



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

Strawberry Fields – No cashew-macadamia cheese, sub avocado slices. No strawberry poppyseed vinaigrette, sub olive oil & balsamic vinegar.

Thai Kale – No Thai peanut dressing, sub olive oil & tamari.

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.

ABLT – 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 jack – 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