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CATEGORY	ITEM	INGREDIENTS	ALLERGENS
BASES	LEMONY KALE	kale, FARE dressing (olive oil, lemon juice, garlic, red pepper flakes, salt, black pepper)	NONE
	ROMAINE & SPINACH	romaine, spinach	NONE
	HOUSE GRAINS	brown rice, black rice, olive oil, salt	NONE
SEASONAL TOPPERS (FALL 2026)	MISO BROCCILI CRUNCH	broccoli, red onion, red grapes, salt, smoked almonds (raw almonds, wright's hickory liquid smoke (water, natural hickory smoke flavor), olive oil, coconut sugar, smoked paprika, cayenne pepper, salt), ginger miso dressing (miso paste (water, soybeans, rice, salt, alcohol), white vinegar, tamari sauce, coconut sugar, water, tahini (sesame seeds), ginger root)	NUTS (ALMONDS), SOY, SESAME
	COCONUT SQUASH	roasted butternut squash (butternut squash, olive oil, salt), coconut oil, maple syrup, cinnamon, salt, toasted coconut flakes	NONE
	BEETS W/ PISTACHIO DUKKAH	cooked beets (red beets, white vinegar, water), red cabbage, citrus sumac vinaigrette (orange juice, lemon juice, dijon mustard (distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices), honey, sumac powder, salt, black pepper, olive oil), salt, pistachio dukkah (pumpkin seeds, pistachios, sesame seeds , coriander seeds, cumin seeds, salt)	NUTS (PISTACHIOS), SESAME
	PARMESAN CAULIFLOWER	cauliflower, olive oil, garlic powder, salt, black pepper, parmesan	DAIRY
	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, lemon juice, salt, 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, oat flour, whole milk, monterey jack, parmesan , cayenne, nutmeg, salt	DAIRY, WHEAT
PROTEINS	SMOKY CHICKEN	chicken thighs, FARE seasoning (salt, oregano, garlic powder, smoked paprika)	NONE
	BASIL TURKEY MEATBALLS	ground turkey, parmesan, ricotta , basil, parsley, garlic, salt, pepper	DAIRY
	BLUEHOUSE ATLANTIC	bluehouse atlantic salmon , olive oil, salt, pepper	FISH
	PHOENIX BEAN MISO TOFU	Phoenix Bean tofu (soy) , ginger miso dressing (miso paste (water, soybeans , rice, salt, and alcohol), white vinegar, tamari sauce , coconut sugar, water, tahini (sesame seeds) , ginger root)	SOY, SESAME
	AVOCADO MASH	avocado, lemon juice, salt	NONE
SAUCES	GINGER MISO DRESSING	miso paste (water, soybeans , rice, salt, and alcohol), white vinegar, tamari sauce , coconut sugar, water, tahini (sesame seeds) , ginger root	SOY, SESAME
	SPICY RED PEPPER	roasted red peppers, carrots, fresno chili pepper, olive oil, red wine vinegar, garlic, smoked paprika, cayenne pepper, salt	NONE
	CREAMY TAHINI	tahini (sesame seeds) , garlic, olive oil, lemon juice, black pepper, salt	SESAME
	HERBY PESTO	castelvetrano green olives (olives, water, sea salt, ascorbic acid (vitamin C), lactic acid, and citric acid), garlic, salt, coriander seeds , black pepper, dried oregano, red wine vinegar, olive oil, water, parsley	NONE
	FARE DRESSING	olive oil, lemon juice, garlic, red pepper flakes, salt, black 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 (vegetable oil (canola and/or soy), egg yolks , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, calcium disodium EDTA), red wine vinegar, dried dill, dried chives, garlic powder, onion powder, black pepper, salt	DAIRY, EGGS, SOY
FARE BOWLS (FALL 2026)	SMOKY CHICKEN BOWL	chicken thighs, FARE seasoning (salt, oregano, garlic powder, smoked paprika), kale, olive oil, lemon juice, garlic, red pepper flakes, salt, black pepper, brown rice, black rice , olive oil, salt, cabbage, red onion, kale, parsley, lemon juice, salt, 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), sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt , tahini (sesame seeds) , garlic, olive oil, lemon juice, black pepper, salt	EGGS, SESAME, SOY
	TURKEY MEATBALL BOWL	ground turkey, parmesan, ricotta , basil, parsley, garlic, salt, pepper, brown rice, black rice, olive oil, salt, cauliflower, olive oil, garlic powder, salt, black pepper, parmesan cheese , roasted butternut squash (butternut squash, olive oil, salt), coconut oil, maple syrup, cinnamon, salt, toasted coconut flakes, roasted red peppers, roasted carrots, fresno chili, olive oil, red wine vinegar, garlic, smoked paprika, cayenne pepper, salt	DAIRY
	BLUEHOUSE ATLANTIC SALMON BOWL	bluehouse atlantic salmon , olive oil, salt, pepper, kale, olive oil, lemon juice, garlic, red pepper flakes, salt, black pepper, cooked beets (red beets, white vinegar, water), red cabbage, sumac vinaigrette (orange juice, lemon juice, dijon mustard (distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices), honey, sumac powder, salt, black pepper, olive oil), salt, pistachio dukkah (pumpkin seeds, pistachios, sesame seeds , coriander seeds, cumin seeds, salt), roasted butternut squash (butternut squash, olive oil, salt), coconut oil, maple syrup, cinnamon, salt, toasted coconut flakes, miso paste (water, soybeans , rice, salt, and alcohol), white vinegar, tamari sauce , coconut sugar, water, tahini (sesame seeds) , ginger root	FISH, NUTS (PISTACHIOS), SOY, SESAME

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FARE BOWLS (FALL 2026)	PHOENIX BEAN MISO TOFU BOWL	Phoenix Bean tofu (soy) , ginger miso dressing (miso paste (water, soybeans , rice, salt, and alcohol), white vinegar, tamari sauce, coconut sugar, water, tahini (sesame seeds) , ginger root), kale, olive oil, lemon juice, garlic, red pepper flakes, salt, black pepper, brown rice, black rice, olive oil, salt, carrots, olive oil, salt, broccoli, red onion, red grapes, salt, smoked almonds (raw almonds) , wright's hickory liquid smoke (water, natural hickory smoke flavor), olive oil, coconut sugar, smoked paprika, cayenne pepper, salt), ginger miso dressing (miso paste (water, soybeans , rice, salt, and alcohol), white vinegar, tamari sauce , coconut sugar, water, tahini (sesame seeds) , ginger root), tahini (sesame seeds) , garlic, olive oil, lemon juice, black pepper, salt	SOY, SESAME, NUTS (ALMONDS)
FARE PLATES (FALL 2026)	SMOKY CHICKEN PLATE	chicken thighs, FARE seasoning (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, lemon juice, salt, 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), cooked pasta (semolina (wheat), durum wheat flour) , unsalted butter , garlic, oat flour, whole milk , monterey jack , parmesan , salt, roasted red peppers, roasted carrots, fresno chili, olive oil, red wine vinegar, garlic, smoked paprika, cayenne pepper, 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, parmesan , ricotta , basil, parsley, garlic, salt, pepper, cauliflower, olive oil, garlic powder, salt, black pepper, parmesan cheese, sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt, cucumbers, coconut sugar, white vinegar, salt, parsley, basil, olive oil, lemon juice, garlic, red pepper flakes, salt, black pepper, pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	DAIRY
	BLUEHOUSE ATLANTIC SALMON PLATE	bluehouse atlantic salmon , olive oil, salt, pepper, cabbage, red onion, kale, parsley, lemon juice, salt, 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), carrots, olive oil, salt, cooked beets (red beets, white vinegar, water), red cabbage, sumac vinaigrette (orange juice, lemon juice, dijon mustard (distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices), honey, sumac powder, salt, black pepper, olive oil), salt, pistachio dukkah (pumpkin seeds, pistachios , sesame seeds , coriander seeds, cumin seeds, salt), tahini (sesame seeds) , garlic, olive oil, lemon juice, black pepper, salt, pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	FISH, SOY, EGGS, DAIRY, NUTS (PISTACHIOS), SESAME
	PHOENIX BEAN BBQ TOFU PLATE	Phoenix Bean tofu (soy), ginger miso dressing (miso paste (water, soybeans , rice, salt, and alcohol), white vinegar, tamari sauce , coconut sugar, water, tahini (sesame seeds) , ginger root), brown rice, black rice, olive oil, salt, cucumbers, coconut sugar, white vinegar, salt, parsley, basil, roasted butternut squash (butternut squash, olive oil, salt), coconut oil, maple syrup, cinnamon, salt, toasted coconut flakes, roasted red peppers, roasted carrots, fresno chili, olive oil, red wine vinegar, garlic, smoked paprika, cayenne pepper, salt, pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt	DAIRY, SOY, SESAME
KIDS PLATES (FALL 2026)	KIDS CLASSIC PLATE	chicken thighs, FARE seasoning (salt, oregano, garlic powder, smoked paprika), sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander), salt, cooked pasta (semolina (wheat), durum wheat flour) , unsalted butter , garlic, oat flour, whole milk , monterey jack , parmesan , salt Includes either a cookie: almond flour , gluten-free oat flour, dark chocolate chips (unsweetened chocolate, cane sugar, cocoa butter, milkfat , soy lecithin , vanilla extract), eggs , olive oil, coconut sugar, maple syrup, madagascar bourbon pure vanilla extract (water, cane alcohol, madagascar vanilla bean extractives), 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), EGGS
	KIDS SEASONAL PLATE	ground turkey, parmesan , ricotta , basil, parsley, garlic, salt, pepper, brown rice, black rice, olive oil, salt, cauliflower, olive oil, garlic powder, salt, black pepper, parmesan Includes either a cookie: almond flour , gluten-free oat flour, dark chocolate chips (unsweetened chocolate, cane sugar, cocoa butter, milkfat , soy lecithin , vanilla extract), eggs , olive oil, coconut sugar, maple syrup, madagascar bourbon pure vanilla extract (water, cane alcohol, madagascar vanilla bean extractives), 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)
SWEETS	TAHINI BROWNIE	tahini (sesame seeds), eggs , coconut sugar, maple syrup, cocoa powder, oat flour, madagascar bourbon pure vanilla extract (water, cane alcohol, madagascar vanilla bean extractives), salt	EGG, SESAME
	CHOCOLATE CHIP COOKIE	almond flour , gluten-free oat flour, dark chocolate chips (unsweetened chocolate, cane sugar, cocoa butter, milkfat , soy lecithin , vanilla extract), eggs , olive oil, coconut sugar, maple syrup, madagascar bourbon pure vanilla extract (water, cane alcohol, madagascar vanilla bean extractives), baking soda, salt	DAIRY, EGGS, SOY, NUTS (ALMONDS)
	SEEDY COOKIE	gluten-free rolled oats, sunbutter (roasted sunflower seeds, 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, madagascar bourbon pure vanilla extract (water, cane alcohol, madagascar vanilla bean extractives), baking soda, baking powder, sweet potato, salt, eggs , almond extract , almonds	EGGS, NUTS (ALMONDS)

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BREAKFAST	OVERNIGHT OATS W/ WILD BLUEBERRY COMPOTE	gluten-free rolled oats, chia seeds, oat milk, maple syrup, madagascar bourbon pure vanilla extract (water, cane alcohol, madagascar vanilla bean extractives), cinnamon, salt, apple compote (apples (ascorbic acid (vitamin c), citric acid, salt), maple syrurp, lemon juice, salt, cinnamon, cloves)	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), apple compote (apples (ascorbic acid (vitamin c), citric acid, salt), maple syrurp, lemon juice, salt, cinnamon, cloves), purely elizabeth 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 , salt, pepper, havarti cheese , caramelized onion (onion, 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	scrambled eggs (egg , olive oil, salt) breakfast hash (sweet potato, red onion, olive oil, salt, FARE seasoning (salt, oregano, garlic powder, smoked paprika)), spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili peppers, red wine vinegar, garlic, smoked paprika, salt), cornbread muffin (pumpkin puree, oat milk, maple syrup, olive oil, cornmeal, oat flour, baking soda, baking powder, salt)	EGG
	EGG WRAP	egg , olive oil, salt, kale, feta cheese , basil, spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili, olive oil, red wine vinegar, garlic, smoked paprika, cayenne pepper, salt), flour tortilla (organic wheat flour , organic cassava, avocado oil, water, salt)	DAIRY, EGG, WHEAT
	BREAKFAST PASTERIES	butter croissants (unbleached enriched wheat flour , fine or PDO-certified butter (cream) , sugar, yeast, milk powder , salt, wheat gluten, eggs , and natural food enzymes), chocolate crossiants (unbleached enriched wheat flour, butter (cream) , water, sugar, yeast, whole milk powder, wheat gluten , salt, eggs , food enzymes (amylases, xylanases), and ascorbic acid, chocolate filling (sugar, cocoa mass, cocoa butter, soy lecithin (emulsifier), and natural vanilla flavor), Toasted Almond Bread (gluten-free oat flour, almond flour , coconut sugar, olive oil, maple syrup, madagascar bourbon pure vanilla extract (water, cane alcohol, madagascar vanilla bean extractives), baking soda, baking powder, sweet potato, salt, eggs, almond extract, almonds)	DAIRY, EGG, WHEAT, SOY, NUTS (ALMONDS)
SMOOTHIES	APPLE CRISP SMOOTHIE	apples (ascorbic acid (vitamin c), citric acid, salt), bananas, gluten-free rolled oats, cloves, cinnamon, lemon juice, date, protein powder (yellow pea, pumpkin seed, sunflower seed, cranberry seed, chia seed, coconut crystals, lucuma fruit, ceylon cinnamon, acerola, baobab fruit, vanilla bean, banana, jerusalem artichoke inulin fiber, himalayan pink salt, stevia leaf), organic whole milk , 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), purely elizabeth 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), apple compote (apples (ascorbic acid (vitamin c), citric acid, salt), maple syrurp, lemon juice, salt, cinnamon, cloves)	DAIRY
	SUNBUTTER BERRY SMOOTHIE	sunbutter (roasted sunflower seeds, salt), frozen raspberries, frozen strawberries, medjool dates, almond milk (water, Himalayan pink salt, almonds)	NUTS (ALMONDS)
	GREEN GLOW SMOOTHIE	frozen mango, spinach, medjool dates, lemon juice, avocado, almond milk (water, Himalayan pink salt, almonds)	NUTS (ALMONDS)
	BLUEBERRY ALMOND SMOOTHIE	blueberry, banana, almond , medjool date, cinnamon, almond milk (water, Himalayan pink salt, almonds)	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, salt, pepper), spicy red pepper sauce (roasted red peppers, 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), egg yolks , distilled vinegar, water, sugar, salt, spices, lemon juice, natural flavor, falcium disodium EDTA), parsley, basil, lemon juice, garlic, pepper, salt)	EGGS, SOY, FISH
	SQUASH & CUCUMBER SKEWERS	butternut squash, olive oil, salt, cucumbers, pistachio dukkah (pumpkin seeds, pistachios, sesame seeds , coriander seeds, cumin seeds, salt), creamy tahini (tahini (sesame seeds) , garlic, olive oil, lemon juice, black pepper, salt)	NUTS (PISTACHIOS), SESAME, DAIRY
	CHEESE & CRACKERS	manchego cheese, monterey jack, gouda, goat cheese , castelvetrano green olives (olives, water, sea salt, ascorbic acid (vitamin C), lactic acid, and citric acid), apple compote (apples (ascorbic acid (vitamin c), citric acid, salt), maple syrup, lemon juice, salt, cinnamon, cloves), blackberries, almonds , grapes, sugar snap peas, 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, sugar snap peas, cauliflower, 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