



Menu items are seasonal and may vary depending on location and seasonal availability. We update our menu and recipes frequently and our **food is made from scratch** in our kitchens.

TO OUR GUESTS WITH ALLERGIES

We understand your concerns about potential allergens in the foods you eat. Our primary goal is to provide accurate information on each ingredient used in each dish.

Disclaimer: Our food and kitchens are 100% Gluten Free and we mark our menu items that may be friendly for people with specific allergies to consume. While we take extreme cautions to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with specific allergies or common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish. If you have a severe allergy to ingredients such as onion and garlic, **we cannot guarantee** our items are safe for you to eat, as these are common ingredients used in our open kitchen.

We also change our menu and recipes frequently, so while this document is intended to be accurate, it may not always be up to date.

If you have specific questions or severe allergies, please always let one of our location team members know before building your bowl!



BASES

INGREDIENTS AND ALLERGENS

	VEGETARIAN	VEGAN	DAIRY FREE	NUT FREE	PROCESSED SUGAR FREE	SOY FREE	SEED OIL FREE
CHILLED SWEET POTATO NOODLES DF SF GF VF (CONTAINS SOY) Sweet Potato Noodles, Cilantro, Salt & Pepper, Pure Olive Oil, Apple Cider Vinegar, Sriracha, Tamari (GF Soy Sauce), Agave, Ginger, Cayenne Pepper, Toasted White Sesame Seeds	●	●	●	●	●		●
CAULI POTATO MASH DF SF GF VF Cauliflower, Potatoes, Coconut Milk, Roasted Garlic, Salt & Pepper, Pure Olive Oil	●	●	●	●	●	●	●
BROWN RICE DF SF GF VF Brown Rice, Onion, Pure Olive Oil, Salt & Pepper	●	●	●	●	●	●	●
COCONUT GINGER RICE DF SF GF VF White Rice, Ginger, Lime Juice, Coconut Milk, Coconut Oil, Orange Juice, Pure Olive Oil, Salt & Pepper	●	●	●	●	●	●	●
CHARD & CABBAGE SLAW DF SF GF VF Rainbow Chard, Red and Green Cabbage, Shredded Carrots, Green Onions, Cilantro, Salt & Pepper, Apple Cider Vinegar, Yellow Mustard, Garlic, Pure Olive Oil, Agave	●	●	●	●	●	●	●
CRUNCHY KALE CAESAR DF SF GF VF (CONTAINS NUTS) Chopped Kale, Almonds, Mustard, Fresh Garlic, Lemon Juice, Nutritional Yeast, Granulated Onion, Kosher Salt, Pure Olive Oil	●	●	●		●	●	●
ARUGULA + SPINACH SALAD DF SF GF VF Fresh Spinach, Fresh Arugula, Shredded Carrots, Lemon Juice, Fresh Basil, Pure Olive Oil, Balsamic Vinegar, Fresh Garlic, Salt & Pepper	●	●	●	●	●	●	●
LEMON HERB CAULI RICE DF SF GF VF (CONTAINS NUTS) Cauliflower Pieces, Parsley, Green Onions, Dill, Lemon Juice, Salt & Pepper, Fresh Garlic, Blackened Seasoning, Almonds	●	●	●		●	●	●



VEGGIES

INGREDIENTS AND ALLERGENS

	VEGETARIAN	VEGAN	DAIRY FREE	NUT FREE	PROCESSED SUGAR FREE	SOY FREE	SEED OIL FREE
GOLDEN SPICE CHICKPEAS DF SF GF VF Garbanzo Beans, Pure Olive Oil, White Onions, Minced Garlic, Minced Ginger, Cumin, Turmeric, Tomato Paste, Salt & Pepper, Light Chili Powder, Cayenne Pepper, Cilantro, Paprika, Red Peppers, Green Peppers	●	●	●	●	●	●	●
BASIL MUSHROOMS DF SF GF VF Mushrooms, Salt & Pepper, Granulated Garlic, Basil, Balsamic Vinegar, Pure Olive Oil, Fresh Garlic	●	●	●	●	●	●	●
LEMON GARLIC BROCCOLI DF SF GF VF Broccoli, Pure Olive Oil, Lemon Juice, Blackened Seasoning, Fresh Garlic, Salt & Pepper	●	●	●	●	●	●	●
BLISTERED GREEN BEANS DF SF GF VF (CONTAINS SOY) Green Beans, Sriracha, Salt & Pepper, Pure Olive Oil, Ginger, Garlic, Tamari (GF Soy Sauce)	●	●	●	●	●		●
ROASTED MAPLE SWEET POTATOES DF SF GF VF Sweet Potatoes, Maple Syrup, Pure Olive Oil, Salt & Pepper	●	●	●	●	●	●	●



PROTEINS

INGREDIENTS AND ALLERGENS

	VEGETARIAN	VEGAN	DAIRY FREE	NUT FREE	PROCESSED SUGAR FREE	SOY FREE	SEED OIL FREE
TERIYAKI SALMON DF SF GF (CONTAINS SOY/ CONTAINS SESAME SEEDS) Responsibly Sourced Salmon, Basil Oil, Blackened Redfish Magic Seasoning, Agave, Honey, Tamari (GF Soy Sauce), Yellow Bird Sriracha, Orange Juice, Sesame Seeds, Ginger, Garlic, Water, Cornstarch, Green Onions, Toasted Sesame Seeds		●	●	●		●	
GRILLED BBQ CHICKEN DF GF SF Hormone and Antibiotic Free Marinated Chicken, Sugar-Free Ketchup, Tomato Paste, Granulated Garlic, Granulated Onion, Salt & Pepper, Chipotle Powder, Agave, Water, Yellow Mustard, Liquid Smoke, Apple Cider Vinegar, Cornstarch		●	●	●	●	●	
ROSEMARY CHICKEN DF SF GF Hormone and Antibiotic Free Marinated Chicken, Fresh Rosemary, Italian Parsley, Orange Juice, Lemon Juice, Fresh Garlic, Yellow Mustard, Salt, Pepper, Paprika, Pure Olive Oil		●	●	●	●	●	
GRILLED HERB STEAK DF SF GF Grass Fed Marinated Steak, Blackening Seasoning, Fresh Oregano, Fresh Basil, Fresh Rosemary, Fresh Sage, Pure Olive Oil, Fresh Garlic, Salt & Pepper		●	●	●	●	●	
BAKED ALMOND CHICKEN DF GF (CONTAINS NUTS, CONTAINS SUGAR) Marinated Chicken Tenders, Olive Oil, Salt & Pepper, Yellow Mustard, Pure Olive Oil, Fresh Garlic, Blackening Spice, Fresh Basil, Dried Thyme, Dried Sage, Dried Rosemary, Eggs, Cornstarch, Gluten Free Breadcrumbs, Toasted Almonds		●			●	●	
GOLDEN CHAR CHICKEN DF GF SF Hormone and Antibiotic Free Marinated Chicken Thighs (Lemon Juice, Garlic, Ginger Juice, Golden Char Spice Blend), Cumin, Paprika, Coriander, Salt & Pepper, Cayenne, Turmeric, Cinnamon		●	●	●	●	●	



SAUCES

INGREDIENTS AND ALLERGENS

	VEGETARIAN	VEGAN	DAIRY FREE	NUT FREE	PROCESSED SUGAR FREE	SOY FREE	SEED OIL FREE
COCONUT SRIRACHA DF SF GF VF (CONTAINS SOY) Yellow Bird Sriracha, Tamari (GF Soy Sauce) , Fresh Ginger, Mustard, Coconut Milk, Pomace/EVOO Blend, Cayenne Pepper, Agave, Water, Xanthan Gum, Apple Cider Vinegar	●	●	●	●	●		●
CREAMY WHITE GINGER DF GF SF VF (CONTAINS SOY) Garbanzo Aquafaba, Lemon Juice, Kosher Salt, Yellow Mustard, Pomace/EVOO Blend, Tamari, Agave, Fresh Ginger	●	●	●	●	●		●
BUFFALO SAUCE DF SF GF VF Cholula Original, Pomace/EVOO Blend, Coconut Milk, Apple Cider Vinegar, Mustard, Garlic Powder, Onion Powder, Smoked Paprika, Salt & Pepper	●	●	●	●	●	●	●
GREEN GOODNESS SAUCE DF SF GF VF Kale, Coconut Yogurt, Agave, Lime Juice, Garlic, Salt & Pepper, Granulated Onion, Pomace/EVOO Blend	●	●	●	●	●	●	●



ADD-ONS

INGREDIENTS AND ALLERGENS

	VEGETARIAN	VEGAN	DAIRY FREE	NUT FREE	PROCESSED SUGAR FREE	SOY FREE	SEED OIL FREE
CITRUS AVOCADO DF SF GF VF Avocado, Lime Juice, Salt & Pepper	●	●	●	●	●	●	●
KALE PESTO TOMATOES DF SF GF VF (CONTAINS NUTS) Grape Tomatoes, Fresh Basil, Salt & Pepper, Blackening Spice, Granulated Garlic, Granulated Onion, Kale, Fresh Garlic, Balsamic Vinegar, Pure Olive Oil, Almonds, Lime Juice	●	●	●		●	●	●
FETA CHEESE SF GF Crumbled Feta Cheese	●			●	●	●	●
PARMESAN CHEESE SF GF Shredded Parmesan Cheese	●			●	●	●	●
ROASTED ALMONDS DF SF GF VF (CONTAINS NUTS) Almonds, Pure Olive Oil, Granulated Garlic, and Kosher Salt	●	●	●		●	●	●
PICO DE GALLO DF SF GF VF Tomatoes, Onion, Cucumber, Jalapeno, Cilantro, Lime Juice, Salt & Pepper	●	●	●	●	●	●	●
CUCUMBER SALAD DF SF GF VF English Cucumbers, Red Onions, Agave, Apple Cider Vinegar, Lime Juice, Fresh Parsley, Fresh Dill, Salt & Pepper	●	●	●	●	●	●	●