- **Chocolate Ganache Cupcake:**
 - **Cupcake Batter:** unbleached flour, baking powder, baking soda, cocoa powder, sea salt, organic sugar, apple cider vinegar, vanilla extract, safflower oil, rice milk
 - **Frosting:** Tofutti™ Cream Cheese, Soy Free Earth Balance™ Margarine, powdered sugar, cocoa powder, vanilla extract
 - **Ganache:** coconut milk, Soy Free Earth Balance™ Margarine, chocolate chips
- **Oatmeal Crème Pie:** cream cheese, Soy Free Earth Balance™ Margarine, powdered sugar, unbleached flour, baking powder, sea salt, cinnamon, baking soda, sugar, brown sugar, vanilla extract, egg replacer, rolled oats
- **Peanut Butter Parfait:** Tofutti™ Cream Cheese, peanut butter (organic peanuts), tofu (baking), agave, chocolate chips, banana bread crumbles (gluten-free flour, gluten-free oats, xanthan gum, coconut, almonds, chocolate chips, baking powder, sea salt, tofu (baking), maple syrup, agave, bananas, safflower oil, vanilla)