

## SOY-FREE OPTIONS

Please inform your server of all food allergies. Safe-handling procedures are our practice; however, in a shared kitchen, the possibility of cross-contact is possible. Please specify if you require separate prep for allergies, or if shared equipment is OK. Upcharges may apply for any of the following modifications.

### SNACKS

Mac n' Cheese Nachos + avocado puree, pickled jalapenos & spicy sour cream add-ons

Quesadilla

Fruit & Cheese Platter

Pickled Things

Soup of the Day - Changes daily, ask if today's soup is soy-free.

### PLATES

Compost Plate - No meat sauce. Soy-free proteins are Italian sausage, lentil burger, mushrooms or warrior wrap scoop.

Lentil Loaf - No gravy.

Buddha Bowl - No tofu, sub lentil burger or mushrooms. No ginger garlic tamari sauce. Avocado puree add-on is soy-free.

Baked Mac n' Cheese

Steak & Potatoes - No steak, sub lentil burger, italian sausage or mushrooms.

### SALADS

Winter Jewels

Buffalo Chick'n Bacon Ranch - No soy curls, sub mushrooms or Italian sausage. No coconut bacon bits.

Simple Green

Add-ons - warrior scoop, lentil burger, Italian sausage, coconut brown rice, cashew-macadamia cheese, chilled beets, avocado, pickled jalapeños

### SANDWICHES

All regular menu bread types are soy-free except wheat wraps.

Warrior Wrap - No wheat wrap, sub any other bread type or serve over balsamic field greens or coconut brown rice.

Lentil Burger + cheddar, avocado & pickled jalapeños add-ons

Steak Bomb - No steak, sub Italian sausage.

Grilled Cheese + roasted tomatoes, avocado & pickled jalapeños add-ons

Low Dough Burrito - No wheat wrap, serve as a bowl. No BBQ tempeh, sub BBQ lentil burger or BBQ sausage.

Sides - balsamic field greens, mac salad, sweet potato salad, mashed potatoes (no gravy), pickled things, coconut brown rice.

Ask if today's soup is soy-free.

**SPECIALS** Ask if today's specials are soy-free.

**DESSERT** Changes daily, ask for today's soy-free selections.

### DRINKS

All drinks including coffee creamer are soy-free.