



INGREDIENT / ALLERGEN SHEET SPRING 2026

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CATEGORY	ITEM	INGREDIENTS	ALLERGENS
BASES	LEMONY KALE	kale, FARE dressing (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 (SPRING 2026)	SPRING PASTA SALAD	cooked pasta (durum semolina (wheat)), peas, roasted yellow squash (yellow squash, olive oil), FARE dressing (olive oil, fresh lemon juice, red pepper flakes, salt, ground pepper, garlic), salt, mint, parmesan	DAIRY, WHEAT
	BEETS & CITRUS	beets, oranges, salt, za'atar seasoning (salt, sumac, sesame seed , thyme, oregano, marjoram)	SESAME
	CHICKPEAS & FETA	chickpeas, feta , pickled onions (red onions, vinegar, water, beets, salt), dried oregano, parsley, salt, olive oil, red wine vinegar	DAIRY
	FLY BY JING BROCCOLI CRUNCH	broccoli, Fly By Jing Chili Crisp (non-GMO rapeseed oil, non-GMO soybean oil , dried chili pepper, fermented soybean (soybeans , water, salt, rice flour, spices), garlic, shallots, mushroom powder, ginger, sesame oil , salt, sichuan pepper, seaweed powder, spices, white vinegar, lime juice, tamari , coconut sugar, olive oil, ginger, salt), edamame , smoked almonds (almonds , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), green onion	SOY, SESAME, NUTS (ALMONDS)
	SWEET & SOUR CUCUMBERS	cucumbers, coconut sugar, white vinegar, salt, parsley, basil	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 sauce (mayonnaise (vegetable oil (canola and/or soy), egg yolks , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, calcium disodium EDTA), parsley, basil, lemon juice, garlic, pepper, salt)	EGGS, SOY
	MAC & CHEESE	cooked pasta (semolina (wheat) , durum wheat flour), unsalted butter , garlic, salt, pepper, oat flour, whole milk , cayenne, nutmeg, cheddar , parmesan , salt	DAIRY, WHEAT
PROTEINS	SMOKY CHICKEN	chicken thighs, olive oil, FARE seasoning (salt, oregano, garlic powder, smoked paprika)	NONE
	BASIL TURKEY MEATBALLS	ground turkey, parmesan , ricotta , basil, parsley, garlic, olive oil, salt, pepper	DAIRY
	BLUEHOUSE ATLANTIC SALMON	bluehouse atlantic salmon , olive oil, salt, pepper	FISH
	PHONEIX BEAN MISO TOFU	phoneix bean 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: <i>s. thermophilus</i> , <i>l. bulgaricus</i> , <i>l. acidophilus</i> , <i>bifidus</i> and <i>l. casei</i>), mayonnaise (vegetable oil (canola and/or soy), egg yolks , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, calcium disodium EDTA), dried dill, dried chives, garlic powder, onion powder, black pepper	DAIRY, EGGS, SOY
FARE BOWLS (SPRING 2026)	SMOKY CHICKEN BOWL	smoky chicken (chicken thighs, olive oil, FARE seasoning (salt, oregano, garlic powder, smoked paprika)), lemony kale (kale, FARE dressing (olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), house grains (brown rice, black rice, olive oil, salt), green goddess slaw (cabbage, red onion, kale, parsley, green goddess (mayonnaise (vegetable oil (canola and/or soy), egg yolks , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, calcium disodium EDTA), parsley, basil, lemon juice, garlic, pepper, salt)), harissa sweet potatoes (sweet potatoes, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), creamy tahini (tahini (sesame seeds), olive oil, lemon juice, water, garlic, salt)	EGGS, SESAME, SOY
	TURKEY MEATBALL BOWL	basil turkey meatballs (ground turkey, parmesan , ricotta , basil, parsley, garlic, olive oil, salt, pepper), house grains (brown rice, black rice, olive oil, salt), beets & citrus (beets, oranges, salt, za'atar seasoning (salt, sumac, sesame seed , thyme, oregano, marjoram)), chickpeas & feta (chickpeas, feta , pickled onions (red onions, vinegar, beets, salt), dried oregano, parsley, salt, olive oil, red wine vinegar), creamy tahini (tahini (sesame seeds), olive oil, lemon juice, water, garlic, salt)	DAIRY, SESAME
	BLUEHOUSE ATLANTIC SALMON BOWL	bluehouse atlantic salmon (bluehouse atlantic salmon , olive oil, salt, pepper), lemony kale (kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), spring pasta salad (cooked pasta (durum semolina (wheat)) peas, roasted yellow squash (yellow squash, olive oil), FARE dressing (olive oil, fresh lemon juice, red pepper flakes, salt, ground pepper, garlic), salt, mint, parmesan), roasted carrots (carrots, olive oil, salt), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt)	FISH, DAIRY, WHEAT
	MISO TOFU VEGGIE BOWL	phoenix bean miso tofu (phoenix bean tofu (soy), miso marinade (miso , tamari , maple syrup, salt, oregano, garlic powder, smoked paprika), olive oil), lemony kale (kale, FARE dressing (olive oil, lemon juice, garlic, red pepper flakes, salt, pepper)), house grains (brown rice, black rice, olive oil, salt), Fly by Jing broccoli crunch (broccoli, Fly By Jing Chili Crisp (non-GMO rapeseed oil, non-GMO soybean oil , dried chili pepper, fermented soybean (soybeans) , water, salt, rice flour, spices), garlic, shallots, mushroom powder, ginger, sesame oil , salt, sichuan pepper, seaweed powder, spices, white vinegar, lime juice, tamari , coconut sugar, olive oil, ginger, salt), edamame , smoked almonds (almonds , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), green onion), harissa sweet potato (sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt)	SOY, NUTS (ALMONDS), SESAME
FARE PLATES (SPRING 2026)	SMOKY CHICKEN PLATE	smoky chicken (chicken thighs, olive oil, FARE seasoning (salt, oregano, garlic powder, smoked paprika)), sweet potatoes (sweet potatoes, olive oil, 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 (vegetable oil (canola and/or soy), egg yolks , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, calcium disodium EDTA), parsley, basil, lemon juice, garlic, pepper, salt)), mac & cheese (cooked pasta (semolina (wheat) , durum wheat flour), unsalted butter , garlic, salt, pepper, oat flour, whole milk , cayenne, nutmeg, shredded cheddar , parmesan , salt), cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	DAIRY, EGGS, WHEAT, SOY
	TURKEY MEATBALL PLATE	basil turkey meatballs (ground turkey, parmesan cheese , ricotta cheese , basil, parsley, garlic, olive oil, salt, pepper), Fly by Jing broccoli crunch (broccoli, Fly By Jing Chili Crisp (non-GMO rapeseed oil, non-GMO soybean oil , dried chili pepper, fermented soybean (soybeans) , water, salt, rice flour, spices), garlic, shallots, mushroom powder, ginger, sesame oil , salt, sichuan pepper, seaweed powder, spices, white vinegar, lime juice, tamari , coconut sugar, olive oil, ginger, salt), edamame , smoked almonds (almonds , olive oil, coconut sugar, smoked paprika, cayenne pepper, salt, natural hickory smoke flavor), green onion), roasted carrots (carrots, olive oil, salt), sweet & sour cucumbers (cucumbers, coconut sugar, white vinegar, salt, parsley, basil), greek yogurt ranch (greek yogurt (Grade A pasteurized skim milk , cream , milk protein concentrate , tapioca starch, pectin, enzymes, live active cultures: <i>s. thermophilus</i> , <i>l. bulgaricus</i> , <i>l. acidophilus</i> , <i>bifidus</i> and <i>l. casei</i>), mayonnaise (vegetable oil (canola and/or soy), eggs yolks , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, calcium disodium EDTA), dried dill, dried chives, garlic powder, onion powder, black pepper), cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	DAIRY, EGGS, NUTS (ALMONDS), SOY, SESAME



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FARE PLATES (SPRING 2026)	BLUEHOUSE ATLANTIC SALMON PLATE	salmon (bluehouse atlantic salmon, olive oil, salt, pepper), beets & citrus (beets, oranges, salt, za'atar seasoning (salt, sumac, sesame seed, thyme, oregano, marjoram)), chickpeas & feta (chickpeas, feta, pickled onions (red onions, vinegar, beets, salt), dried oregano, parsley, salt, olive oil, red wine vinegar), spring pasta (cooked pasta (durum semolina (wheat)), peas, roasted yellow squash (yellow squash, olive oil), FARE dressing (olive oil, fresh lemon juice, red pepper flakes, salt, ground pepper, garlic), salt, mint, parmesan), Creamy tahini (tahini (sesame seeds), olive oil, lemon juice, water, garlic, salt), cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	FISH, SESAME, WHEAT, DAIRY
	MISO TOFU PLATE	phoenix bean miso tofu (phoenix bean tofu (soy), miso marinade (miso, tamari, maple syrup, salt, oregano, garlic powder, smoked paprika), olive oil), sweet & sour cucumbers (cucumbers, coconut sugar, white vinegar, salt, parsley, basil), roasted carrots (carrots, olive oil, salt), beets & citrus (beets, oranges, salt, za'atar seasoning (salt, sumac, sesame seed, thyme, oregano, marjoram)), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt), cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	SOY, SESAME
KIDS PLATES (SPRING 2026)	KIDS CLASSIC PLATE	smoky chicken (chicken thighs, olive oil, FARE seasoning (salt, oregano, garlic powder, smoked paprika)), harissa sweet potatoes (sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt), mac & cheese (cooked elbow pasta (semolina (wheat), durum wheat flour), unsalted butter, garlic, salt, pepper, oat flour, whole milk, cayenne, nutmeg, cheddar, parmesan, salt)	DAIRY, SOY, WHEAT, NUTS (ALMONDS), EGGS
	KIDS SEASONAL PLATE	tukery meatballs (ground turkey, parmesan, ricotta, basil, parsley, garlic, olive oil, salt, pepper), house grains (brown rice, black rice, olive oil, salt), sweet & sour cucumbers (cucumbers, coconut sugar, white vinegar, salt, parsley, basil)	DAIRY, EGGS, SOY, NUTS (ALMONDS)
SWEETS	TAHINI BROWNIE	tahini (sesame seeds), eggs, coconut sugar, maple syrup, cocoa powder, oat flour, vanilla bean paste, salt	EGG, SESAME
	CHOCOLATE CHIP COOKIE	almond flour, gluten-free oat flour, dark chocolate chips (cane sugar, cocoa mass, cocoa butter, soy lecithin, vanilla), eggs, 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, almond flour, coconut sugar, olive oil, maple syrup, vanilla bean paste, baking soda, baking powder, sweet potato, salt, eggs, almond extract, almonds	EGGS, NUTS (ALMONDS)
BREAKFAST	OVERNIGHT OATS W/ WILD 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, wild blueberry compote (wild blueberries, salt, maple syrup, lemon juice, chia seeds)	NONE
	GREEK YOGURT PARFAIT W/ WILD BLUEBERRY COMPOTE	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), wild blueberry compote (wild blueberries, salt, maple syrup, lemon juice, chia seeds), 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	egg white, milk, cream, feta, spinach, salt, pepper	DAIRY, EGG
	EGG SANDWICH	egg, havarti cheese, caramelized onion (onion, balsamic vinegar, olive oil, salt), 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, pepper, leavening (sodium bicarbonate, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), preservatives (calcium propionate, monocalcium phosphate (dough conditioner)), soybean oil (processing aid))	DAIRY, EGG, SOY, 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)	EGG
	EGG WRAP	egg, bacon, cheddar, parmesan, herby pesto sauce (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt), flour tortilla (wheat flour bleached and enriched (niacin, reduced iron, 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)	DAIRY, EGG, SOY, WHEAT
SMOOTHIES	SUNBUTTER BERRY SMOOTHIE	sunbutter (roasted sunflower seeds, sugar, salt), frozen raspberries, frozen strawberries, medjool dates, almond milk ((water, almonds) cane sugar, calcium carbonate, sunflower lecithin, sea salt, guar gum, natural flavor, gellan gum, potassium citrate)	NUTS (ALMONDS)
	GREEN GLOW SMOOTHIE	frozen mango, spinach, medjool dates, lemon juice, avocado, almond milk ((water, almonds) cane sugar, calcium carbonate, sunflower lecithin, sea salt, guar gum, natural flavor, gellan gum, potassium citrate)	NUTS (ALMONDS)
	BLUEBERRY ALMOND SMOOTHIE	blueberry, banana, almond, medjool date, cinnamon, almond milk ((water, almonds) cane sugar, calcium carbonate, sunflower lecithin, sea salt, guar gum, natural flavor, gellan gum, potassium citrate)	NUTS (ALMONDS)
HAPPY HOUR A LA CARTE CATERING PACKAGES	BASIL TURKEY MEATBALLS W/ SPICY RED PEPPER SAUCE	basil turkey meatballs (ground turkey, parmesan, ricotta, 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
	BLUEHOUSE ATLANTIC SALMON W/ GREEN GODDESS SAUCE	bluehouse atlantic salmon (salmon, olive oil, salt, pepper), green goddess sauce (mayonnaise (vegetable oil (canola and/or soy)), parsley, basil, lemon juice, garlic, pepper, salt)	EGGS, FISH
	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, wild blueberry compote (wild blueberries, salt, maple syrup, lemon juice, chia seeds), apricot, almonds, grapes, apples, endives, mint, taralli crackers (wheat flour, white wine, extra virgin olive oil, olive oil, pomace (olive) oil, salt, fennel seeds)	DAIRY, WHEAT, NUTS (ALMONDS)
	VEGGIES & DIP	carrot, cucumber, sweet peppers, apple, radicchio, mint, green goddess sauce (mayonnaise (vegetable oil (canola and/or soy), egg yolks, distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, calcium disodium EDTA) parsley, basil, lemon juice, garlic, pepper, salt)	EGGS, SOY