

FARE		FARE INGREDIENT / ALLERGEN SHEET SUMMER 2025	
		* at FARE we use all major allergens in our kitchens, so we cannot guarantee that our food is completely free of any allergen. If you have a severe allergy, we recommend not ordering from our restaurant.	
CATEGORY	ITEM	INGREDIENTS	ALLERGENS
BASES	LEMONY KALE	kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper	NONE
	ROMAINE + SPINACH	romaine, spinach	NONE
	HOUSE GRAINS	brown rice, black rice, olive oil, salt	NONE
SEASONAL TOPPERS (SUMMER 2025)	ROASTED CARROTS	carrots, olive oil, salt	NONE
	ROASTED PEPPER, CHICKPEAS + FETA	red peppers, onion, chickpeas, <b>feta</b> , oregano, red wine vinegar, salt	DAIRY
	ELOTE CORN SALAD	corn, red onion, <b>cotija cheese</b> , jalapeno, cilantro, lime juice, salt, black pepper	DAIRY
	TOMATOES + PEACHES	peaches, cherry tomatoes, honey, basil, salt	NONE
	SWEET + SOUR CUCUMBERS	cucumbers, red wine vinegar and honey mix (red wine vinegar, honey), salt, parsley, mint	NONE
	MAPLE HARISSA SWEET POTATOES	sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt	NONE
	GREEN GODDESS SLAW	cabbage, red onion, kale, parsley, green goddess (mayonnaise (certified humane cage free <b>egg yolks</b> , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt)	EGGS
	MAC + CHEESE	<b>unsalted butter</b> , garlic, salt, pepper, oat flour, whole <b>milk</b> , cayenne, nutmeg, <b>shredded cheddar, parmesan, durum wheat</b> , salt	DAIRY, WHEAT
PROTEINS	SMOKY CHICKEN	chicken, salt, oregano, garlic powder, smoked paprika	NONE
	BASIL TURKEY MEATBALL	ground turkey, <b>parmesan cheese, ricotta cheese</b> , basil, parsley, garlic, olive oil, salt, pepper	DAIRY
	ROASTED SALMON	<b>salmon</b> , olive oil, salt, pepper	FISH
	MISO MARINATED TOFU	tofu ( <b>soy</b> ), miso marinade (miso, <b>tamari</b> , maple syrup, salt, oregano, garlic powder, smoked paprika ), olive oil	SOY
	AVOCADO MASH	avocado, lemon juice, salt	NONE
SAUCES	SPICY RED PEPPER	roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt	NONE
	CREAMY TAHINI	tahini ( <b>sesame seeds</b> ), olive oil, lemon juice, water, garlic, salt	SESAME
	HERBY PESTO	parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt	NONE
	FARE DRESSING	olive oil, lemon juice, garlic, red pepper flakes, salt, pepper	NONE
	GREEK YOGURT RANCH DRESSING	<b>greek yogurt</b> (grade a pasteurized <b>skim milk, cream, milk protein concentrate</b> , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei), <b>mayonnaise</b> (certified humane cage free <b>egg yolks</b> , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil), dried dill, dried chives, garlic powder, onion powder, black pepper	DAIRY, EGGS
	BARBECUE SAUCE	olive oil, garlic, tomato paste, maple syrup, <b>tamari (soy)</b> , rice vinegar, smoked paprika	SOY
FARE BOWLS (SUMMER 2025)	SMOKY CHICKEN BOWL	smoky chicken thighs (chicken, salt, chicken rub, olive oil), lemony kale (kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), house grains (brown rice, black rice, olive oil, salt), maple harissa sweet potatoes (sweet potato, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), green goddess slaw (cabbage, red onion, kale, parsley), green goddess sauce ( <b>mayonnaise</b> (avocado oil, certified humane cage free <b>egg yolks</b> , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt), creamy tahini (tahini ( <b>sesame seeds</b> ), olive oil, lemon juice, water, garlic, salt)	EGGS, SESAME
	TURKEY BASIL MEATBALL BOWL	basil turkey meatball (ground turkey, <b>parmesan cheese, ricotta cheese</b> , basil, parsley, garlic, olive oil, salt, pepper), romaine + spinach (romaine, spinach), roasted peppers, chickpeas + feta (red peppers, onion, chickpeas, feta, oregano, red wine vinegar, salt), sweet & sour cucumber (cucumbers, red wine vinegar and honey mix (red wine vinegar, honey), salt, parley, basil), creamy tahini (tahini ( <b>sesame seeds</b> ), olive oil, lemon juice, water, garlic, salt)	DAIRY, SESAME
	ROASTED SALMON BOWL	<b>roasted salmon</b> ( <b>salmon</b> , olive oil, salt, pepper), lemony kale (kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), elote corn salad (corn, red onion, <b>cotija cheese</b> , jalapeno, cilantro, lime juice, salt, black pepper), tomatoes + peaches (peaches, cherry tomatoes, honey, basil, salt), greek yogurt ranch dressing ( <b>greek yogurt</b> (grade a pasteurized <b>skim milk, cream, milk protein concentrate</b> , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei) , <b>mayonnaise</b> (certified humane cage free <b>egg yolks</b> , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil), dried dill, dried chives, garlic powder, onion powder, black pepper)	FISH, DAIRY, EGGS
	TOFU VEGGIE BOWL	miso tofu (tofu ( <b>soy</b> ), miso marinade (miso, <b>tamari</b> , maple syrup, salt, oregano, garlic powder, smoked paprika ), olive oil, romaine + spinach (romaine, spinach), roasted carrots (carrots, olive oil, salt), sweet & sour cucumbers (cucumbers, red wine vinegar and honey mix (red wine vinegar, honey), salt, parley, basil), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt)	SOY
SWEETS	TAHINI BROWNIE	tahini ( <b>sesame seeds</b> ), <b>eggs, coconut</b> sugar, maple syrup, cocoa powder, oat flour, vanilla bean paste, salt	SESAME, EGG, TREE NUTS (COCONUT)
	CHOCOLATE CHIP COOKIE	gluten free oat flour, <b>almond flour</b> , olive oil, maple syrup, dark chocolate chips (cocoa mass, sugar, cocoa butter, emulsifier: <b>soy lechitchen</b> , natural vanilla), vanilla bean paste, baking soda, salt	SOY, TREE NUTS (ALMOND)
	SEEDY COOKIE	gluten free rolled oats, sunbutter (roasted sunflower seeds, sugar, salt), ground flax seed, chia seed, hemp seed, pumpkin seed, sunflower seed, maple syrup, raisins, cinnamon, salt	NONE
	CORNBREAD MUFFINS	pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	NONE
	OVERNIGHT OATS W/ BLUEBERRY COMPOTE	gluten free rolled oats, chia seeds, oat milk (water, oats, sunflower oil, minerals (dipotassium phosphate, calcium carbonate, tricalcium phosphate), sea salt), water, maple syrup, vanilla bean paste, cinnamon, salt, blueberry compote (blueberries, salt, maple syrup, lemon juice, chia seeds)	NONE

BREAKFAST	YOGURT PARFAIT	<b>greek yogurt</b> (grade a pasteurized <b>skim milk, cream, milk protein concentrate</b> , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei), blueberry compote (blueberries, salt, maple syrup, lemon juice, chia seeds), honey, granola (organic certified gluten-free oats, organic coconut sugar, organic coconut oil, organic sunflower Seeds, organic puffed amaranth, organic quinoa flakes, organic chia seeds, organic cinnamon, sea salt)	DAIRY
	EGG WHITE BITES	<b>egg white, milk, cream, feta</b> , spinach, salt, pepper	EGG, DAIRY
	EGG SANDWICH	<b>egg, milk, havarti cheese</b> , caramelized onion (olive oil, salt, pepper), english muffin (enriched flour ( <b>wheat</b> flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: corn meal, corn flour, sugar, <b>wheat</b> gluten, salt, leavening (sodium bicarbonate, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), preservatives (calcium propionate, monocalcium phosphate (dough conditioner), soybean oil (processing aid)	EGG, DAIRY, WHEAT
	EGG BOWL	<b>egg</b> , sweet potato, red onion, salt, oregano, garlic powder, smoked paprika, spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt), microgreens	EGG
	EGG WRAP	<b>egg, whole milk</b> , flour tortilla ( <b>wheat</b> flour breached and enriched (niacin, reduced tron, thiamine mononitrate, riboflavin, folic acid), rice flour, water, shortening (partially hydrogenated soybean/cottonseed oils, mono-and di-glycerides, polysorbate 60), less than 2% salt, sugar, leavening (sodium bicarbonate, sodium acid, pyrophosphate, calcium sulfate), calcium propionate (preservative), fumaric acid, monodiglycerides, sorbic acid (preservative), enzyme, sodium metabisulfite (dough conditioner), and cellulose gum), sweet potato, spinach, <b>feta cheese</b> , salt, pepper, spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt)	EGG, DAIRY, WHEAT
SMOOTHIES	SUNBUTTER BERRY SMOOTHIE	sunbutter (roasted sunflower seeds, sugar, salt), frozen raspberries, frozen strawberries, medjool dates, <b>almond milk</b>	TREE NUT (ALMOND)
	GREEN GLOW SMOOTHIE	frozen mango, spinach, medjool dates, lemon juice, avocado, <b>almond milk</b>	TREE NUT (ALMOND)
	BLUEBERRY ALMOND SMOOTHIE	blueberry, banana, <b>almond</b> , date, hemp seeds, cinnamon, <b>almond milk</b>	TREE NUT (ALMOND)
ADULT PLATES (SUMMER 2025)	SMOKY CHICKEN PLATE	smoky chicken thighs (chicken, salt, chicken rub, olive oil), maple harissa sweet potatoes (sweet potato, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), green goddess slaw (cabbage, red onion, kale, parsley, Green goddess ( <b>mayonnaise</b> (avocado oil, certified humane cage free <b>egg yolks</b> , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt), mac & cheese ( <b>unsalted butter</b> , garlic finely chopped, salt, pepper, oat flour, <b>whole milk</b> , cayenne, nutmeg, <b>shredded cheddar, parmesan</b> , durum <b>wheat</b> , salt), spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt), mini cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	EGGS, DAIRY, WHEAT
	TURKEY MEATBALL PLATE	basil turkey meatballs (ground turkey, <b>parmesan, ricotta cheese</b> , garlic, parsley, basil, pepper, salt, olive oil), house grains (brown rice, black rice, olive oil, salt), sweet & sour cucumbers (cucumbers, red wine vinegar and honey mix (red wine vinegar, honey), salt, parley, basil), roasted carrots (carrots, olive oil, salt), greek <b>yogurt</b> ranch (greek <b>yogurt</b> (grade a pasteurized <b>skim milk, cream, milk</b> protein concentrate, tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei) , <b>mayonnaise</b> (certified humane cage free <b>egg yolks</b> , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil), dried dill, dried chives, garlic powder, onion powder, black pepper)), mini cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	EGG, DAIRY
	SALMON PLATE	roasted <b>salmon</b> ( <b>salmon</b> , olive oil, salt, pepper), maple harissa sweet potatoes (sweet potato, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), tomatoes & peaches (peaches, cherry tomatoes, honey, basil, salt), sweet & sour cucumbers (cucumbers, red wine vinegar and honey mix (red wine vinegar, honey), salt, parley, basil), creamy tahini (tahini ( <b>sesame seeds</b> ), olive oil, lemon juice, water, garlic, salt), mini cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	FISH, SESAME
	MISO TOFU PLATE	miso <b>tofu</b> (tofu ( <b>soy</b> ), miso marinade (miso, <b>tamari</b> , maple syrup, salt, oregano, garlic powder, smoked paprika ), olive oil), house grains (brown rice, black rice, olive oil, salt), roasted red peppers, chickpeas + feta (red peppers, onion, chickpeas, feta, oregano, red wine vinegar, salt), roasted carrots (carrots, olive oil, salt), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt), mini cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	SOY
KIDS PLATES (SUMMER 2025)	CLASSIC PLATE	smoky chicken thighs (chicken, salt, chicken rub, olive oil), mac & cheese ( <b>unsalted butter</b> , garlic, salt, pepper, oat flour, <b>whole milk</b> , cayenne, nutmeg, <b>shredded cheddar, parmesan</b> , durum <b>wheat</b> , salt), maple harissa sweet potatoes (sweet potato, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), mini cookie (gluten free oat flour, <b>almond flour</b> , olive oil, maple syrup, dark chocolate chips (cocoa mass, sugar, cocoa butter, emulsifier: soy lechitchen, natural vanilla), vanilla bean paste, baking soda, salt ) or cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt)	DAIRY, WHEAT, TREE NUT (ALMOND)
	SEASONAL PLATE	basil turkey meatballs (ground turkey, <b>parmesan cheese, ricotta cheese</b> , basil, parsley, garlic, olive oil, salt, pepper). tomatoes & peaches (peaches, cherry tomatoes, honey, basil, salt), house grains (brown rice, black rice, olive oil, salt), mini cookie (gluten free oat flour, <b>almond</b> flour, olive oil, maple syrup, dark chocolate chips (cocoa mass, sugar, cocoa butter, emulsifier: soy lechitchen, natural vanilla), vanilla bean paste, baking soda, salt ) or cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt), <b>greek yogurt ranch</b> (greek <b>yogurt</b> (grade a pasteurized <b>skim milk, cream, milk</b> protein concentrate, tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei), <b>mayonnaise</b> (certified humane cage free <b>egg yolks</b> , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil), dried dill, dried chives, garlic powder, onion powder, black pepper)),	EGG, DAIRY, TREE NUT (ALMOND)