





# 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 Crunch			X Whey Protein					X Almond Milk	
Matcha Madness								X Almond Milk, Almond Butter	
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
<b>Superseed Avocado Toast</b>	<b>X</b>		<b>X</b>			<b>X</b>			<b>X</b>
GF Bread			Feta			Superseed Crunch			Muti Grain Bread
<b>Wholesome Hummus Toast</b>	<b>X</b>		<b>X</b>		<b>X</b>	<b>X</b>			<b>X</b>
GF Bread			Feta		Hummus	Hummus, Tahini Vinaigrette			Muti Grain Bread
<b>PB &amp; Chia Jam Toast</b>	<b>X</b>			<b>X</b>					<b>X</b>
GF Bread				Peanut Butter					Muti Grain Bread
<b>Kids PB&amp;J</b>	<b>X</b>			<b>X</b>					<b>X</b>
GF Bread				Peanut Butter					MuLi Grain Bread or Telera
<b>Chimichurri Steak Wrap</b>	<b>X</b>				<b>X</b>				<b>X</b>
Garlic Aioli					Garlic Aioli				Tom/Basil Wrap
<b>Chimichurri Steak Wrap-sub chicken</b>	<b>X</b>				<b>X</b>				<b>X</b>
Garlic Aioli					Garlic Aioli				Tom/Basil Wrap
<b>Morning Glory Wrap</b>	<b>X</b>		<b>X</b>			<b>X</b>			<b>X</b>
Egg			Feta			Superseed Crunch			Tom/Basil Wrap
<b>Morning Glory Wrap with Chicken</b>	<b>X</b>		<b>X</b>			<b>X</b>			<b>X</b>
Egg			Feta			Superseed Crunch			Tom/Basil Wrap
<b>Morning Glory Wrap with Steak</b>	<b>X</b>		<b>X</b>			<b>X</b>			<b>X</b>
Egg			Feta			Superseed Crunch			Tom/Basil Wrap
<b>Vitality Wrap</b>	<b>X</b>				<b>X</b>	<b>X</b>			<b>X</b>
Garlic Aioli					Hummus Garlic Aioli	Hummus, Superseed Crunch, Tahini Vinaigrette			Tom/Basil Wrap
<b>Vitality Wrap with Chicken</b>	<b>X</b>				<b>X</b>	<b>X</b>			<b>X</b>
Garlic Aioli					Hummus Garlic Aioli	Hummus, Superseed Crunch, Tahini Vinaigrette			Tom/Basil Wrap
<b>Vitality Wrap with Steak</b>	<b>X</b>				<b>X</b>	<b>X</b>			<b>X</b>
Garlic Aioli					Hummus Garlic Aioli	Hummus, Superseed Crunch, Tahini Vinaigrette			Tom/Basil Wrap
<b>Grilled Cheese on Multi Grain</b>			<b>X</b>						<b>X</b>
			Mozz Cheese						Muti Grain Bread
<b>Grilled Cheese on Telera</b>			<b>X</b>						<b>X</b>
			Mozz Cheese						Telera
<b>Grilled Cheese on Gluten Free White</b>	<b>X</b>		<b>X</b>						
GF Bread			Mozz Cheese						



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## SALADS & GRAIN BOWLS

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

## PANINI

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



# ALLERGEN DISCLOSURE

## CREATE YOUR OWN BOWL NUTRITION

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

### 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
<b>Tropical Mint Smoothie</b>									
<b>Coconut Craze Smoothie</b>									
<b>Berry Protein Boost Smoothie</b>			<b>X</b> Whey Protein					<b>X</b> Almond Milk, Almond Butter	
<b>Protein Pack Smoothie</b>			<b>X</b> Whey Protein	<b>X</b> Peanut Butter				<b>X</b> Almond Milk	
<b>Heaven Smoothie</b>									

### SANDWICHES

	Eggs	Fish	Milk	Peanuts	Soy	Sesame	Shellfish	Tree Nuts	Wheat
<b>Chicken Sandwich</b>	<b>X</b> GF Bread		<b>X</b> Pesto, Mozz Cheese			<b>X</b> Multi-Grain Bread			<b>X</b> Telera or Multi Grain Bread
<b>Steak Sandwich</b>	<b>X</b> GF Bread, Garlic Aioli		<b>X</b> Mozz Cheese		<b>X</b> Garlic Aioli	<b>X</b> Multi-Grain Bread			<b>X</b> Telera or Multi Grain Bread
<b>Garden Veggie Sandwich</b>	<b>X</b> GF Bread		<b>X</b> Pesto, Mozz Cheese		<b>X</b> Hummus	<b>X</b> Hummus, Multi-Grain Bread			<b>X</b> Telera or Multi Grain Bread
<b>PB &amp; Jam</b>	<b>X</b> GF Bread			<b>X</b> Peanut Butter		<b>X</b> Multi-Grain Bread			<b>X</b> Telera or Multi Grain Bread
<b>Eggwich</b>	<b>X</b> GF Bread, Eggs		<b>X</b> Pesto, Mozz Cheese			<b>X</b> Multi-Grain Bread			<b>X</b> Telera or Multi Grain Bread

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### SALADS & GRAIN BOWLS

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

### WRAPS

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