

FARE		INGREDIENT / ALLERGEN SHEET WINTER 2026	
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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 (WINTER 2026)	CAULIFLOWER & CABBAGE	cauliflower, cabbage, olive, oil, salt, moroccan spices (cumin seeds, cumin, cinnamon, smoked paprika, coriander)	NONE
	BROCCOLI & GRAPE SALAD	broccoli, red onion, grapes, salt, maple tahini (garlic, <b>tahini (sesame)</b> ), lemon juice, maple syrup, salt), <b>smoked almonds (almonds)</b> , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor)	SESAME, NUTS (ALMONDS)
	SQUASH & FARRO	<b>farro</b> , butternut squash, red onion, olive oil, celery, rosemary, <b>shaved parmesan</b> , salt, FARE dressing (olive oil, lemon juice, garlic, red pepper flakes, salt, pepper)	DAIRY, WHEAT
	ROMESCO CHICKPEAS	chickpeas, salt, <b>smoked almonds (almonds)</b> , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), romesco sauce (bell pepper, garlic, <b>almonds</b> , tomato paste, parsley, red wine vinegar, smoked paprika, cayenne pepper, black pepper, salt)	NUTS (ALMONDS)
	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 (vegetable oil (canola and/or <b>soy</b> ), <b>egg yolks</b> , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, falcium disodium EDTA), parsley, basil, lemon juice, garlic, pepper, salt)	EGGS, SOY
	MAC & CHEESE	<b>durum wheat, unsalted butter</b> , garlic, salt, pepper, oat flour, <b>whole milk</b> , cayenne, nutmeg, <b>shredded cheddar, parmesan</b> , salt	DAIRY, WHEAT
PROTEINS	SMOKY CHICKEN	chicken, salt, oregano, garlic powder, smoked paprika	NONE
	BASIL TURKEY MEATBALLS	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 TOFU	tofu ( <b>soy</b> ), miso marinade ( <b>miso, 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	greek yogurt (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), mayonnaise (vegetable oil (canola and/or <b>soy</b> ), <b>egg yolks</b> , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, falcium disodium EDTA), dried dill, dried chives, garlic powder, onion powder, black pepper	DAIRY, EGGS, SOY
FARE BOWLS (WINTER 2026)	SMOKY CHICKEN BOWL	chicken, salt, oregano, garlic powder, smoked paprika, kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper, brown rice, black rice, olive oil, salt , cabbage, red onion, kale, parsley, green goddess (mayonnaise (vegetable oil (canola and/or <b>soy</b> ), <b>egg yolks</b> , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, falcium disodium EDTA), parsley, basil, lemon juice, garlic, pepper, salt), sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt , tahini ( <b>sesame seeds</b> ), olive oil, lemon juice, water, garlic, salt	EGGS, SESAME, SOY
	TURKEY MEATBALL BOWL	ground turkey, <b>parmesan cheese, ricotta cheese</b> , basil, parsley, garlic, olive oil, salt, pepper, brown rice, black rice, olive oil, salt, <b>farro</b> , butternut squash, red onion, olive oil, celery, rosemary, <b>shaved parmesan</b> , salt, FARE dressing (olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), broccoli, red onion, grapes, salt, maple tahini (garlic, tahini ( <b>sesame</b> ), lemon juice, maple syrup, salt), <b>smoked almonds (almonds)</b> , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), greek yogurt (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), mayonnaise (vegetable oil (canola and/or <b>soy</b> ), <b>egg yolks</b> , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, falcium disodium EDTA), dried dill, dried chives, garlic powder, onion powder, black pepper	DAIRY, EGGS, SESAME, NUTS (ALMONDS), WHEAT, SOY
	ROASTED SALMON BOWL	<b>salmon</b> , olive oil, salt, pepper, kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper , chickpeas, salt, <b>smoked almonds (almonds)</b> , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), romesco sauce (bell pepper, garlic, <b>almonds</b> , tomato paste, parsley, red wine vinegar, smoked paprika, cayenne pepper, black pepper, salt), sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt, parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt	FISH, NUTS (ALMONDS)
	MISO TOFU VEGGIE BOWL	tofu ( <b>soy</b> ), miso marinade ( <b>miso, tamari</b> , maple syrup, salt, oregano, garlic powder, smoked paprika), olive oil, kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper, cauliflower, cabbage, olive, oil, salt, moroccan spices (cumin seeds, cumin, cinnamon, smoked paprika, coriander), chickpeas, salt, <b>smoked almonds (almonds)</b> , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), romesco sauce (bell pepper, garlic, <b>almonds</b> , tomato paste, parsley, red wine vinegar, smoked paprika, cayenne pepper, black pepper, salt), tahini ( <b>sesame seeds</b> ), olive oil, lemon juice, water, garlic, salt	SESAME, SOY, NUTS (ALMONDS)
FARE PLATES (WINTER 2026)	SMOKY CHICKEN PLATE	chicken, salt, oregano, garlic powder, smoked paprika, sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt , cabbage, red onion, kale, parsley, green goddess (mayonnaise (vegetable oil (canola and/or <b>soy</b> ), <b>egg yolks</b> , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, falcium disodium EDTA), parsley, basil, lemon juice, garlic, pepper, salt), <b>durum wheat, unsalted butter</b> , garlic, salt, pepper, oat flour, <b>whole milk</b> , cayenne, nutmeg, <b>shredded cheddar, parmesan</b> , salt, roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt, pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	DAIRY, EGGS, WHEAT, SOY
	TURKEY MEATBALL PLATE	ground turkey, <b>parmesan cheese, ricotta cheese</b> , basil, parsley, garlic, olive oil, salt, pepper, broccoli, red onion, grapes, salt, maple tahini (garlic, tahini ( <b>sesame</b> ), lemon juice, maple syrup, salt), <b>smoked almonds (almonds)</b> , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), cauliflower, cabbage, olive, oil, salt, moroccan spices (cumin seeds, cumin, cinnamon, smoked paprika, coriander), sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt , greek yogurt ( <b>Grade A pasteurized skim milk, cream, milk protein concentrate</b> , tapioca starch, pectin, enzymes, live active cultures: s. thermophilus, l. bulgaricus, l. acidophilus, bifidus and l. casei), mayonnaise (vegetable oil (canola and/or <b>soy</b> ), <b>egg yolks</b> , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, falcium disodium EDTA), dried dill, dried chives, garlic powder, onion powder, black pepper, pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	DAIRY, EGGS, SESAME, NUTS (ALMONDS), SOY

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CATEGORY	ITEM	INGREDIENTS	ALLERGENS
FARE PLATES (WINTER 2026)	SALMON PLATE	<b>salmon</b> , olive oil, salt, pepper, brown rice, black rice, olive oil, salt, cauliflower, cabbage, olive, oil, salt, moroccan spices (cumin seeds, cumin, cinnamon, smoked paprika, coriander), carrots, olive oil, salt, tahini ( <b>sesame seeds</b> ), olive oil, lemon juice, water, garlic, salt, pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	FISH, SESAME
	MISO TOFU VEGGIE PLATE	tofu ( <b>soy</b> ), miso marinade ( <b>miso</b> , <b>tamari</b> , maple syrup, salt, oregano, garlic powder, smoked paprika), olive oil, chickpeas, salt, <b>smoked almonds (almonds)</b> , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), romesco sauce (bell pepper, garlic, <b>almonds</b> , tomato paste, parsley, red wine vinegar, smoked paprika, cayenne pepper, black pepper, salt), broccoli, red onion, grapes, salt, maple tahini (garlic, tahini ( <b>sesame</b> ), lemon juice, maple syrup, salt), <b>smoked almonds (almonds)</b> , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), carrots, olive oil, salt, tahini ( <b>sesame seeds</b> ), olive oil, lemon juice, water, garlic, salt, pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	SESAME, SOY, NUTS (ALMONDS)
KIDS PLATES (WINTER 2026)	KIDS CLASSIC PLATE	chicken, salt, oregano, garlic powder, smoked paprika, sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt, <b>durum wheat</b> , <b>unsalted butter</b> , garlic, salt, pepper, oat flour, <b>whole milk</b> , cayenne, nutmeg, <b>shredded cheddar</b> , <b>parmesan</b> , salt  Includes either a cookie: <b>almond flour</b> , gluten-free oat flour, dark chocolate chips (cane sugar, cocoa mass, cocoa butter, <b>soy lecithin</b> , vanilla), eggs, olive oil, coconut sugar, maple syrup, vanilla bean paste (vanilla extract, sugar, water), baking soda, salt OR a cornbread muffin: pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	DAIRY, SOY, WHEAT, NUTS (ALMONDS)
	KIDS SEASONAL PLATE	ground turkey, <b>parmesan cheese</b> , <b>ricotta cheese</b> , basil, parsley, garlic, olive oil, salt, pepper, brown rice, black rice, olive oil, salt, cauliflower, cabbage, olive, oil, salt, moroccan spices (cumin seeds, cumin, cinnamon, smoked paprika, coriander)  Includes either a cookie: <b>almond flour</b> , gluten-free oat flour, dark chocolate chips (cane sugar, cocoa mass, cocoa butter, <b>soy lecithin</b> , vanilla), eggs, olive oil, coconut sugar, maple syrup, vanilla bean paste (vanilla extract, sugar, water), baking soda, salt OR a cornbread muffin: pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	DAIRY, EGGS, SOY, NUTS (ALMONDS)
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 ( <b>sesame seeds</b> ), <b>eggs</b> , coconut sugar, maple syrup, cocoa powder, oat flour, vanilla bean paste, salt	EGG, SESAME
	CHOCOLATE CHIP COOKIE	<b>almond flour</b> , gluten-free oat flour, dark chocolate chips (cane sugar, cocoa mass, cocoa butter, <b>soy lecithin</b> , vanilla), <b>eggs</b> , olive oil, coconut sugar, maple syrup, vanilla bean paste (vanilla extract, sugar, water), baking soda, salt	EGGS, SOY, NUTS (ALMONDS)
	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
	TOASTED ALMOND BREAD	gluten-free oat flour, <b>almond flour</b> , coconut sugar, olive oil, maple syrup, vanilla bean paste, baking soda, baking powder, sweet potato, salt, <b>eggs</b> , <b>almond extract</b> , <b>almonds</b>	EGGS, NUTS (ALMONDS)
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 <b>skim milk</b> , <b>cream</b> , <b>milk protein concentrate</b> , 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), 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</b> , <b>milk</b> , <b>cream</b> , <b>feta</b> , spinach, salt, pepper	DAIRY, EGG
	EGG SANDWICH	<b>egg</b> , <b>milk</b> , <b>havarti cheese</b> , caramelized onion (olive oil, salt, pepper), english muffin (enriched flour ( <b>wheat flour</b> , <b>maltaed barley flour</b> , niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: corn meal, corn flour, sugar, <b>wheat gluten</b> , salt, pepper, leavening (sodium bicarbonate, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), preservatives (calcium propionate, monocalcium phosphate (dough conditioner), <b>soybean oil</b> (processing aid)	DAIRY, EGG, SOY, WHEAT
	SCRAMBLED 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)	EGG
	EGG WRAP	<b>egg</b> , <b>whole milk</b> , bacon, <b>cheddar</b> , <b>parmesan</b> , herby pesto sauce (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt), flour tortilla (( <b>wheat flour</b> bleached and enriched (niacin, reduced tron, thiamine mononitrate, riboflavin, folic acid), rice flour, water, shortening ( <b>partially hydrogenated soybean</b> /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)	DAIRY, EGG, SOY, WHEAT
SMOOTHIES	SUNBUTTER BERRY SMOOTHIE	sunbutter (roasted sunflower seeds, sugar, salt), frozen raspberries, frozen strawberries, medjool dates, <b>almond milk</b>	NUTS (ALMONDS)
	GREEN GLOW SMOOTHIE	frozen mango, spinach, medjool dates, lemon juice, avocado, <b>almond milk</b>	NUTS (ALMONDS)
	BLUEBERRY ALMOND SMOOTHIE	blueberry, banana, <b>almond</b> , medjool date, cinnamon, <b>almond milk</b>	NUTS (ALMONDS)
HAPPY HOUR A LA CARTE CATERING PACKAGES	BASIL TURKEY MEATBALLS W/ SPICY RED PEPPER SAUCE	basil turkey meatballs (ground turkey, <b>parmesan cheese</b> , <b>ricotta cheese</b> , 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 ( <b>salmon</b> , olive oil, salt, pepper), 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, FISH
	SEASONAL SQUASH SKEWERS	butternut squash, salt, olive oil, <b>mozzarella</b> , basil, herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt )	DAIRY
	CHEESE & CRACKERS	<b>manchego cheese</b> , <b>cheddar</b> , <b>gouda</b> , <b>goat cheese</b> , olives, apple compote (apples, salt, maple syrup, lemon juice, cinnamon, ground cloves), apricot, <b>almonds</b> , grapes, apples, radicchio, mint, <b>crackers</b>	DAIRY, WHEAT, NUTS (ALMONDS)
	VEGGIES & DIP	carrot, cucumber, sweet peppers, apple, radicchio, mint, green goddess sauce (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