| Category | menu_item_name | | allium | eggs | fish | milk | sesame | soybeans | tree nuts | wheat |
|---|---|---|---|---|---|---|---|---|---|---|
| Bowls | Build Your Own FarmStand Bowl | | | | | | | | | |
| Bowls | Rosa’s Taco Bowl Supreme | | ✓ | | | ✓ | | | | |
| Bowls | YiaYia’s Mediterranean Bowl | | ✓ | ✓ | | ✓ | ✓ | | | ✓ |
| Salads | Build Your Own FarmStand Salad | | | | | | | | | |
| Salads | Chili Crisp Crunch Salad | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ |
| Salads | Cowboy Carlos’ Taco Salad | | ✓ | ✓ | | ✓ | | | | |
| Salads | Farmstand Ranch Salad | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Salads | Old Hank’s Chicken Caesar | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ |
| Salads | Pesto Chopped Salad | ✓ | ✓ | ✓ | | ✓ | | ✓ | ✓ | ✓ |
| Salads | The Farmstand Salad | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ |
| Salads | YiaYia’s Mediterranean Garden | | ✓ | ✓ | | ✓ | | | | ✓ |
| Sides | Basil-Crunch Pasta Salad | ✓ | ✓ | ✓ | | ✓ | | ✓ | | ✓ |
| Sides | Chicken Salad | | ✓ | ✓ | | | | | | |
| Sides | FarmStand Cornbread | | | ✓ | | ✓ | | | | ✓ |
| Sides | FarmStand Flatbread | | | | | | | | | ✓ |
| Sides | Farro + Couscous Salad | | ✓ | ✓ | | | | | | ✓ |
| Sides | Smoked Romesco Broccoli & Carrot | | ✓ | | | | | | ✓ | |
| Sides | Yia Yia's Creamy Hummus | | ✓ | | | | ✓ | | | |
| Dessert | Cinnamon - Caramel Cookie | | | ✓ | | ✓ | | | | ✓ |
| Dessert | Cornbread Cookie | | | ✓ | | ✓ | | | | ✓ |
| Dessert | Pistachio Lemon Cookie | | | ✓ | | ✓ | | | ✓ | ✓ |
| Dressings & Crunchies | Caesar Dressing | | ✓ | ✓ | ✓ | ✓ | | | | |
| Dressings & Crunchies | Chili Crisp Crunch | ✓ | ✓ | | | | ✓ | | | |
| Dressings & Crunchies | Crunchy Seed Praline | ✓ | ✓ | | | | ✓ | | | |
| Dressings & Crunchies | FarmStand Ranch Dressing | ✓ | ✓ | ✓ | | ✓ | | | | |
| Dressings & Crunchies | Lemon Vinaigrette | | ✓ | | | | | | | |
| Dressings & Crunchies | Mediterranean Chili Dressing | | ✓ | | | | | | | |
| Dressings & Crunchies | Smoky Chipotle Crema | | | | | ✓ | | | | |
| Dressings & Crunchies | Spiced Tahini | | ✓ | | | | ✓ | | | |
| Dressings & Crunchies | Tzatziki | | | | | ✓ | | | | |
| Dressings & Crunchies | Zesty Cilantro Crema | | ✓ | | | ✓ | | | | |
| Modifier | Add Extra Tex-Mex Chicken | | ✓ | | | | | | | |
| Modifier | Basil - Garlic Crunch Pasta Salad | ✓ | ✓ | ✓ | | ✓ | | ✓ | | ✓ |
| Modifier | Black Beans | | ✓ | | | | | | | |
| Modifier | Brown Rice + Lentils | | ✓ | | | | ✓ | | | |
| Modifier | Cheddar Cheese | | | | | ✓ | | | | |
| Modifier | Chicken Salad | | ✓ | ✓ | | | | | | |
| Modifier | Crunchy Cabbage & Daikon Mix | | | | | | | | | |
| Modifier | Cucumbers | | | | | | | | | |
| Modifier | Double Portion Chicken Salad | | ✓ | ✓ | | | | | | |
| Modifier | Double Portion Herb-Roasted Chicken | | ✓ | | | | | | | |
| Modifier | Double Portion Roasted Chicken | | ✓ | | | | | | | |
| Modifier | Farmhouse Corn Mix | | ✓ | | | | | | | |
| Modifier | Farro + Couscous Salad | | ✓ | ✓ | | | | | | ✓ |
| Modifier | Feta Cheese | | | | | ✓ | | | | |
| Modifier | Marinated Tomatoes | | ✓ | | | | | | | |
| Modifier | Pico de Gallo | | ✓ | | | | | | | |
| Modifier | Romaine | | | | | | | | | |
| Modifier | Single Portion Chicken Salad | | ✓ | ✓ | | | | | | |
| Modifier | Single Portion Chicken Salad (Included) | | ✓ | ✓ | | | | | | |
| Modifier | Single Portion Roasted Chicken | | ✓ | | | | | | | |
| Modifier | Smoked Romesco Broccoli & Carrot | | ✓ | | | | | | ✓ | |
| Modifier | White Rice | | | | | | | | | |