

FARE		FARE INGREDIENT / ALLERGEN SHEET FALL 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 (FALL 2025)	ANTIPASTO SALAD	cucumber, chickpeas, red onion, sun dried tomatoes, green pitted olives, pepperoncini peppers, red wine vinegar, olive oil, dried oregano, salt	NONE
	CINNAMON SQUASH & WALNUTS	squash, salt, cinnamon, maple syrup, roasted walnuts	TREE NUTS (WALNUTS)
	MUSTARD BEETS	beet, whole grain mustard (mustard seeds, distilled vinegar, salt, white wine, sugar), balsamic vinegar, olive oil, salt, pepper	NONE
	BRUSSELS & APPLES	apples, brussels, red onion, olive oil, salt, maple syrup, thyme	NONE
	ROASTED CARROTS	carrots, olive oil, salt	NONE
	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 egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt)	EGGS
	MAC & CHEESE	unsalted butter , garlic, salt, pepper, oat flour, whole milk , cayenne, nutmeg, shredded cheddar, parmesan, durum wheat , salt	DAIRY, WHEAT
PROTEINS	SMOKY CHICKEN	chicken, salt, oregano, garlic powder, smoked paprika	NONE
	BASIL TURKEY MEATBALLS	ground turkey, parmesan cheese, ricotta cheese , basil, parsley, garlic, olive oil, salt, pepper	DAIRY
	ROASTED SALMON	salmon , olive oil, salt, pepper	FISH
	MISO TOFU	tofu (soy), miso marinade (miso, tamari , 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 (sesame seeds), 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	greek yogurt (grade a pasteurized skim milk, cream, milk protein concentrate , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei), mayonnaise (certified humane cage free egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil), dried dill, dried chives, garlic powder, onion powder, black pepper	DAIRY, EGGS
FARE BOWLS (FALL 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), 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 (mayonnaise (avocado oil, certified humane cage free egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt), creamy tahini (tahini (sesame seeds), olive oil, lemon juice, water, garlic, salt)	EGGS, SESAME
	TURKEY MEATBALL BOWL	basil turkey meatball (ground turkey, parmesan cheese, ricotta cheese , basil, parsley, garlic, olive oil, salt, pepper), house grains (brown rice, black rice, olive oil, salt), brussels & apples (apples, brussels, red onion, olive oil, salt, maple syrup, thyme), roasted carrots (carrots, olive oil, salt), greek yogurt ranch (greek yogurt (grade a pasteurized skim milk, cream, milk protein concentrate , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei), mayonnaise (certified humane cage free egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil), dried dill, dried chives, garlic powder, onion powder, black pepper)	DAIRY, SESAME, EGGS
	ROASTED SALMON BOWL	roasted salmon (salmon) , olive oil, salt, pepper), lemony kale (kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), house grains (brown rice, black rice, olive oil, salt), lemony kale (kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), harissa sweet potatoes (sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), mustard beets (beet, whole grain mustard (mustard seeds, distilled vinegar, salt, white wine, sugar), balsamic vinegar, olive oil, salt, pepper), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt)	FISH
	MISO TOFU VEGGIE BOWL	miso tofu (tofu (soy), miso marinade (miso, tamari , maple syrup, salt, oregano, garlic powder, smoked paprika), olive oil, romaine & spinach (romaine, spinach), cinnamon squash & walnuts (squash, salt, cinnamon, maple syrup, roasted walnuts), antipasto salad (cucumber, chickpeas, red onion, sun dried tomatoes, green pitted olives, pepperoncini peppers, red wine vinegar, olive oil, dried oregano, salt), FARE dressing (olive oil, lemon juice, garlic, red pepper flakes, salt, pepper)	SOY, TREE NUTS (WALNUTS)
ADULT PLATES (FALL 2025)	SMOKY CHICKEN PLATE	smoky chicken thighs (chicken, salt, chicken rub, olive oil), 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 (mayonnaise (avocado oil, certified humane cage free egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt), mac & cheese (unsalted butter , garlic finely chopped, salt, pepper, oat flour, whole milk , cayenne, nutmeg, shredded cheddar, parmesan , durum wheat , 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, parmesan, ricotta cheese , garlic, parsley, basil, pepper, salt, olive oil), house grains (brown rice, black rice, olive oil, salt),mac & cheese (unsalted butter , garlic, salt, pepper, oat flour, whole milk , cayenne, nutmeg, shredded cheddar, parmesan, durum wheat , salt), brussels & apples (apples, brussels, red onion, olive oil, salt, maple syrup, thyme), cinnamon squash & walnuts (squash, salt, cinnamon, maple syrup, roasted walnuts), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt), greek yogurt ranch dressing (greek yogurt (grade a pasteurized skim milk, cream, milk protein concentrate , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei) , mayonnaise (certified humane cage free egg yolks , 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)	EGGS, DAIRY, WHEAT, TREE NUTS (WALNUTS)

ADULT PLATES (FALL 2025)	SALMON PLATE	roasted salmon (salmon , olive oil, salt, pepper), house grains (brown rice, black rice, olive oil, salt), antipasto salad (cucumber, chickpeas, red onion, sun dried tomatoes, green pitted olives, pepperoncini peppers, red wine vinegar, olive oil, dried oregano, salt), green goddess slaw (cabbage, red onion, kale, parsley, green goddess (mayonnaise (certified humane cage free egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt)), mini cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	FISH, EGGS
	MISO TOFU VEGGIE PLATE	miso tofu (tofu (soy), miso marinade (miso, tamari , maple syrup, salt, oregano, garlic powder, smoked paprika), olive oil), harissa sweet potatoes (sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), brussels & apples (apples, brussels, red onion, olive oil, salt, maple syrup, thyme), mustard beets (beet, whole grain mustard (mustard seeds, distilled vinegar, salt, white wine, sugar), balsamic vinegar, olive oil, salt, pepper), creamy tahini (tahini (sesame seeds), 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)	SOY, SESAME
KIDS PLATES (FALL 2025)	KIDS CLASSIC PLATE	smoky chicken thighs (chicken, salt, chicken rub, olive oil), mac & cheese (unsalted butter , garlic, salt, pepper, oat flour, whole milk , cayenne, nutmeg, shredded cheddar , parmesan , durum wheat , salt), 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, almond 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), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt)	DAIRY, WHEAT, TREE NUTS (ALMOND)
	KIDS SEASONAL PLATE	basil turkey meatballs (ground turkey, parmesan cheese , ricotta cheese , 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, almond 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), greek yogurt ranch (greek yogurt (grade a pasteurized skim milk , cream , milk protein concentrate , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei), mayonnaise (certified humane cage free egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil), dried dill, dried chives, garlic powder, onion powder, black pepper)),	EGGS, DAIRY, TREE NUTS (ALMOND)
CHILI	SWEET POTATO TURKEY CHILI	ground turkey, sweet potato, tomato, black beans, yellow onion, olive oil, salt, cumin, smoked paprika	NONE
SWEETS	TAHINI BROWNIE	tahini (sesame seeds), eggs , coconut sugar, maple syrup, cocoa powder, oat flour, vanilla bean paste, salt	SESAME, EGG
	CHOCOLATE CHIP COOOKIE	gluten free oat flour, almond flour , olive oil, maple syrup, dark chocolate chips (cocoa mass, sugar, cocoa butter, emulsifier: soy lechitchen , 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 MUFFIN	pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	NONE
BREAKFAST	OVERNIGHT OATS W/ APPLE 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, apple compote (apples, salt, maple syrup, lemon juice, cinnamon, ground cloves)	NONE
	GREEK YOGURT PARFAIT	greek yogurt (grade a pasteurized skim milk , cream , milk protein concentrate , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei), apple compote (apples, salt, maple syrup, lemon juice, cinnamon, ground cloves)	DAIRY
	EGG WHITE BITES	egg white , milk , cream , feta , spinach, salt, pepper	EGG, DAIRY
	EGG SANDWICH	egg , milk , havarti cheese , caramelized onion (olive oil, salt, pepper), english muffin (enriched flour (wheat 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, wheat 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
	SCRAMBLED EGG BOWL	egg , 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	egg , whole milk , flour tortilla (wheat flour breached and enriched (niacin, reduced tron, thiamine mononitrate, riboflavin, folic acid), rice flour, water, shortening (partially hydrogenated soybean/cottonseed oils, mono-and diglycerides, 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, feta cheese , 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, almond milk	TREE NUTS (ALMOND)
	GREEN GLOW SMOOTHIE	frozen mango, spinach, medjool dates, lemon juice, avocado, almond milk	TREE NUTS (ALMOND)
	BLUEBERRY ALMOND SMOOTHIE	blueberry, banana, almond , date, hemp seeds, cinnamon, almond milk	TREE NUTS (ALMOND)
HAPPY HOUR A LA CARTE CATERING PACKAGES	BASIL TURKEY MEATBALLS W/ SPICY RED PEPPER SAUCE	basil turkey meatballs (ground turkey, parmesan cheese , ricotta cheese , basil, parsley, garlic, olive oil, salt, pepper), spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt)	DAIRY
	ROASTED SALMON W/ GREEN GODDESS SAUCE	roasted salmon (salmon, olive oil, salt, pepper), green goddess (mayonnaise (certified humane cage free egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt)	EGGS
	MOZZARELLA & TOMATO SKEWERS	tomatoes, mozzarella cheese , basil, herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt)	DAIRY
	CHEESE & CRACKERS	manchego cheese , cheddar , gouda , goat cheese , olives, apple compote (apples, salt, maple syrup, lemon juice, cinnamon, ground cloves), apricot, almonds , grapes, apples, radicchio, mint, crackers	DAIRY, TREE NUTS (ALMOND), WHEAT
	VEGGIES & DIP	carrot, cucumber, sweet peppers, apple, radicchio, mint, green goddess sauce (green goddess (mayonnaise (certified humane cage free egg yolks , water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil) parsley, basil, lemon juice, garlic, pepper, salt)	EGGS