



# SUGAR-FREE OPTIONS

These menu items contain no added sugars or sweeteners (maple syrup, agave, brown rice syrup, etc) in preparation; however, natural sugars may be present. Upcharges may apply for any of the following modifications.

## SNACKS

**Mac n' Cheese Nachos** + avocado puree add-on. All other add-ons contain sugar.

**Quesadilla** – No sausage, sub plain grilled tofu or mushrooms. No pickled red peppers, sub peppers & onions. No lemon sour cream, sub avocado puree. Sub olive oil & balsamic vinegar for the side salad.

## PLATES

**Buddha Bowl** + avocado puree add-on. No ginger tamari sauce. No pickled carrots & cabbage, sub mushrooms, extra kale or extra beets.

**Lentil Loaf** – No gravy (has trace amt of sweetener).

**Baked Mac n' Cheese** – No balsamic vinaigrette on side salad, sub olive oil & balsamic vinegar.

**Steak & Potatoes** – No horseradish cream.

## SALADS

**Winter Jewels** – No cashew-macadamia cheese, sub avocado slices. No dried cranberries, sub apples. No pickled red onion, sub raw red onion. No candied walnuts, sub plain walnuts. No cranberry vinaigrette, sub olive oil & balsamic vinegar.

**Asian Rainbow Kale** – No tamari vinaigrette, sub olive oil & plain tamari. No pickled veggies, sub extra cabbage. No thai lemongrass almonds, sub plain almonds.

**Simple Green** – No balsamic vinaigrette, sub olive oil & balsamic vinegar.

**Add-ons** – tofu eggs, plain grilled tofu, avocado, chilled beets

## SANDWICHES

Focaccia, sourdough-wheat & GF bread contain sugar/sweeteners. Serve on wheat wrap, GF brown rice tortilla, GF over coconut brown rice or GF over dry greens.

**Steak Bomb** – Bread swap, see above. No horseradish mayo.

**Lentil Burger** – Bread swap, see above. Dry greens on sandwich. Sugar-free add-ons = avocado puree & cheddar.

**ABL** – Bread swap, see above. No bacon, sub plain grilled tofu. No mayo, sub extra avocado. Dry greens on sandwich.

**Tofu Egg Sandwich** – Bread swap, see above. No cream cheese, sub avocado puree. Dry greens on sandwich.

**Sides** – balsamic field greens (sub olive oil & balsamic vinegar for the dressing), mashed potatoes (no gravy), coconut brown rice

## DESSERT

**Super Bite** – ask if today's flavor contains no added sweeteners (some flavors have maple syrup or agave).

**Fruit Cup**

## DRINKS

**Smoothies** – strawberry banana, kale strawberry banana, peanut butter banana, PBB&J, mixed berry matcha, apple pie, apple jack. For all – order with no maple syrup!

**All juices**

**Coffee & Tea** – Oatly creamer is unsweetened. We have stevia calorie-free sweetener packets.

**Coconut Milk** – we usually stock unsweetened version; double check today's stock!

**Soda** – Zevia stevia-sweetened calorie-free cola

**Water & sparkling water**