

COCONUT-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 – No cheddar, sub extra cashew queso. All add-ons are coconut-free.
- Quesadilla – No cheddar, sub cashew queso.
- Fruit & Cheese Platter
- Pickled Things
- Soup of the Day – Ask if today's soup is coconut-free.

PLATES

- Compost Plate + all protein options.
- Lentil Loaf
- Buddha Bowl – No coconut brown rice, sub balsamic field greens, mushrooms or extra kale. Avocado puree & mushrooms add-ons are coconut-free.
- Baked Mac n' Cheese – No cheddar.
- Steak & Potatoes

SALADS

- Strawberry Fields
- Thai Kale – No Thai peanut dressing, sub olive oil & tamari.
- Chick'n Caesar
- Buffalo Chick'n Bacon Ranch Salad – No coconut bacon, sub tempeh bacon.
- Simple Green
- Add-ons – all add-ons are coconut-free except warrior scoop & coconut brown rice.

SANDWICHES

- All regular menu bread types are coconut-free.
- Lentil Burger + all add-ons except cheddar.
- Buffalo Chick'n Bacon Ranch Wrap – No coconut bacon, sub tempeh bacon.
- Steak Bomb – No cheddar.
- Buffalo Bleu
- Chick'n Caesar Wrap
- ABLT
- Tofu Egg Sandwich + tempeh bacon & avocado puree add-ons.
- Low Dough Burrito – No coconut brown rice, sub balsamic field greens or sauteed kale.
- Compost Plate Burrito + all protein options.
- Sides – All sides are coconut-free except coconut brown rice.

SPECIALS

Ask if today's specials are coconut-free.

DESSERT

- Always coconut-free – half-baked brownie, chocolate peanut butter rice krispie treat, bird bars.
The following cookie flaves are always coconut-free: chocolate chip, espresso chocolate chip, vanilla rainbow, lemon lavender, citrus poppyseed, pumpkin pecan, blueberry pancake, pistachio chocolate chunk, strawberry milkshake, peanut butter crunch, french toast, matcha macadamia, black forest, praline shortbread.
- Sometimes coconut-free (flavor depending) – frosted brownie/blondie, GF frosted brownie/blondie, jam bar, GF jam bar, cookie sandwich, super bite
- NEVER coconut-free – cakes, cupcakes, donuts, frycakes, cinnamon rolls, cheesecakes, Oatly ice cream flaves.
The following cookie flaves are NEVER coconut-free: ginger oatmeal, carrot cake, banana bread, banana split, trail mix

You may special order whole cakes/cupcakes coconut-free from our bakery, general turnaround 24-72 hours, item depending.

DRINKS

- Smoothies – make any flavor coconut-free with no coconut milk, sub water
- All other drinks are coconut-free except glass of coconut milk.
- Coffee creamer is coconut-free Oatly barista.