

NUT-FREE/PEANUT-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 mac & cheese; will come with just cheddar, salsa verde & roasted tomatoes.

All add-ons are nut-free.

Quesadilla

Pickled Things

Soup of the Day – Changes daily, ask if today's soup is nut-free/peanut-free.

PLATES

Compost Plate - all proteins are nut-free.

Lentil Loaf

Buddha Bowl + avocado puree add-on.

Steak & Potatoes

SALADS

Strawberry Fields – No cashew-macadamia cheese, sub avocado slices. No almonds, sub sunflower seeds or pumpkin seeds.

Thai Kale – No Thai peanut dressing, sub olive oil & tamari. No cashews, sub sesame seeds, pumpkin seeds or sunflower seeds.

Chick'n Caesar

Simple Green

Add-ons – lentil burger, seitan steak, Italian sausage, buffalo tempeh, BBQ tempeh, tempeh bacon, breaded soy curls, coconut brown rice, ginger tamari tofu, lemon maple tofu, tofu eggs, plain grilled tofu, avocado, chilled beets, pickled jalapeños

SANDWICHES

All regular menu bread types are nut-free/peanut-free.

Lentil Burger + all add-ons

Buffalo Chick'n Bacon Ranch Wrap

Steak Bomb

Buffalo Bleu

Chick'n Caesar Wrap

ABLT

Tofu Egg Sandwich

Grilled Cheese + all add-ons

Low Dough Burrito

Compost Plate Burrito

GF bread is nut-free

Sides – balsamic field greens, sesame sticks, mac salad, sweet potato salad, mashed potatoes & gravy, pickled things, coconut brown rice. Ask if today's soup is nut-free/peanut-free.

SPECIALS Ask if today's specials are nut-free/peanut-free.

DESSERT Changes daily, ask for today's nut-free/peanut-free selections.

DRINKS

Smoothies – strawberry banana, kale strawberry banana, mixed berry matcha are nut-free/peanut-free; we use a separate blender pitcher for peanut butter smoothies.

All other drinks including coffee creamer are nut-free/peanut-free.