

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

Strawberry Fields

Thai Kale - No Thai peanut dressing, sub balsamic vinaigrette.

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.