



ALLERGEN & INGREDIENT INFORMATION

We use nuts, wheat, and soy in our kitchens. 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.



NUTS

We use cashews, peanuts, almonds, and other nuts in our kitchens, and ingredients may share common kitchen equipment, utensils, and/or oils.

For options without nut ingredients, see pages: 1-2



SESAME SEEDS

We use sesame seeds in our kitchens, and ingredients may share common kitchen equipment, utensils, and/or oils.

For a list of our menu items and ingredients containing sesame seeds/oil, see page: 3



SOY

We use soy in our kitchens, and ingredients may share common kitchen equipment, utensils, and/or oils.

For options without soy ingredients, see pages: 4



WHEAT AND GLUTEN

We use wheat and gluten in our kitchens, and ingredients may share common kitchen equipment, utensils, and/or oils.

For options without wheat or gluten ingredients, see pages: 5



INGREDIENT LIST

For ingredients by category, see pages:

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INGREDIENTS BY MENU ITEM

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NUT ALLERGIES

We use cashews, peanuts, almonds, and other nuts in our kitchens, and ingredients may share common kitchen equipment, utensils, and/or oils. We use olive oil or canola oil when heating or cooking some of our items. If you have any questions or concerns, please ask to see a manager.

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



Bites and Shareables

- Cauliflower Dippers
- Chicken Tenders
- Chicken Wings
- Hustlin' n' Brusselin' Sprouts
 - Feta Cheese contains coconut oil

Seasonal Soups

Note: Soup selection may vary by location and season. Ask a Team Member for today's selection.

- Coconut Lentil Soup
 - Contains coconut
- Minestrone Soup
- Moroccan Chickpea Soup
- Organic Lentil & Chickpea Soup
- Potato Kale Soup
- Red Thai Curry Soup
 - Contains coconut
- Tortilla Soup

Sides

- Seasoned Fries
- Side Salad
- Steamed Kale
- Sweet Potato Fries

Entrée Salads

- BBQ Chicken Salad
- Taco Salad

Entrées

- Cauliflower Chickpea Shawarma Bowl
- Orange Cauliflower

Burgers

- BBQ Brisket Burger
 - Smoked Provolone Cheese contains coconut oil
- Big Ol' BBQ Burger (Secret Menu Item)
 - Cheddar Cheese contains coconut oil
- Double Cheeseburger
 - Cheddar Cheese contains coconut oil
- Free Spirit Burger
- Gastropub Burger
 - Smoked Provolone Cheese contains coconut oil
- Scorpion Burger (Secret Menu Item)
- Southwestern Burger (Secret Menu Item)
- Poppin' Jalapeno Burger
 - Cheddar Cheese contains coconut oil
 - Pimento Cheese contains coconut oil

NUT ALLERGIES

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



Handhelds

- Buffalo Chicken Run Ranch
- Cauliflower Chickpea Shawarma Wrap
- Cauliflower Po' Boy
- Chicken, Bacon & Avo Club
- The Real Nashville Hot
- Chicken Run Ranch
- Crazy Good Grilled Chicken Sandwich
 - Smoked Provolone Cheese contains coconut oil
- Hot Honee Sandwich
- Meatball Sub
 - Smoked Provolone Cheese contains coconut oil
- Oklahoma Classic (Secret Menu Item)
 - Cheddar Cheese contains coconut oil
- Twister Wrap

Kids Meals

- Chicken Strips
- Kids Lil' Buddha

Sweet Treats

- Chocolate Chip Cookie (Native Foods)
- Key Lime Cheesecake Parfait
 - May contain coconut oil in some regions
- Oatmeal Creme Pie (may contain coconut oil in Colorado)

Our restaurants work with local vendors to offer a variety of delicious plant-based dessert options. There may be additional nut free dessert options not listed here. Please speak with a Team Member for additional options.

Most of our sauces, dressings, and salsas are nut free except the items listed below. Many of our plant-based cheeses contain coconut oil.

The following cheeses CONTAIN NUT or COCONUT OIL:

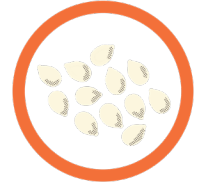
- Cheddar Cheese (contains coconut oil)
- Cashew Cheese (contains nut)
- Feta Cheese (contains coconut oil)
- Jalapeno Pimento Cheese (contains coconut oil)
- Smoked Provolone Cheese (contains coconut oil)

The following dressings/sauces CONTAIN NUT

- Cilantro Lime Dressing (contains nut)
- Thai Peanut Sauce (contains nut)

SESAME SEED ALLERGIES

We use sesame seeds in our kitchens, and ingredients may share common kitchen equipment, utensils, and/or oils. Ingredients in some of our recipes contain sesame seeds and/or sesame oil. Some ingredients vary by region, and there may be ingredients containing sesame seeds/oil not listed here. Please speak with a manager if you have a sesame seed allergy.



The following menu items and ingredients **CONTAIN SESAME SEEDS and/or CONTAIN SESAME OIL**

- Buddha Bowl
- Cashew Cheese
- Cauliflower Chickpea Shawarma Bowl
- Cauliflower Chickpea Shawarma Wrap
- Chicken, Bacon, Avo Club (in CA/CO/OR)
- Cilantro Lime Dressing
- Fried Rice Sauce
- Fried Rice Veggies
- Gomasio
- Kale Krunch Salad
- Kids Lil' Buddha
- Nachos
- Orange Sauce
- Orange Cauliflower
- Southwestern Burger
- Steamed Kale (Side Item)
- Tahini Sauce
- Teriyaki Sauce

SOY ALLERGIES

We use a variety of soy products in our kitchens, and ingredients, which may share common kitchen equipment, utensils, and/or oils. We use olive oil or canola oil when heating or cooking some of our items. If you have any questions or concerns, please ask to see a manager.

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



Bites and Shareables

- Hustlin' n' Brusselin' Sprouts
 - Brussels sprouts and capers are cooked in shared oils with items that contain soy

Seasonal Soups

Note: Soup selection may vary by location and season. Ask a Team Member for today's selection.

- Coconut Lentil Soup
- Moroccan Chickpea Soup
- Tortilla Soup
 - Tortilla Strips are cooked in shared oils with items that contain soy

Sides

- Seasoned Fries
 - Fries are cooked in shared oils with items that contain soy
- Side Salad
- Steamed Kale
- Sweet Potato Fries
 - Fries are cooked in shared oils with items that contain soy

Burgers

- Free Spirit Burger
 - Burger Patty is cooked in shared oils with items that contain soy

Sweet Treats

Our restaurants work with local vendors to offer a variety of delicious plant-based dessert options. Please speak with a Team Member for additional soy free dessert options.

Sauces, Dressings, Salsas, & Cheese

- **Soy-free sauces** include: BBQ Sauce (Bull's-eye™), Buffalo Sauce (Frank's®), Ketchup, Marinara Sauce, Mustard (yellow), Sriracha Sauce, Sweet Thai Chili Sauce
- **Soy-free dressings** include: Balsamic Vinaigrette, Hot Honee Sauce, Lemon Garlic Dressing
- **Soy-free salsas** include: Salsa Fresca
- **Soy-free cheese** includes: Cashew Cheese, Cheddar Cheese, Parmesan Cheese, Smoked Provolone Cheese

WHEAT/GLUTEN ALLERGIES

We use wheat and gluten products in our kitchens, and ingredients may share common kitchen equipment, utensils, and/or oils. We use olive oil or canola oil when heating or cooking some of our items. If you have any questions or concerns, please ask to see a manager.

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



Bites and Shareables

- Hustlin' n' Brusselin' Sprouts
 - Brussels sprouts and capers are cooked in shared oils with items that contain wheat/gluten
- Nachos
 - **Must order without Taco Meat or BBQ Chicken**
 - **(If ordered) "Sub Seasoned Fries" option contains gluten**
 - Chips are cooked in shared oils 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.

- Coconut Lentil Soup
- Minestrone Soup
- Moroccan Chickpea Soup
- Organic Lentil & Chickpea Soup
- Potato Kale Soup
- Red Thai Curry Soup
- Tortilla Soup
 - Tortilla Strips are cooked in shared oils with items that contain wheat/gluten

Sides

- Side Salad
- Steamed Kale
- Seasoned Fries
 - Cooked in shared oils with items that contain wheat/gluten
- Sweet Potato Fries
 - Cooked in shared oils with items that contain wheat/gluten

Entrées

- Buddha Bowl
 - Mushrooms are cooked in shared oils with items that contain wheat/gluten
 - Rice is heated on a shared surface with items that contain wheat/gluten
- Cauliflower Chickpea Shawarma Bowl
 - Cauliflower is heated on a shared surface with items that contain wheat/gluten

Burgers

- **Free Spirit Burger (SPEAK WITH A MANAGER IF YOU HAVE A SOY, NUT, OR GLUTEN ALLERGY)**
 - Bun is heated on a shared surface with items that contain wheat/gluten
 - Burger is heated in shared oils with items that contain wheat/gluten

Kids Menu

- Kids Lil' Buddha
 - Rice is heated on a shared surface with items that contain wheat/gluten

Sweet Treats

- Peanut Butter Parfait

Our restaurants work with local vendors to offer a variety of delicious plant-based dessert options. There may be additional gluten free dessert options not listed here. Please speak with a Team Member for additional options.

Sauces, Dressings, Salsas, & Cheese

We carry a wide variety of plant-based sauces, dressings, and cheeses. Although there can be exceptions, most of our sauces, dressings, and cheeses are wheat and gluten free. Please ask to speak with a manager if a particular sauce, dressing, or cheese is in question. The ingredients for all of our sauces, dressings, salsas and cheeses are listed below.

Ingredient List

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Sauces and Dressings

- **Balsamic Vinaigrette:** olive oil, canola oil, Dijon mustard, lemon juice, balsamic vinegar, Italian spice, organic sugar, garlic, parsley, basil, salt, chili spice, pomegranate molasses
- **BBQ Sauce (Bull's-eye™)** tomato puree (water, tomato paste), sugar, vinegar, molasses, contains less than 2 % of modified food starch, salt, natural smoke flavor, mustard flour, dried onions, spice, dried garlic potassium sorbate to preserve freshness
- **BBQ Sauce, Spicy:** BBQ sauce (Bull's-eye™ BBQ Sauce: tomato puree [water, tomato paste], sugar, vinegar, molasses, contains less than 2 % of modified food starch, salt, natural smoke flavor, mustard flour, dried onions, spice, dried garlic potassium sorbate to preserve freshness) black pepper, agave syrup, hot sauce (May vary by region, see below "Buffalo/Hot Sauce)
- **Buffalo Sauce/Hot Sauce - May vary by region (Frank's®):** aged cayenne red peppers, distilled vinegar, water, salt, garlic powder **or (Cult Crystal®):** aged red cayenne peppers, distilled vinegar, salt **or (Louisiana):** red chili peppers, vinegar, salt
- **Chipotle Sauce:** plant-based mayonnaise, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
- **Cilantro Lime Dressing:** lime juice, cilantro, red pepper, agave syrup, olive oil, canola oil, rice wine vinegar, tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), sesame oil, Dijon mustard (water, mustard seed, vinegar, citric acid, sulphur dioxide-preservative), ginger, peanut butter (organic peanuts), sea salt, ground black pepper, crushed red pepper spice
- **Creamy Cajun Sauce:** plant-based mayonnaise, ketchup, horseradish (horseradish root, vinegar, and salt), Cajun seasoning (garlic powder, Italian spice, Hungarian paprika, sea salt, ground black pepper, cayenne pepper, thyme, onion powder), garlic powder, Hungarian paprika, lemon juice
- **Fried Rice Sauce:** organic brown sugar, tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), rice wine vinegar, sesame oil
- **Ketchup:** (Annie's®-may vary by region) tomato paste, distilled white vinegar, water, cane sugar, sea salt, onion, allspice, clove (all organic)
- **Green Goddess/Jalapeno Cilantro Dressing:** avocado, plant-based mayonnaise, garlic, lime juice, sea salt, jalapenos, agave, cilantro
- **Hot Honey Sauce:** water, ketchup, organic sugar, cayenne pepper spice, vinegar apple cider, agave syrup, organic sea salt, garlic powder, corn starch
- **Lemon Garlic Dressing:** olive oil, canola oil, lemon juice, garlic, sea salt
- **Marinara Sauce (Spicy):** organic tomato puree (organic tomatoes, salt), water, organic onions, organic carrots, organic extra virgin olive oil, 2% or less of organic sugar, salt, organic garlic, organic spices, red chili pepper, safflower oil
- **Mayonnaise (plant-based):** 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)
- **Mustard, Yellow:** water, organic. vinegar, organic mustard seed, salt, organic turmeric, organic paprika
- **Nashville Hot Sauce:** plant-based butter/margarine, cayenne pepper, organic brown sugar, Hungarian paprika, garlic powder, sea salt
- **Orange Sauce:** sesame oil, ginger, garlic, safflower oil, lemongrass, chili paste chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum), crushed red pepper, orange juice, orange zest, organic brown sugar, tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), corn starch, sea salt
- **Ranch Dressing:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
- **Soy Sauce (Tamari -Gluten Free Soy Sauce):** water, organic soybeans, salt, organic alcohol (to preserve freshness)
- **Sriracha Sauce:** red jalapeños, organic blue agave nectar, organic distilled vinegar, garlic, salt, tangerine juice concentrate, lime juice concentrate, organic guar gum
- **Sweet Thai Chili Sauce: May vary by region** (sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum) or (Franks®: water, sugar, red chili peppers, salt, garlic, modified food starch and acetic acid)
- **Tahini Sauce:** tahini (sesame seed paste), olive oil, canola oil, lemon juice, tamari soy sauce, apple cider vinegar, garlic, ginger
- **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
- **Thai Chili Cilantro Sauce:** sweet Thai chili (May vary by region, ingredients listed above), plant-based mayonnaise, water, cilantro, sea salt
- **Thai Peanut Sauce:** peanut butter (organic peanuts), organic brown sugar, olive oil, canola oil, rice wine vinegar, tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), ginger, ground black pepper, sea salt, water
- **Thousand Island Dressing:** plant-based mayonnaise, ketchup, pickle, yellow mustard, organic sugar, apple cider vinegar, onion powder
- **Truffle Aioli:** plant-based mayonnaise, plant-based sour cream, truffle salt (black), truffle oil (white)

Ingredient List



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Plant-Based Cheese

- **American Cheese** (Follow Your Heart®): (plant-based, gluten-free, dairy-free, non-GMO, soy-free) filtered water, coconut oil, modified food starch, potato starch, sea salt, natural flavor (plant sources), olive extract, paprika extract and beta carotene for color
- **Cashew Cheese**: cashews, sunflower seeds, lemon juice, nutritional yeast, tahini (sesame seed paste), sea salt, onion powder, garlic powder, visquick (or xanthan gum)
- **Cheddar Cheese**: filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), cheddar flavor (vegan sources), olive extract, paprika extract & beta carotene (color), vitamin B12
- **Cream Cheese – May vary by region**
 - **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
 - **Cream Cheese** (Follow Your Heart®): filtered water, organic coconut oil*, faba bean protein, corn starch, organic vegan cane sugar*, modified potato starch, sea salt, sugarcane fiber, citric acid, tricalcium phosphate, natural flavors (plant sources), sodium citrate, xanthan gum, lactic acid (plant source), beta carotene for color
 - **Cream Cheese** (Violife™): filtered water, coconut oil, potato starch, salt (sea salt), glucono-delta-lactone, flavor (vegan sources), olive extract, vitamin B12
- **Feta Cheese** (Violife™): water, coconut oil, potato starch, sea salt, glucono delta lactone, flavor (vegan sources), olive extract, vitamin B12
- **Gouda, Smoked** (Follow Your Heart®): filtered water, coconut oil, modified food starch, potato starch, sea salt, natural smoke flavor (plant sources), natural flavor (plant sources), olive extract
- **Jalapeno Pimento Cheese**: plant-based cream cheese (ingredients listed above – may vary by region), plant-based mayonnaise, cheddar cheese (filtered water, coconut oil, food starch-modified [potato & corn], potato starch, salt [sea salt], cheddar flavor [vegan sources], olive extract, paprika extract & beta carotene [color], vitamin B12), garlic powder, onion powder, jalapeno, sea salt
- **Parmesan Cheese, House-made**: nutritional yeast and sea salt
- **Provolone, Smoked**: filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), flavor (vegan sources), olive extract, beta carotene (color), vitamin B12

Proteins

- **Bacon, Seitan**: water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
- **BBQ 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, BBQ sauce (Bull's-eye™ - tomato puree [water, tomato paste], sugar, vinegar, molasses, contains less than 2 % of modified food starch, salt, natural smoke flavor, mustard flour, dried onions, spice, dried garlic potassium sorbate to preserve freshness)
- **Brisket Seitan**: water, vital wheat gluten, wheat flour, sea salt, potassium chloride, granulated onion, black pepper, granulated garlic, soy sauce (water, soybeans, wheat, salt), oregano, chili powder, organic brown sugar, paprika, garlic, Applewood smoked sea salt, olive oil, canola oil, apple cider vinegar
- **Burger Patty, Native Foods Signature Recipe**: water, textured wheat protein, vital wheat gluten, mushrooms, tapioca starch, soy sauce (water, soybeans, wheat, salt), canola oil, roasted barley malt extract, sea salt, granulated onion, black pepper, granulated garlic
- **Burger Patty, Cauliflower (Gluten Free/Soy Free)** (Dr. Praeger's® Sensible Foods): cauliflower, cooked brown rice (brown rice, water), expeller pressed canola oil, kale, pea protein, zucchini, cooked quinoa (quinoa, water), onions, fava beans, oat bran, water, peas, oat fiber, arrowroot powder, flaxseed meal, roasted garlic, lemon juice, spices, sea salt, scallions, onion powder, chili powder (chili pepper, salt, garlic, cumin, spices)
- **Burger Patty, Vegetable (Contains Soy)** (Dr. Praeger's Sensible Foods): carrots, onions, string beans, zucchini, soybeans, peas, expeller pressed canola oil, spinach, broccoli, corn, red peppers, potato flakes, arrowroot, corn meal, corn starch, garlic, salt, parsley, black pepper
- **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
- **Chicken Tenders** (Incogmeato™): water, wheat flour, soy protein isolate, wheat gluten, vegetable oil (corn, canola and/or sunflower), potato starch, yellow corn flour, contains 2% or less of maltodextrin, salt, yeast extract, garlic powder, onion powder, spices, tapioca starch, cornstarch, natural flavors, tricalcium phosphate, color added, leavening (sodium acid pyrophosphate, sodium bicarbonate), xanthan gum, paprika extract color

Ingredient List



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Proteins (continued)

- **Meatball:** water, textured vegetable protein (soy protein concentrate, barley malt extract), canola oil, vital wheat gluten, soy protein isolate, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), methylcellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, black malted barley extract (for color), dried onion, dried garlic, cane sugar, natural flavors, garlic powder, distilled vinegar, salt, extractives of paprika and turmeric, annatto extractives, yeast, pea protein, molasses, carrot fiber, sugar beet fiber, wheat starch, soy lecithin
- **Mexican Seitan:** vital wheat gluten, water, all-purpose flour, soy sauce (water, wheat, soybeans, salt), sea salt, onion powder, cumin, garlic powder, coriander, paprika, black pepper, crushed red pepper, oregano
- **Peppered Seitan:** water, vital wheat gluten, wheat flour, sea salt, potassium chloride, granulated onion, black pepper, granulated garlic, soy sauce (water, soybeans, wheat, salt), oregano
- **Taco Meat:** vital wheat gluten, water, all-purpose flour, soy sauce (water, wheat, soybeans, salt), sea salt, onion powder, cumin, garlic powder, coriander, paprika, black pepper, crushed red pepper, oregano, olive oil, canola oil
- **Tempeh (Tofurky®):** filtered water, organic soybeans, organic apple cider vinegar, starter culture (rhizopus oligosporous), fried rice sauce (ingredients listed above)

Breads

- **Baguette: May vary by region**
 - **Baguette (California, Oregon, Colorado):** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sour culture, salt, yeast, semolina
 - **Baguette (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, salt, sugar, yeast, mold inhibitor (cultured wheat flour, vinegar), dough conditioner (wheat flour, ascorbic acid, enzymes), dough conditioner (wheat flour, monoglycerides, enzyme)
- **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
- **Hamburger Bun, Gluten Free:** water, food starch modified, corn starch, potato starch, long grain milled rice, stabilized rice bran, granulated sugar, yeast, canola oil, faba bean protein, organic medium invert syrup, tapioca starch, salt, modified cellulose, psyllium, xanthan gum, cultured brown rice, brown rice, calcium sulfate, enzymes
- **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
- **Pretzel Hamburger Bun: May vary by region**
 - **Pretzel Hamburger Bun (California, Oregon):** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), water, canola oil, sugar, contains less than 2% of each of the following: yeast, malted barley, salt, wheat flour, dextrose, sodium hydroxide, maltodextrin, cultured dextrose, wheat starch, malted barley flour, ascorbic acid added as a dough conditioner, soybean oil, enzymes, calcium sulfate, microcrystalline cellulose
 - **Pretzel Hamburger Bun (Colorado):** wheat flour, canola oil, east, salt, wheat gluten, ascorbic acid, enzymes, sodium hydroxide
 - **Pretzel Hamburger Bun (Chicago):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, soy powder, wheat gluten, yeast, salt, mold inhibitor (cultured wheat flour, vinegar), dough conditioner (wheat flour, salt, enzymes), dough conditioner (wheat flour, enzymes, salt), ascorbic acid (oxidation), surface finishing agent (lye, potassium sorbate [preservative]), soy lecithin (processing aid)
- **Tortilla, Corn (Yellow):** organic yellow corn, water and traces of lime
- **Tortilla, Corn (White):** corn masa flour, water, contains 2% or less of: cellulose gum, guar gum, amylase, and propionic acid of benzoic acid (to maintain freshness)
- **Tortilla, Wheat:** 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

Ingredient List



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Seasonings

- **Blackening Seasoning:** paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper
- **Cajun Seasoning:** garlic powder, Italian spice, Hungarian paprika, sea salt, ground black pepper, cayenne pepper, thyme, onion powder
- **French Fries Seasoning:** sea salt, chili powder, paprika, cumin, coriander, fennel seed, garlic powder, onion powder
- **Parmesan Truffle Seasoning:** truffle salt (black), nutritional yeast
- **Sweet Potato Seasoning:** tarragon, organic sugar, sea salt

Salsa

- **Salsa Fresca:** Roma tomato, red onion, cilantro, lime juice, sea salt, black pepper

Drinks (House-made)

- **Lavender Lemonade:** lemon, organic sugar, lavender, sea salt
- **Iced Teas:** teas vary by location (tea and water)
- **Watermelon Fresca:** watermelon, mint, organic sugar

Miscellaneous

- **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
- **Beans, Black (Cuban):** organic black beans, olive oil, canola oil, yellow onion, poblano pepper, garlic, ground spice cumin seed, water, liquid smoke, sea salt, ground spice black pepper, vinegar apple cider
- **Breaded Cauliflower:** cauliflower crown, panko bread crumbs, unbleached flour, soy milk, sea salt, coriander, water, garlic, egg replacer (potato starch, leavening [calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose], tapioca flour)
- **Breading, Spicy Chicken:** panko bread crumbs, blackening seasoning (paprika, chili powder, sea salt, crushed red pepper, black pepper), unbleached flour, parsley, water, Native Batter (soy milk, coriander, sea salt, egg replacer [potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose], garlic)
- **Butter, Plant Based:** Our plant-based butter varies by region, and may contain soy. Speak with the restaurant management team for region-specific ingredients.
- **Capers:** capers, brine (water, salt, vinegar)
- **Cauliflower and Chickpea Shawarma:** garbanzo beans, cauliflower, olive oil, canola oil, black pepper, ground cumin, Hungarian paprika, sea salt, ground turmeric, crushed red chili pepper, garlic powder
- **Cauliflower, Riced:** cauliflower
- **Chili Paste:** chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum
- **Chocolate Chips:** evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter
- **Coleslaw, Southern:** plant-based mayonnaise, organic granulated sugar, lemon juice, apple cider vinegar, celery salt, red and green cabbage, carrot
- **Cuban Black Beans:** see “Beans Black (Cuban)” listed above
- **Cucumber and Tomato Salad:** Roma tomato, cucumber, red onion, parsley, mint, lemon, sea salt, ground black pepper
- **Curried Apple Chutney:** olive oil, canola oil, mustard seed, yellow onion, curry spice, tomato paste, apple, Roma tomato, porter beer (may vary by region), vinegar apple cider, brown sugar, crushed red pepper, sea salt
- **Dijon Mustard:** water, mustard seed, vinegar, citric acid, Sulphur dioxide (preservative)
- **Egg Replacer:** potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose)
- **Fried Rice Veggies:** carrot, sesame oil, yellow onion, peas, sea salt
- **Gomasio:** black & white sesame seeds, sea salt
- **Jalapeno, Pickled:** jalapeno, brine (water, apple cider vinegar, garlic, mustard seed, organic granulated sugar, sea salt, bay leaves, black pepper)
- **Icing (Plant-Based Cream Cheese Icing):** water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, soy protein, tofu (dehulled soy beans and calcium sulfate), non-dairy lactic acid, organic sugar, salt, locust bean gum, xanthan gum, powdered sugar (sucrose, cornstarch), vegan margarine (oil blend of canola, palm fruit and olive oils), water, salt, contains less than 2% of natural flavor, sunflower lecithin, non-dairy lactic acid, annatto extract, natural flavors, xanthan gum
- **Liquid Aminos:** vegetable protein from non-GMO soybeans and purified water

Ingredient List



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Miscellaneous (continued)

- **Margarine, Plant-based: Earth Balance® Soy Free:** 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
- **Margarine, Plant-based: Earth Balance® (Oregon Only):** palm fruit, canola, soybean, flax and olive oils, water, less than 2% salt, natural flavor, pea protein, sunflower lecithin, lactic acid (plant based), annatto extract
- **Milk, Almond:** filtered water, almonds, cane sugar, sea salt, natural flavor, gellan gum, calcium carbonate, zinc, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12
- **Milk, Soy:** filtered water, whole soybeans, cane sugar, sea salt, carrageenan, natural flavor, calcium carbonate, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12
- **Milk, Oat:** water and oats, sunflower oil, dipotassium phosphate, calcium carbonate, tricalcium phosphate, sea salt
- **Native Batter:** soy milk, garlic, coriander, sea salt, water, egg replacer (potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose)
- **Noodle Rice Vermicelli:** rice, water
- **Onion Rings:** onion, vegetable oil (soybean and/or canola) enriched bleached wheat flour (niacin, ferrous sulfate, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, water, enriched wheat flour (niacin, ferrous sulfate, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, sugar, defatted soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dextrose
- **Pickling Brine:** apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic
- **Potato Chips:** potato, vegetable oil (sunflower, corn, and/or canola), sea salt
- **Potato Chips, Parmesan Truffle:** potato, vegetable oil (sunflower, corn, and/or canola), sea salt, truffle salt (black), nutritional yeast
- **Quinoa:** quinoa grain, water
- **Relish:** organic cured cucumbers, organic sugar, organic white distilled vinegar, water, salt, calcium chloride, organic dried red bell pepper, xanthan gum, organic natural flavor spice
- **Rice, Brown:** brown rice, sea salt, olive oil, canola oil
- **Rice, Jasmine:** jasmine rice, sea salt, water
- **Roasted Tomato Wedge:** roasted tomato, canola oil, vinegar, garlic, sea salt, oregano
- **Shiitake Mushroom Chips:** shiitake mushrooms, sea salt, canola oil
- **Shoestring Fries:** potato
- **Sour Cream (Tofutti®):** water, expeller processed natural oil blend (soybean, palm fruit, and olive), maltodextrin, non-GMO (soy protein, tofu), non-dairy lactic acid, organic sugar, blend of natural gums (locust bean, guar, cellulose, xanthan and carrageenan), vegetable mono and diglycerides, salt
- **Tofu (Extra Firm/Baking) (Mori-Nu®):** filtered water, soybeans, isolated soy protein, gluconolactone (non-GMO), calcium chloride
- **Tofu (Firm):** organic soybeans, calcium sulfate, calcium chloride
- **Tomato Bacon Jam:** olive oil, canola oil, yellow onion, tomato paste, smoked paprika, maple syrup, organic brown sugar, balsamic vinegar, smoked applewood sea salt, sea salt, water, seitan bacon (water, vital wheat gluten, soy sauce, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion)
- **Truffle Oil (White):** olive oil, white truffle, white truffle flavoring
- **Vegetable Base:** blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrot, 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
- **Wellington (Illinois and Oregon):** wheat flour, unbleached wheat flour, water, yams, kale, button mushrooms, dried cranberries (cranberries, sugar, sunflower oil), shallots, sunflower seeds, soy milk, palm fruit, safflower oil, flax oil, pea protein, sunflower lecithin, lactic acid (plant-based), vital wheat gluten, all-purpose flour, soy sauce, onion powder, garlic powder, garlic, onions, black pepper, orange juice, lemon juice, maple syrup, rice vinegar, evaporated cane juice, yeast, ascorbic acid, celery, canola oil, olive oil, corn starch, sea salt, sage, white pepper, rosemary, thyme, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and/or cottonseed oil. Contains 2% or less of soybean oil, salt, mono- and diglycerides, wheat gluten, dough conditioner (sodium stearoyl, lactylate, calcium sulfate, l-cysteine hydrochloride (vegan) monocalcium phosphate), artificial flavor, annatto, turmeric, yellow 5, yellow 6, red 40
- **Wellington (California and Colorado):** wheat flour, unbleached wheat flour, water, yams, kale, button mushrooms, dried cranberries (cranberries, sugar, sunflower oil), shallots, soy milk, palm fruit, safflower oil, flax oil, pea protein, sunflower lecithin, lactic acid (plant-based), vital wheat gluten, all-purpose flour, soy sauce, onion powder, garlic powder, garlic, onions, black pepper, orange juice, lemon juice, maple syrup, rice vinegar, evaporated cane juice, yeast, ascorbic acid, celery, canola oil, olive oil, corn starch, sea salt, sage, white pepper, rosemary, thyme, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, monocalcium phosphate

Ingredients by Menu Item

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Sides

- **Seasoned Fries:** potatoes, French fries seasoning (sea salt, chili powder, paprika, cumin, coriander, fennel seed, garlic powder, onion powder)
- **Side Salad:** Arcadian lettuce mix (green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf), carrot
 - **Balsamic Vinaigrette (on the side)** olive oil, canola oil, Dijon mustard, lemon juice, balsamic vinegar, Italian spice, organic sugar, garlic, parsley, basil, salt, chili spice, pomegranate molasses
- **Steamed Kale:** kale, lemon wedge, gomasio (black and white sesame seeds, sea salt)
- **Sweet Potato Fries:** sweet potatoes, sweet potato fries seasoning (tarragon, organic sugar, sea salt)

Soups

- **Coconut Lentil Soup:** vegetable stock (water, vegetable base [carrots, tomatoes, onions, potatoes, garlic], sea salt, dextrose, cane sugar, canola oil, spices, turmeric), water, lentils, onions, coconut milk (water, coconut), carrots, spinach, contains less than 2% of: garlic, corn starch, canola oil, curry powder (spices, turmeric), lemon juice, sea salt and spices
- **Minestrone Soup:** water, vegetable base (blend of vegetables [puree: carrot, celery, onion, sautéed onion, red bell pepper], dehydrated [tomato, carrot, 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), red kidney beans, zucchini, carrot, yellow onion, Roma tomato, garlic, ground black pepper, Italian spice, oregano
- **Moroccan Chickpea Soup:** water, garbanzo beans (garbanzo beans, water, salt, disodium edta), tomato paste, carrots, onions, tomatoes, kale, contains less than 2% of vegetable base (fire roasted vegetables [carrots, onions, tomatoes, garlic], yeast extract, sugar, salt, celery, maltodextrin, modified food starch, natural flavor), olive oil, modified food starch, spices, chopped garlic (garlic, water), red wine vinegar, cilantro, salt, sugar
- **Organic Lentil & Chickpea Soup:** water, vegetable base (blend of vegetables [puree: carrot, celery, onion, sautéed onion, red bell pepper], dehydrated [tomato, carrot, 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), 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 turmeric, sea salt, organic spices and organic corn starch
- **Potato Kale Soup:** water, vegetable base (blend of vegetables [puree: carrot, celery, onion, sautéed onion, red bell pepper], dehydrated [tomato, carrot, 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), kale, olive oil, canola oil, yellow onion, carrot, Yukon gold potato, celery, corn, sea salt, liquid smoke, Sriracha sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum), potato chips
 - **Potato Chips:** potato, vegetable oil (sunflower, corn, and/or canola), sea salt
- **Red Thai Curry Soup:** olive oil, canola oil, ginger, garlic, lemongrass, safflower oil, red chili pepper, galangal (Thai ginger), salt, shallots, kaffir lime, soybean oil, turmeric, organic sugar, sea salt, Yukon gold potato, coconut milk, sriracha sauce (red jalapeños, organic blue agave nectar, organic distilled vinegar, garlic, salt, tangerine juice concentrate, lime juice concentrate, organic guar gum)
- **Tortilla Soup:** yellow onion, garlic, jalapeno, crushed tomato, cilantro herb, sea salt, ground cumin seed, smoked paprika, water, salsa fresca (Roma tomato, red onion, cilantro, lime juice, sea salt, black pepper safflower oil), corn tortilla strips

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Bites and Shareables

- **Cauliflower Dippers**
 - **Breaded Cauliflower:** cauliflower crown, panko bread crumbs, unbleached flour, soy milk, sea salt, coriander, water, garlic, egg replacer (potato starch, leavening [calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose], tapioca flour)
 - **If Ordered with Buffalo Sauce:** May vary by region (Frank's®): aged cayenne red peppers, distilled vinegar, water, salt, garlic powder or (Cult Crystal®): aged red cayenne peppers, distilled vinegar, salt or (Louisiana): red chili peppers, vinegar, salt
 - **If Ordered with Hot Honee Sauce:** water, ketchup, organic sugar, cayenne pepper spice, vinegar apple cider, agave syrup, organic sea salt, garlic powder, corn starch
 - **If Ordered with Thai Chili Cilantro Sauce:** sweet Thai chili (May vary by region, ingredients listed above), plant-based mayonnaise, water, cilantro, sea salt
 - **Green and Red Cabbage w/Green Onion and Carrot**

- **Chicken Tenders**
 - **Chicken Tenders (Incogmeato™):** water, wheat flour, soy protein isolate, wheat gluten, vegetable oil (corn, canola and/or sunflower), potato starch, yellow corn flour, contains 2% or less of maltodextrin, salt, yeast extract, garlic powder, onion powder, spices, tapioca starch, cornstarch, natural flavors, tricalcium phosphate, color added, leavening (sodium acid pyrophosphate, sodium bicarbonate), xanthan gum, paprika extract color
 - **If Ordered with Buffalo Sauce:** May vary by region (Frank's®): aged cayenne red peppers, distilled vinegar, water, salt, garlic powder or (Cult Crystal®): aged red cayenne peppers, distilled vinegar, salt or (Louisiana): red chili peppers, vinegar, salt
 - **If Ordered with Hot Honee Sauce:** water, ketchup, organic sugar, cayenne pepper spice, vinegar apple cider, agave syrup, organic sea salt, garlic powder, corn starch
 - **If Ordered with Thai Chili Cilantro Sauce:** sweet Thai chili (May vary by region, ingredients listed above), plant-based mayonnaise, water, cilantro, sea salt
 - **Green and Red Cabbage w/Green Onion and Carrot**

- **Chicken Wings**
 - **Chicken: May vary by region, speak with a manager for assistance.**
 - **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
 - **Breading:** soy milk, garlic, coriander, sea salt, water, unbleached flour, egg replacer (potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose), canola oil
 - **If Ordered with Buffalo Sauce:** May vary by region (Frank's®): aged cayenne red peppers, distilled vinegar, water, salt, garlic powder or (Cult Crystal®): aged red cayenne peppers, distilled vinegar, salt or (Louisiana): red chili peppers, vinegar, salt
 - **If Ordered with Thai Chili Cilantro Sauce:** sweet Thai Chili (May vary by region, ingredients listed above), plant-based mayonnaise, water, cilantro, sea salt
 - **Green and Red Cabbage w/Green Onion and Carrot**

- **Hustlin' n' Brusselin' Sprouts**
 - **Brussels Sprouts**
 - **Balsamic Vinaigrette:** olive oil, canola oil, Dijon mustard, lemon juice, balsamic vinegar, Italian spice, organic sugar, garlic, parsley, basil, salt, chili spice, pomegranate molasses
 - **Capers:** capers, brine (water, salt, vinegar)
 - **Feta Cheese (Violife™):** water, coconut oil, potato starch, sea salt, glucono delta lactone, flavor (vegan sources), olive extract, vitamin B12
 - **Lemon**

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Bites and Shareables (continued)

- **Nachos**
 - **Tortilla Chips:** organic yellow corn, water and traces of lime, canola oil
 - **Salsa Fresca:** Roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Beans, Black (Cuban):** organic black beans, olive oil, canola oil, yellow onion, poblano pepper, garlic, ground spice cumin seed, water, liquid smoke, sea salt, ground spice black pepper, vinegar apple cider
 - **Cashew Cheese:** cashews, sunflower seeds, lemon juice, nutritional yeast, tahini (sesame seed paste), sea salt, onion powder, garlic powder, visquick (or xanthan gum)
 - **Chipotle Sauce:** plant-based mayonnaise, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Jalapeno, Pickled:** jalapeno, brine (water, apple cider vinegar, garlic, mustard seed, organic granulated sugar, sea salt, bay leaves, black pepper)
 - **Roasted Corn**
 - **Green Onion**
 - **Cilantro**

Entrée Salads

- **BBQ Chicken Salad**
 - **BBQ 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, BBQ sauce (Bull's-eye™ - tomato puree [water, tomato paste], sugar, vinegar, molasses, contains less than 2 % of modified food starch, salt, natural smoke flavor, mustard flour, dried onions, spice, dried garlic potassium sorbate to preserve freshness)
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Green Goddess Dressing:** avocado, plant-based mayonnaise, garlic, lime juice, sea salt, jalapenos, lime zest, agave, cilantro
 - **Salsa Fresca:** Roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Beans, Black (Cuban):** organic black beans, olive oil, canola oil, yellow onion, poblano pepper, garlic, ground spice cumin seed, water, liquid smoke, sea salt, ground spice black pepper, vinegar apple cider
 - **Bacon, Seitan:** water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
 - **Roasted Corn**
 - **Avocado**
 - **Toasted Pumpkin Seeds**
 - **Cilantro**
- **Kale Krunch Salad**
 - **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
 - **Kale**
 - **Green and Red Cabbage w/Green Onion and Carrot**
 - **Cucumber**
 - **Cilantro**
 - **Noodle Rice Vermicelli:** rice, water
 - **Cilantro Lime Dressing:** lime juice, cilantro, red pepper, agave syrup, olive oil, canola oil, rice wine vinegar, tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), sesame oil, Dijon mustard (water, mustard seed, vinegar, citric acid, sulphur dioxide-preservative), ginger, peanut butter (organic peanuts), sea salt, ground black pepper, crushed red pepper spice
 - **Thai Peanut Sauce:** peanut butter (organic peanuts), organic brown sugar, olive oil, canola oil, rice wine vinegar, tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), ginger, ground black pepper, sea salt, water

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Entrée Salads (continued)

- **Taco Salad**
 - **Taco Meat:** vital wheat gluten, water, all-purpose flour, soy sauce (water, wheat, soybeans, salt), sea salt, onion powder, cumin, garlic powder, coriander, paprika, black pepper, crushed red pepper, oregano, olive oil, canola oil
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Green and Red Cabbage**
 - **Salsa Fresca:** Roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Chipotle Sauce:** plant-based mayonnaise, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Tortilla Strips:** organic yellow corn, water and traces of lime, canola oil
 - **Roasted Corn**
 - **Green Onion**
 - **Cilantro**

Entrées

- **Buddha Bowl**
 - **Sweet Potatoes**
 - **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
 - **Rice, Jasmine:** jasmine rice, sea salt, water
 - **Pineapple**
 - **Almonds**
 - **Gomasio:** black & white sesame seeds, sea salt
 - **Avocado**
 - **Roasted Corn**
 - **Green Onion**
 - **Daikon Sprouts**
- **Cauliflower Chickpea Shawarma Bowl**
 - **Cauliflower and Chickpea Shawarma:** garbanzo beans, cauliflower, olive oil, canola oil, black pepper, ground cumin, Hungarian paprika, sea salt, ground turmeric, crushed red chili pepper, garlic powder
 - **Quinoa:** quinoa grain, water
 - **Tahini Sauce:** tahini (sesame seed paste), olive oil, canola oil, lemon juice, tamari soy sauce, apple cider vinegar, garlic, ginger
 - **Cucumber and Tomato Salad:** Roma tomato, cucumber, red onion, parsley, mint, lemon, sea salt, ground black pepper
 - **Ranch:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Mint**
 - **Parsley**
- **Orange Cauliflower**
 - **Breaded Cauliflower:** cauliflower crown, panko bread crumbs, unbleached flour, soy milk, sea salt, coriander, garlic, water, egg replacer (potato starch, leavening [calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose], tapioca flour)
 - **Orange Sauce:** sesame oil, ginger, garlic, safflower oil, lemongrass, chili paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum), crushed red pepper, orange juice, orange zest, organic brown sugar, tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), corn starch, sea salt
 - **Brown Rice:** grain brown rice, water, sea salt, olive oil, canola oil
 - **Fried Rice Veggies:** carrot, sesame oil, yellow onion, peas, sea salt
 - **Tofu Scramble:** tofu firm, turmeric, nutritional yeast, sea salt, black Himalayan sea salt, black pepper
 - **Fried Rice Sauce:** organic brown sugar, tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), rice wine vinegar, sesame oil
 - **Green Onion**
 - **Gomasio:** black & white sesame seeds, sea salt

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Burgers

• **BBQ Brisket Burger**

- **Burger Patty, Native Foods Signature Recipe:** water, textured wheat protein, vital wheat gluten, mushrooms, tapioca starch, soy sauce (water, soybeans, wheat, salt), canola oil, roasted barley malt extract, sea salt, granulated onion, black pepper, granulated garlic
- **Brisket Seitan:** water, vital wheat gluten, wheat flour, sea salt, potassium chloride, granulated onion, black pepper, granulated garlic, soy sauce (water, soybeans, wheat, salt), oregano, chili powder, organic brown sugar, paprika, garlic, Applewood smoked sea salt, olive oil, canola oil, apple cider vinegar
- **Pretzel Hamburger Bun: May vary by region**
 - **Pretzel Hamburger Bun (California, Oregon):** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, canola oil, sugar, contains less than 2% of each of the following: yeast, malted barley, salt, wheat flour, dextrose, sodium hydroxide, maltodextrin, cultured dextrose, wheat starch, malted barley flour, ascorbic acid added as a dough conditioner, soybean oil, enzymes, calcium sulfate, microcrystalline cellulose
 - **Pretzel Hamburger Bun (Colorado):** wheat flour, canola oil, east, salt, wheat gluten, ascorbic acid, enzymes, sodium hydroxide
 - **Pretzel Hamburger Bun (Chicago):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, soy powder, wheat gluten, yeast, salt, mold inhibitor (cultured wheat flour, vinegar), dough conditioner (wheat flour, salt, enzymes), dough conditioner (wheat flour, enzymes, salt), ascorbic acid (oxidation), surface finishing agent (lye, potassium sorbate [preservative]), soy lecithin (processing aid)
- **Coleslaw, Southern:** plant-based mayonnaise, organic granulated sugar, lemon juice, apple cider vinegar, celery salt, red and green cabbage, carrot
- **Onion Rings:** onion, vegetable oil (soybean and/or canola) enriched bleached wheat flour (niacin, ferrous sulfate, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, water, enriched wheat flour (niacin, ferrous sulfate, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, sugar, defatted soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dextrose
- **Mayonnaise (plant-based):** 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)
- **Pickle Chips:** cucumber, apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic
- **Provolone, Smoked:** filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), flavor (vegan sources), olive extract, beta carotene (color), vitamin B12
- **BBQ Sauce, Spicy:** BBQ sauce (Bull's-eye™ BBQ Sauce: tomato puree [water, tomato paste], sugar, vinegar, molasses, contains less than 2 % of modified food starch, salt, natural smoke flavor, mustard flour, dried onions, spice, dried garlic potassium sorbate to preserve freshness) black pepper, agave syrup, hot sauce (May vary by region, see above "Buffalo/Hot Sauce)

• **Big Ol' BBQ Burger (Secret Menu Item)**

- **Burger Patty, Native Foods Signature Recipe:** water, textured wheat protein, vital wheat gluten, mushrooms, tapioca starch, soy sauce (water, soybeans, wheat, salt), canola oil, roasted barley malt extract, sea salt, granulated onion, black pepper, granulated garlic
- **Bun: May Vary by region**
 - **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
- **Plant-based Mayonnaise:** 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)
- **BBQ Sauce, Spicy:** BBQ sauce (Bull's-eye™ BBQ Sauce: tomato puree [water, tomato paste], sugar, vinegar, molasses, contains less than 2 % of modified food starch, salt, natural smoke flavor, mustard flour, dried onions, spice, dried garlic potassium sorbate to preserve freshness) black pepper, agave syrup, hot sauce (May vary by region, see above "Buffalo/Hot Sauce)
- **Ranch:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
- **Cheddar Cheese -** filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), cheddar flavor (vegan sources), olive extract, paprika extract & beta carotene (color), vitamin B12
- **Bacon, Seitan:** vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion, water
- **Crispy Onions:** onions, palm oil, wheat flour, salt & dextrose
- **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf

Ingredients by Menu Item

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Burgers (continued)

- **Double Cheeseburger**
 - **Burger Patty, Native Foods Signature Recipe:** water, textured wheat protein, vital wheat gluten, mushrooms, tapioca starch, soy sauce (water, soybeans, wheat, salt), canola oil, roasted barley malt extract, sea salt, granulated onion, black pepper, granulated garlic
 - **Bun: May Vary by region**
 - **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Cheddar Cheese:** filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), cheddar flavor (vegan sources), olive extract, paprika extract & beta carotene (color), vitamin B12
 - **BBQ Sauce, Spicy:** BBQ sauce (Bull's-eye™ BBQ Sauce: tomato puree [water, tomato paste], sugar, vinegar, molasses, contains less than 2 % of modified food starch, salt, natural smoke flavor, mustard flour, dried onions, spice, dried garlic potassium sorbate to preserve freshness) black pepper, agave syrup, hot sauce (May vary by region, see above "Buffalo/Hot Sauce)
 - **Thousand Island:** plant-based mayonnaise, ketchup, pickle, yellow mustard, organic sugar, apple cider vinegar, onion powder
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Red Onion**
 - **Pickle Chips:** cucumber, apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic

- **Free Spirit Burger**
 - **Burger Patty, Vegetable (Dr. Praeger's® Sensible Foods):** cauliflower, cooked brown rice (brown rice, water), expeller pressed canola oil, kale, pea protein, zucchini, cooked quinoa (quinoa, water), onions, fava beans, oat bran, water, peas, oat fiber, arrowroot powder, flaxseed meal, roasted garlic, lemon juice, spices, sea salt, scallions, onion powder, chili powder (chili pepper, salt, garlic, cumin, spices)
 - **Hamburger Bun, Gluten Free:** water, food starch modified, corn starch, potato starch, long grain milled rice, stabilized rice bran, granulated sugar, yeast, canola oil, faba bean protein, organic medium invert syrup, tapioca starch, salt, modified cellulose, psyllium, xanthan gum, cultured brown rice, brown rice, calcium sulfate, enzymes
 - **Ketchup:** (Annie's® - may vary by region) tomato paste, distilled white vinegar, water, cane sugar, sea salt, onion, allspice, clove (all organic)
 - **Mustard, Yellow:** water, organic. vinegar, organic mustard seed, salt, organic turmeric, organic paprika
 - **Pickle Chips:** cucumber, apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Red Onion**
 - **Tomato**

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Burgers (continued)

- **Gastropub Burger**
 - **Marinated Burger Patty:** water, textured wheat protein, vital wheat gluten, mushrooms, tapioca starch, soy sauce (water, soybeans, wheat, salt), canola oil, roasted barley malt extract, sea salt, granulated onion, black pepper, granulated garlic, marinated in: apple cider vinegar, tamari soy sauce (organic soybeans, salt, organic alcohol, to preserve freshness), organic brown sugar, Dijon mustard (water, mustard seed, vinegar, citric acid, sulphur dioxide-preservative), all spice, garlic powder, onion powder, ground black pepper
 - **Pretzel Hamburger Bun:** May vary by region
 - **Pretzel Hamburger Bun (California, Oregon):** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), water, canola oil, sugar, contains less than 2% of each of the following: yeast, malted barley, salt, wheat flour, dextrose, sodium hydroxide, maltodextrin, cultured dextrose, wheat starch, malted barley flour, ascorbic acid added as a dough conditioner, soybean oil, enzymes, calcium sulfate, microcrystalline cellulose
 - **Pretzel Hamburger Bun (Colorado):** wheat flour, canola oil, east, salt, wheat gluten, ascorbic acid, enzymes, sodium hydroxide
 - **Pretzel Hamburger Bun (Chicago):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, soy powder, wheat gluten, yeast, salt, mold inhibitor (cultured wheat flour, vinegar), dough conditioner (wheat flour, salt, enzymes), dough conditioner (wheat flour, enzymes, salt), ascorbic acid (oxidation), surface finishing agent (lye, potassium sorbate [preservative]), soy lecithin (processing aid)
 - **Onion Rings:** onion, vegetable oil (soybean and/or canola) enriched bleached wheat flour (niacin, ferrous sulfate, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, water, enriched wheat flour (niacin, ferrous sulfate, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, sugar, defatted soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dextrose
 - **Provolone, Smoked:** filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), flavor (vegan sources), olive extract, beta carotene (color), vitamin B12
 - **Mayonnaise (plant-based):** 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)
 - **Tomato Bacon Jam:** olive oil, canola oil, yellow onion, tomato paste, smoked paprika, maple syrup, organic brown sugar, balsamic vinegar, smoked applewood sea salt, sea salt, water, seitan bacon (water, vital wheat gluten, soy sauce, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion)
 - **Arugula**
- **Poppin' Jalapeno Burger**
 - **Burger Patty, Native Foods Signature Recipe:** water, textured wheat protein, vital wheat gluten, mushrooms, tapioca starch, soy sauce (water, soybeans, wheat, salt), canola oil, roasted barley malt extract, sea salt, granulated onion, black pepper, granulated garlic
 - **Pretzel Hamburger Bun:** May vary by region
 - **Pretzel Hamburger Bun (California, Oregon):** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), water, canola oil, sugar, contains less than 2% of each of the following: yeast, malted barley, salt, wheat flour, dextrose, sodium hydroxide, maltodextrin, cultured dextrose, wheat starch, malted barley flour, ascorbic acid added as a dough conditioner, soybean oil, enzymes, calcium sulfate, microcrystalline cellulose
 - **Pretzel Hamburger Bun (Colorado):** wheat flour, canola oil, east, salt, wheat gluten, ascorbic acid, enzymes, sodium hydroxide
 - **Pretzel Hamburger Bun (Chicago):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, soy powder, wheat gluten, yeast, salt, mold inhibitor (cultured wheat flour, vinegar), dough conditioner (wheat flour, salt, enzymes), dough conditioner (wheat flour, enzymes, salt), ascorbic acid (oxidation), surface finishing agent (lye, potassium sorbate [preservative]), soy lecithin (processing aid)
 - **Cheddar Cheese:** filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), cheddar flavor (vegan sources), olive extract, paprika extract & beta carotene (color), vitamin B12
 - **Jalapeno, Pickled:** jalapeno, brine (water, apple cider vinegar, garlic, mustard seed, organic granulated sugar, sea salt, bay leaves, black pepper)
 - **Jalapeno Pimento Cheese:** plant-based cream cheese (ingredients listed above – may vary by region), plant-based mayonnaise, cheddar (filtered water, coconut oil, food starch-modified [potato & corn], potato starch, salt [sea salt], cheddar flavor [vegan sources], olive extract, paprika extract & beta carotene [color], vitamin B12), garlic powder, onion powder, jalapeno, sea salt
 - **Green Goddess Dressing:** avocado, plant-based mayonnaise, garlic, lime juice, sea salt, jalapenos, lime zest, agave, cilantro
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Crispy Onions:** onions, palm oil, wheat flour, salt & dextrose

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Burgers (continued)

- **Scorpion Burger** (Secret Menu Item)
 - **Tempeh** (Tofurky®): filtered water, organic soybeans, organic apple cider vinegar, starter culture (rhizopus oligosporous), fried rice sauce (ingredients listed above)
 - **Blackening Seasoning**: paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper
 - **Bun: May Vary by region**
 - **Hamburger Bun, Wheat**: whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only)**: enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Chipotle Sauce**: plant-based mayonnaise, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Avocado**
 - **Arcadian Lettuce Mix**: green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Carrot**
 - **Red Onion**

- **Southwestern Burger** (Secret Menu Item)
 - **Bun: May Vary by region**
 - **Hamburger Bun, Wheat**: whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only)**: enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Burger Patty, Native Foods Signature Recipe**: water, textured wheat protein, vital wheat gluten, mushrooms, tapioca starch, soy sauce (water, soybeans, wheat, salt), canola oil, roasted barley malt extract, sea salt, granulated onion, black pepper, granulated garlic
 - **Chipotle Sauce**: plant-based mayonnaise, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Arcadian Lettuce Mix**: green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Avocado**
 - **Salsa Fresca**: Roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Jalapeno, Pickled**: jalapeno, brine (water, apple cider vinegar, garlic, mustard seed, organic granulated sugar, sea salt, bay leaves, black pepper)
 - **Corn**

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Handhelds

- **Buffalo Chicken Run Ranch**
 - **Chicken:**
 - **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
 - **Breading:** soy milk, garlic, coriander, sea salt, water, unbleached flour, egg replacer (potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose)
 - **Buffalo Sauce/Hot Sauce** - May vary by region (Frank's®): aged cayenne red peppers, distilled vinegar, water, salt, garlic powder or (Cult Crystal®): aged red cayenne peppers, distilled vinegar, salt or (Louisiana): red chili peppers, vinegar, salt
 - **Bun: May Vary by region**
 - **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Ranch:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Roma Tomato**
 - **Red Onion**

- **Cauliflower Chickpea Shawarma Wrap**
 - **Cauliflower and Chickpea Shawarma:** garbanzo beans, cauliflower, olive oil, canola oil, black pepper, ground cumin, Hungarian paprika, sea salt, ground turmeric, crushed red chili pepper, garlic powder
 - **Tortilla, Wheat:** 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
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Quinoa:** quinoa grain, water
 - **Tahini Sauce:** tahini (sesame seed paste), olive oil, canola oil, lemon juice, tamari soy sauce, apple cider vinegar, garlic, ginger
 - **Cucumber and Tomato Salad:** Roma tomato, cucumber, red onion, parsley, mint, lemon, sea salt, ground black pepper
 - **Ranch:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Mint**
 - **Parsley**
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Chipotle Sauce:** plant-based mayonnaise, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Bacon, Seitan:** water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
 - **Avocado**
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Red Onion**
 - **Roma Tomato**

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Handhelds (continued)

• Cauliflower Po' Boy

- **Breaded Cauliflower:** cauliflower crown, panko bread crumbs, unbleached flour, soy milk, sea salt, coriander, water, garlic, egg replacer (potato starch, leavening [calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose], tapioca flour)
- **Baguette: May vary by region**
 - **Baguette (California, Oregon, Colorado):** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sour culture, salt, yeast, semolina
 - **Baguette (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, salt, sugar, yeast, mold inhibitor (cultured wheat flour, vinegar), dough conditioner (wheat flour, ascorbic acid, enzymes), dough conditioner (wheat flour, monoglycerides, enzyme)
- **Mayonnaise (plant-based):** 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)
- **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
- **Cajun Seasoning:** garlic powder, Italian spice, Hungarian paprika, sea salt, ground black pepper, cayenne pepper, thyme, onion powder
- **Tomato**
- **Pickle Chips:** cucumber, apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic
- **Creamy Cajun Sauce:** plant-based mayonnaise, ketchup, horseradish (horseradish root, vinegar, and salt), Cajun seasoning (garlic powder, Italian spice, Hungarian paprika, sea salt, ground black pepper, cayenne pepper, thyme, onion powder), garlic powder, Hungarian paprika, lemon juice

• Chicken Bacon Avo Club

- **Spicy Chicken Patty (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
 - **Breading, Spicy Chicken:** panko bread crumbs, blackening seasoning (paprika, chili powder, sea salt, crushed red pepper, black pepper), unbleached flour, parsley, Native Batter (soy milk, coriander, water, sea salt, egg replacer [potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose], garlic)
- **Bun: May Vary by region**
 - **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
- **Chipotle Sauce:** plant-based mayonnaise, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
- **Bacon, Seitan:** water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
- **Avocado**
- **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
- **Red Onion**
- **Roma Tomato**

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Handhelds (continued)

- **Chicken Run Ranch**
 - **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
 - **Breading:** soy milk, garlic, coriander, sea salt, water, unbleached flour, egg replacer (potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose)
 - **Bun: May Vary by region**
 - **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Ranch:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Roma Tomato**
 - **Red Onion**
- **Crazy Good Grilled Chicken Sandwich**
 - **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
 - **Pretzel Hamburger Bun: May vary by region**
 - **Pretzel Hamburger Bun (California, Oregon):** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), water, canola oil, sugar, contains less than 2% of each of the following: yeast, malted barley, salt, wheat flour, dextrose, sodium hydroxide, maltodextrin, cultured dextrose, wheat starch, malted barley flour, ascorbic acid added as a dough conditioner, soybean oil, enzymes, calcium sulfate, microcrystalline cellulose
 - **Pretzel Hamburger Bun (Colorado):** wheat flour, canola oil, east, salt, wheat gluten, ascorbic acid, enzymes, sodium hydroxide
 - **Pretzel Hamburger Bun (Chicago):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, soy powder, wheat gluten, yeast, salt, mold inhibitor (cultured wheat flour, vinegar), dough conditioner (wheat flour, salt, enzymes), dough conditioner (wheat flour, enzymes, salt), ascorbic acid (oxidation), surface finishing agent (lye, potassium sorbate [preservative]), soy lecithin (processing aid)
 - **Roasted Tomato Wedge:** roasted tomato, canola oil, vinegar, garlic, sea salt, oregano
 - **Provolone, Smoked:** filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), flavor (vegan sources), olive extract, beta carotene (color), vitamin B12
 - **Truffle Aioli:** plant-based mayonnaise, plant-based sour cream, truffle salt (black), truffle oil (white)
 - **Arugula**
 - **Parmesan Truffle Chips:** potato, vegetable oil (sunflower, corn, and/or canola), sea salt, truffle salt (black), nutritional yeast

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Handhelds (continued)

- **Hot Honee Sandwich**
 - **Spicy Chicken Patty**
 - **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
 - **Breading, Spicy Chicken:** panko bread crumbs, blackening seasoning (paprika, chili powder, sea salt, crushed red pepper, black pepper), unbleached flour, parsley, Native Batter (soy milk, coriander, water, sea salt, egg replacer [potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose], garlic)
 - **Bun: May Vary by region**
 - **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Mayonnaise (plant-based):** 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)
 - **Coleslaw, Southern:** plant-based mayonnaise, organic granulated sugar, lemon juice, apple cider vinegar, celery salt, red and green cabbage, carrot
 - **Hot Honee Sauce:** water, ketchup, organic sugar, cayenne pepper spice, vinegar apple cider, agave syrup, organic sea salt, garlic powder, corn starch
 - **Jalapeno, Pickled:** jalapeno, brine (water, apple cider vinegar, garlic, mustard seed, organic granulated sugar, sea salt, bay leaves, black pepper)
- **Meatball Sub**
 - **Baguette: May vary by region**
 - **Baguette (California, Oregon, Colorado):** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sour culture, salt, yeast, semolina
 - **Baguette (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, salt, sugar, yeast, mold inhibitor (cultured wheat flour, vinegar), dough conditioner (wheat flour, ascorbic acid, enzymes), dough conditioner (wheat flour, monoglycerides, enzyme)
 - **Truffle Aioli:** plant-based mayonnaise, plant-based sour cream, truffle salt (black), truffle oil (white)
 - **Arugula**
 - **Meatball:** water, textured vegetable protein (soy protein concentrate, barley malt extract), canola oil, vital wheat gluten, soy protein isolate, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), methylcellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, black malted barley extract (for color), dried onion, dried garlic, cane sugar, natural flavors, garlic powder, distilled vinegar, salt, extractives of paprika and turmeric, annatto extractives, yeast, pea protein, molasses, carrot fiber, sugar beet fiber, wheat starch, soy lecithin
 - **Provolone, Smoked:** filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), flavor (vegan sources), olive extract, beta carotene (color), vitamin B12
 - **Marinara (Spicy):** organic tomato puree (organic tomatoes, salt), water, organic onions, organic carrots, organic extra virgin olive oil, 2% or less of organic sugar, salt, organic garlic, organic spices, red chili pepper, safflower oil
 - **Potato Chips, Parmesan Truffle:** potato, vegetable oil (sunflower, corn, and/or canola), sea salt, truffle salt (black), nutritional yeast

Ingredients by Menu Item

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Handhelds (continued)

- **Oklahoma Classic** (Secret Menu Item)
 - **Peppered Seitan:** water, vital wheat gluten, wheat flour, sea salt, potassium chloride, granulated onion, black pepper, granulated garlic, soy sauce (water, soybeans, wheat, salt), oregano
 - **Bun: May Vary by region**
 - **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Ranch:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **BBQ Sauce, Spicy:** BBQ sauce (Bull's-eye™ BBQ Sauce: tomato puree [water, tomato paste], sugar, vinegar, molasses, contains less than 2 % of modified food starch, salt, natural smoke flavor, mustard flour, dried onions, spice, dried garlic potassium sorbate to preserve freshness) black pepper, agave syrup, hot sauce (May vary by region, see above "Buffalo/Hot Sauce)
 - **Bacon, Seitan:** water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
 - **Cheddar Cheese:** filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), cheddar flavor (vegan sources), olive extract, paprika extract & beta carotene (color), vitamin B12
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf
 - **Carrot**
 - **Red Onion**
 - **Roma Tomato**

- **The Real Nashville Hot**
 - **Spicy Chicken Patty**
 - **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
 - **Breading, Spicy Chicken:** panko bread crumbs, blackening seasoning (paprika, chili powder, sea salt, crushed red pepper, black pepper), unbleached flour, parsley, Native Batter (soy milk, coriander, water, sea salt, egg replacer [potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose], garlic)
 - **Bun: May Vary by region**
 - **Hamburger Bun, Wheat:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Hamburger Bun, Brioche (Chicago Only):** enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, ascorbic acid (oxidation), dough conditioner (wheat flour, enzymes), turmeric
 - **Mayonnaise (plant-based):** 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)
 - **Coleslaw, Southern:** plant-based mayonnaise, organic granulated sugar, lemon juice, apple cider vinegar, celery salt, red and green cabbage, carrot
 - **Nashville Hot Sauce:** plant-based butter/margarine, cayenne pepper, organic brown sugar, Hungarian paprika, garlic powder, sea salt
 - **Pickle Chips:** cucumber, apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic

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.



Handhelds (continued)

- **Twister Wrap**
 - **Chicken may vary by region, speak with a manager for assistance.**
 - **Grilled Option 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
 - **Crispy Option Chicken Tenders** (Incogmeato™): water, wheat flour, soy protein isolate, wheat gluten, vegetable oil (corn, canola and/or sunflower), potato starch, yellow corn flour, contains 2% or less of maltodextrin, salt, yeast extract, garlic powder, onion powder, spices, tapioca starch, cornstarch, natural flavors, tricalcium phosphate, color added, leavening (sodium acid pyrophosphate, sodium bicarbonate), xanthan gum, paprika extract color
 - **If Buffalo:** May vary by region (Frank's®): aged cayenne red peppers, distilled vinegar, water, salt, garlic powder or (Cult Crystal®): aged red cayenne peppers, distilled vinegar, salt or (Louisiana): red chili peppers, vinegar, salt
 - **Tortilla, Wheat:** 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
 - **If Chipotle Sauce:** plant-based mayonnaise, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **If Ranch:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Salsa Fresca w/ Cucumber:** Roma tomato, cucumber, red onion, cilantro, lime juice, sea salt, black pepper
 - **Avocado**
 - **Arcadian Lettuce Mix:** green leaf, red leaf, tangos, lollo rosa, Batavia, and oak leaf

Native Kids

- **Kids Strips/Tenders**
 - **Chicken may vary by region, speak with a manager for assistance.**
 - **Chicken Tenders** (Incogmeato™): water, wheat flour, soy protein isolate, wheat gluten, vegetable oil (corn, canola and/or sunflower), potato starch, yellow corn flour, contains 2% or less of maltodextrin, salt, yeast extract, garlic powder, onion powder, spices, tapioca starch, cornstarch, natural flavors, tricalcium phosphate, color added, leavening (sodium acid pyrophosphate, sodium bicarbonate), xanthan gum, paprika extract color
 - **Ranch for Dipping:** plant-based mayonnaise, soy milk, garlic powder, celery salt, black pepper, onion powder
- **Kids 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**

Ingredients by Menu Item

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Sweet Treats

- **Carrot Caramel Cupcake (Select Stores Only):**
 - **Cupcake Batter:** unbleached flour, baking powder, baking soda, organic brown sugar, sea salt, cinnamon, safflower oil, rice milk, orange juice, carrot, vanilla extract
 - **Frosting:** cream cheese (ingredients listed above – may vary by region) plant-based butter/margarine, powdered sugar, vanilla extract, caramel extract, vanilla bean paste
- **Chocolate Ganache Cupcake (Select Stores Only):**
 - **Cupcake Batter:** unbleached flour, baking powder, baking soda, cocoa powder, sea salt, organic sugar, apple cider vinegar, vanilla extract, safflower oil, rice milk
 - **Frosting:** cream cheese (ingredients listed above – may vary by region), plant-based butter/margarine, powdered sugar, cocoa powder, vanilla extract
 - **Ganache:** soy milk, plant-based butter/margarine, chocolate chips (ingredients listed above)
- **Chocolate Chip Cookie (Native Foods):** unbleached unbromated enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin, mononitrate, riboflavin, folic acid), chocolate chips (sugar, chocolate liquor, cocoa butter, sunflower lecithin [an emulsifier], vanilla extract), brown sugar, vegan margarine (oil blend- canola, palm fruit and olive oils), water, salt, contains less than 2% of each of the following: corn starch, vanilla extract, soy lecithin (an emulsifier), baking soda salt
- **Key Lime Cheesecake Parfait**
 - **Oatmeal Cookie Crumbles:** unbleached unbromated enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) brown sugar, vegan margarine (oil blend of canola, palm fruit and olive oils [water, salt, contains less than 2% of natural flavor, sunflower lecithin, non-dairy lactic acid, annatto extract color]), oats, sugar, water, contains less than 2% of each of the following: cornstarch, natural flavors, soy lecithin (an emulsifier), sea salt, baking soda, egg substitute (potato starch, tapioca flour, leavening [calcium lactate, calcium carbonate, cream of tartar], cellulose gum, modified cellulose), spices
 - **Key Lime Parfait:** plant-based cream cheese *(may vary by region, more information and ingredients at the bottom of the page), tofu (filtered water, soybeans, isolated soy protein, gluconolactone [non-GMO], calcium chloride), organic powdered sugar, agave syrup, sea salt, lemon juice, key lime juice (Key West lime Juice from concentrate, less than 1/10th of 1% sodium benzoate)
 - **Plant-based Cream Cheese Icing:** water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, soy protein, tofu (dehulled soy beans and calcium sulfate), non-dairy lactic acid, organic sugar, salt, locust bean gum, xanthan gum), powdered sugar (sucrose, cornstarch), vegan margarine (oil blend of canola, palm fruit and olive oils), water, salt, contains less than 2% of natural flavor, sunflower lecithin, non-dairy lactic acid, annatto extract, natural flavors, xanthan gum
 - **Fresh Lime**
- **Oatmeal Creme Pie:**
 - **Filling:** water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, soy protein, tofu (dehulled soy beans and calcium sulfate), non-dairy lactic acid, organic sugar, salt, locust bean gum, xanthan gum), powdered sugar (sucrose, cornstarch), vegan margarine (oil blend of canola, palm fruit and olive oils), water, salt, contains less than 2% of natural flavor, sunflower lecithin, non-dairy lactic acid, annatto extract, natural flavors, xanthan gum
 - **Oatmeal Cookie:** unbleached unbromated enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) brown sugar, vegan margarine (oil blend of canola, palm fruit and olive oils [water, salt, contains less than 2% of natural flavor, sunflower lecithin, non-dairy lactic acid, annatto extract color]), oats, sugar, water, contains less than 2% of each of the following: cornstarch, natural flavors, soy lecithin (an emulsifier), sea salt, baking soda, egg substitute (potato starch, tapioca flour, leavening [calcium lactate, calcium carbonate, cream of tartar], cellulose gum, modified cellulose), spices
- **Peanut Butter Parfait:** plant-based cream cheese (ingredients may vary by region, please speak with a Manager before ordering): 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 crumbles, 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.