

ALLERGEN DISCLOSURE

Allergen information for menu items containing Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

SMOOTHIES

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Acai Elixir									
Dragon									
Go Green								X Almond Milk	
Kids Sunsatton									
Groovy Guava									
Pina Colada									
Purple Passion									
Chocolate Crush								X Almond Butter, Almond Milk	
Coffee Smoothie			X Whey Protein					X Almond Milk	
Matcha Madness								X Almond Milk	
Tropical Paradise									
Power Protein			X Whey Protein					X Almond Milk	
seasonal Pumpkin Smoothie								X Almond Milk	

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TOASTS & WRAPS

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Superseed Avocado Toast	X		X			X			X
GF Bread			Feta			Superseed Crunch			Muti Grain Bread
Wholesome Hummus Toast	X		X		X	X			X
GF Bread			Feta		Hummus	Hummus, Tahini Vinaigrette			Muti Grain Bread
PB & Chia Jam Toast	X			X					X
GF Bread				Peanut Butter					Muti Grain Bread
Kids PB&J	X			X					X
GF Bread				Peanut Butter					MuLti Grain Bread or Telera
Chimichurri Steak Wrap	X				X				X
Garlic Aioli					Garlic Aioli				Tom/Basil Wrap
Chimichurri Steak Wrap-sub chicken	X				X				X
Garlic Aioli					Garlic Aioli				Tom/Basil Wrap
Morning Glory Wrap	X		X	X		X			X
Egg			Feta	Peanut Butter		Superseed Crunch			Tom/Basil Wrap
Morning Glory Wrap with Chicken	X		X			X			X
Egg			Feta			Superseed Crunch			Tom/Basil Wrap
Morning Glory Wrap with Steak	X		X			X			X
Egg			Feta			Superseed Crunch			Tom/Basil Wrap
Vitality Wrap	X				X	X			X
Garlic Aioli					Hummus Garlic Aioli	Hummus, Superseed Crunch, Tahini Vinaigrette			Tom/Basil Wrap
Vitality Wrap with Chicken	X				X	X			X
Garlic Aioli					Hummus Garlic Aioli	Hummus, Superseed Crunch, Tahini Vinaigrette			Tom/Basil Wrap
Vitality Wrap with Steak	X				X	X			X
Garlic Aioli					Hummus Garlic Aioli	Hummus, Superseed Crunch, Tahini Vinaigrette			Tom/Basil Wrap
Grilled Cheese on Multi Grain			X						X
			Mozz Cheese						Muti Grain Bread
Grilled Cheese on Telera			X						X
			Mozz Cheese						Telera
Grilled Cheese on Gluten Free White	X		X						
GF Bread			Mozz Cheese						

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SALADS & GRAIN BOWLS

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Supergreen Goddess Salad Chicken	X Pickled Eggs, Green Goddess Dressing		X Feta, Green Goddess Dressing		X Green Goddess Dressing	X Superseed Crunch			
Supergreen Goddess Salad Steak	X Pickled Eggs, Green Goddess Dressing		X Feta, Green Goddess Dressing			X Superseed Crunch			
Mighty Med Salad Steak	X Pickled Eggs		X Feta			X Superseed Crunch, Tahini Vinaigrette			
Mighty Med Salad Chicken	X Pickled Eggs		X Feta			X Superseed Crunch, Tahini Vinaigrette			
Chimichurri Steak and Potato Bowl						X Tahini Vinaigrette			
Power Pesto Chicken Bowl			X Pesto, Feta			X Tahini Vinaigrette			
Green Glow Bowl			X Feta, Green Goddess Dressing		X Green Goddess Dressing	X Superseed Crunch, Tahini Vinaigrette			

PANINI

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Power Panini Veggie Telera Roll			X Pesto, Mozz Cheese						X Telera
Power Panini Veggie Multi Grain			X Pesto, Mozz Cheese						X Multi Grain Bread
Power Panini Veggie Gluten Free White			X Pesto, Mozz Cheese, GF Bread						
Power Panini Chicken Telera Roll			X Pesto, Mozz Cheese						X Telera
Power Panini Chicken Multi Grain			X Pesto, Mozz Cheese						X Multi Grain Bread
Power Panini Chicken Gluten Free White			X Pesto, Mozz Cheese, GF Bread						
Power Panini Steak Telera Roll			X Pesto, Mozz Cheese						X Telera
Power Panini Steak Multi Grain			X Pesto, Mozz Cheese						X Multi Grain Bread
Power Panini Steak Gluten Free White			X Pesto, Mozz Cheese, GF Bread						
Hummus with Veggies				X Hummus		X Hummus			



ALLERGEN DISCLOSURE

CREATE YOUR OWN BOWL NUTRITION

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Create Your Own Bowl BASES

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Vitality Bowl Blend									
Blue Bliss Blend									
Organic Coconut Blend									
Guava and Organic Acerola Blend									
Cacao Chocolate Blend									
Nutty Blend				X					
				Peanut Butter					
Chia Seed Pudding								X	
								Almond Milk	

ALLERGEN DISCLOSURE

HARVEST KITCHEN

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SMOOTHIES

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Tropical Mint Smoothie									
Coconut Craze Smoothie									
Berry Protein Boost Smoothie			X Whey Protein					X Almond Milk, Almond Butter	
Protein Pack Smoothie			X Whey Protein	X Peanut Butter				X Almond Milk	
Heaven Smoothie									

SANDWICHES

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Chicken Sandwich	X GF Bread		X Pesto, Mozz Cheese						X Telera or Multi Grain Bread
Steak Sandwich	X GF Bread, Garlic Aioli		X Mozz Cheese		X Garlic Aioli				X Telera or Multi Grain Bread
Garden Veggie Sandwich	X GF Bread		X Pesto, Mozz Cheese		X Hummus	X Hummus			X Telera or Multi Grain Bread
PB & Jam	X GF Bread			X Peanut Butter					X Telera or Multi Grain Bread
Eggwich	X GF Bread		X Pesto, Mozz Cheese						X Telera or Multi Grain Bread

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SALADS & GRAIN BOWLS

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Harvest Green Salad	X Green Goddess Dressing, Pickled Egg		X Green Goddess Dressing		X Green Goddess Dressing				
Berry Salad			X Pesto, Feta			X Superseed Crunch		X Almonds	
Mediterranean Mix Salad			X Feta		X Hummus	X Hummus, Superseed Crunch, Tahini Vinaigrette			
Breakfast Bowl	X Eggs		X Pesto, Feta						
Chicken Bowl			X Pesto, Feta			X Tahini Vinaigrette, Superseed Crunch			
Steak Bowl	X Pickled Egg		X Feta			X Tahini Vinaigrette			

WRAPS

	Eggs	Fish	Milk	Peanuts	Soy	sesame	Shellfish	Tree Nuts	Wheat
Breakfast Power Wrap	X Eggs		X Mozz Cheese						X Tom/Basil Wrap
Avocado Chicken Wrap			X Pesto, Feta			X Tahini Vinaigrette			X Tom/Basil Wrap
Steak Wrap	X Garlic Aioli		X Mozz Cheese		X Garlic Aioli	X Superseed Crunch			X Tom/Basil Wrap