

Ingredients by Menu Item



Please speak with a manager if you have a specific food allergy. All of our ingredients may share common cooking equipment, utensils, and/or frying oils. We use olive oil or canola oil when heating or cooking some of our items. We use Non-GMO and organic ingredients whenever possible.

Native Kids

- **Chicken Strips**
 - **Chicken: May vary by region**
 - **Chicken** (Upton's Naturals): water, textured wheat protein, canola oil, methyl cellulose, vital wheat gluten, natural flavor, yeast extract, sugar, salt, wheat starch, granulated onion, soy sauce (water, wheat, soybeans, salt), granulated garlic, ground celery seed
 - or
 - **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)
 - **Breading:** coconut milk, garlic, coriander, water, sea salt, unbleached flour, egg replacer (potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose)
- **Lil' Buddha**
 - **Rice, Jasmine:** jasmine rice, sea salt, water
 - **Sweet Potato**
 - **Teriyaki Sauce:** tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), organic brown sugar, mirin rice wine vinegar, agave syrup, sesame oil, ginger, corn starch, water
 - **Pineapple**
 - **Gomasio:** black & white sesame seeds, sea salt
 - **Avocado**
 - **Roasted Corn**
 - **Green Onion**
- **Mac & Cheese:**
 - **Pasta, Elbow (Gluten Free):** corn flour, rice flour, mono and diglycerides (cooked in sea salt and water, then tossed in olive oil)
 - **Truffle Cheese Sauce:** oatmilk (water and oats, sunflower oil, dipotassium phosphate, calcium carbonate, tricalcium phosphate, sea salt), Daiya™ cheddar cheese (filtered water, tapioca starch, coconut oil, expeller pressed canola and/or safflower oil, plant-based natural flavors, sea salt, tricalcium phosphate, potato maltodextrin, potato protein isolate, lactic acid, konjac gum, xanthan gum, yeast extract, annatto, turmeric, inactive yeast, potassium chloride), black truffle salt

Sweet Treats

- **Chocolate Chip Cookie (Native Foods):** wheat flour, malted barley flour, coconut oil, evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter, organic brown sugar, organic granulated sugar, water, pure vanilla extract, baking soda, salt
- **Oatmeal Creme Pie:** water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, Non-GMO (soy protein, tofu), nondairy lactic acid, blend of natural gums (locust bean, guar, cellulose, xanthan and carrageenan), organic sugar, vegetable mono and diglycerides, salt, plant-based margarine/butter (may contain soy or coconut), powdered sugar, unbleached flour, baking powder, sea salt, cinnamon, baking soda, sugar, brown sugar, vanilla extract, egg replacer (potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose), rolled oats
- **Oatmeal Creme Pie - Gluten Free (WICKER PARK, CHICAGO STORE ONLY):** cane sugar, light brown sugar, apple sauce, plant-based butter (Earth Balance®), salt, vanilla, baking soda, gluten free oats, white rice, potato starch, tapioca flour, sweet rice flour, xanthan gum, gluten free flour, plant-based margarine (Earth Balance®) (palm fruit, canola, safflower flax and olive oils, water, less than 2% salt, natural flavor, pea protein, sunflower lecithin, lactic acid [plant-based], annatto extract), plant-based cream cheese (Tofutti®) (water, expeller processed natural oil blend [soybean, palm fruit and olive], maltodextrin, Non-GMO [soy protein, tofu], nondairy lactic acid, blend of natural gums, locust bean, guar, cellulose, xanthan and carrageenan, organic sugar, vegetable mono and diglycerides, salt), organic powdered sugar, vanilla extract
- **Peanut Butter Parfait:** water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, Non-GMO (soy protein, tofu), nondairy lactic acid, blend of natural gums (locust bean, guar, cellulose, xanthan and carrageenan) organic sugar, vegetable mono and diglycerides, sea salt, peanut butter (organic peanuts), tofu (baking), agave, chocolate chips (evaporated cane juice, natural chocolate liquor [non-alcoholic], non-dairy cocoa butter), banana bread crumbs, gluten free flour, gluten free oats, xanthan gum, coconut, almonds, evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter, baking powder, maple syrup, agave, bananas, safflower oil, vanilla

Important Advisory: Desserts/Sweet Treats provided by our third-party partners are not listed in this guide. Please speak with a Team Member for allergen and ingredient information on these items, as they are region and store specific.