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# ALLERGEN DISCLOSURE

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

## ACAI BOWLS

| | Eggs | Fish | Milk | Peanuts | Soy | Sesame | Shellfish | Tree Nuts | Wheat |
|---|---|---|---|---|---|---|---|---|---|
| Nutty Bowl | | | | X Peanut Butter | | | | X Almonds | |
| Dragon Bowl | | | | | | | | X Almonds | |
| Superfood Bowl | | | | | | | | X Almond Milk | |
| Tropical Bowl | | | | | | | | | |
| Vitality Bowl | | | | | | | | | |
| Warrior Bowl | | | | | | | | X Almond Milk, Almonds | |
| Protein Bowl | | | X Whey Protein | X Peanut Butter | | | | X Almonds, Almond Butter | |
| Kids Bowl | | | | | | | | | |
| Chia Pudding | | | | | | | | X Almond Milk | |
| Side of Fruit | | | | | | | | | |
| seasonal Apple Pie Bowl | | | | | | | | X Almond Butter, Almond Milk | |
| seasonal Avocado Bowl | | | | | | | | X Almonds | |
| seasonal Brainiac Bowl | | | | | | | | | |
| seasonal Dark Chocolate Delight Bowl | | | X Choc Chips | | X Choc Chips | | | | |
| seasonal Detox Bowl | | | | | | | | X Almond Milk, Almonds | |
| seasonal Incredibowl | | | | | | | | X Almond Butter, Almond Milk | |
| seasonal Pumpkin Bowl | | | | | | | | X Almond Milk | |
| seasonal Red White & Blueberry Bowl | | | | | | | | X Almond Milk | |
| seasonal Spring Bowl | | | | | | | | | |
| seasonal Sunshine Bowl | | | | | | | | X Almond Milk | |
| seasonal Super Berry Bowl | | | | | | | | | |

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## SMOOTHIES

| | Eggs | Fish | Milk | Peanuts | Soy | Sesame | Shellfish | Tree Nuts | Wheat |
|---|---|---|---|---|---|---|---|---|---|
| Acai Elixir | | | | | | | | | |
| Dragon | | | | | | | | | |
| Go Green | | | | | | | | X<br>Almond Milk | |
| Kids Sunsation | | | | | | | | | |
| Groovy Guava | | | | | | | | | |
| Pina Colada | | | | | | | | | |
| Purple Passion | | | | | | | | | |
| Chocolate Crush | | | | | | | | X<br>Almond Butter, Almond Milk | |
| Coffee Crunch | | | X<br>Whey Protein | | | | | X<br>Almond Milk | |
| Matcha Madness | | | | | | | | X<br>Almond Milk, Almond Butter | |
| Tropical Paradise | | | | | | | | | |
| Power Protein | | | X<br>Whey Protein | | | | | X<br>Almond Milk | |
| seasonal Pumpkin Smoothie | | | | | | | | X<br>Almond Milk | |
| seasonal Applelicious Smoothie | | | | | | | | X<br>Almond Milk, Almond Butter | |

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## FRESH JUICES

| | Eggs | Fish | Milk | Peanuts | Soy | Sesame | Shellfish | Tree Nuts | Wheat |
|---|---|---|---|---|---|---|---|---|---|
| The Vitality | | | | | | | | | |
| The Detoxifier | | | | | | | | | |
| The Rejuvenator | | | | | | | | | |
| The Intensifier | | | | | | | | | |
| Green Me Up | | | | | | | | | |
| The Invigorator | | | | | | | | | |
| The Rehydrator | | | | | | | | | |
| C Me Up | | | | | | | | | |
| Apple Juice | | | | | | | | | |
| Orange Juice | | | | | | | | | |
| Kids Orange Carrot | | | | | | | | | |
| Lemon Ginger Shot | | | | | | | | | |

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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 Multi Grain Bread | | | Muti Grain Bread |
| **Wholesome Hummus Toast** | X | | X | | X | X | | | X |
| | GF Bread | | Feta | | Hummus | Hummus, Tahini Vinaigrette Multi Grain Bread | | | Muti Grain Bread |
| **PB & Chia Jam Toast** | X | | | X | | X | | | X |
| | GF Bread | | | Peanut Butter | | Multi Grain Bread | | | Muti Grain Bread |
| **Kids PB&J** | X | | | X | | X | | | X |
| | GF Bread | | | Peanut Butter | | Multi Grain Bread | | | MuLti Grain Bread or Telera |
| **Chimichurri Steak Wrap** | | | | | | | | | X |
| | | | | | | | | | Tom/Basil Wrap |
| **Chimichurri Steak Wrap-sub chicken** | | | | | | | | | X |
| | | | | | | | | | Tom/Basil Wrap |
| **Morning Glory Wrap** | X | | X | | | X | | | X |
| | Egg | | Feta | | | 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 |
| | | | | | Hummus | Hummus, Superseed Crunch, Tahini Vinaigrette | | | Tom/Basil Wrap |
| **Vitality Wrap with Chicken** | | | | | X | X | | | X |
| | | | | | Hummus | Hummus, Superseed Crunch, Tahini Vinaigrette | | | Tom/Basil Wrap |
| **Vitality Wrap with Steak** | | | | | X | X | | | X |
| | | | | | Hummus | Hummus, Superseed Crunch, Tahini Vinaigrette | | | Tom/Basil Wrap |
| **Grilled Cheese on Multi Grain** | | | X | | | X | | | X |
| | | | Mozz Cheese | | | Multi Grain Bread | | | 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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# ALLERGEN DISCLOSURE

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

## SALADS & GRAIN BOWLS

| | Eggs | Fish | Milk | Peanuts | Soy | Sesame | Shellfish | Tree Nuts | Wheat |
|---|---|---|---|---|---|---|---|---|---|
| Supergreen Goddess Salad Chicken | X<br>Pickled Eggs | | X<br>Feta, Green Goddess Dressing | | | X<br>Superseed Crunch | | | |
| Supergreen Goddess Salad Steak | X<br>Pickled Eggs | | X<br>Feta, Green Goddess Dressing | | | X<br>Superseed Crunch | | | |
| Mighty Med Salad Steak | X<br>Pickled Eggs | | X<br>Feta | | | X<br>Superseed Crunch, Tahini Vinaigrette | | | |
| Mighty Med Salad Chicken | X<br>Pickled Eggs | | X<br>Feta | | | X<br>Superseed Crunch, Tahini Vinaigrette | | | |
| Chimichurri Steak and Potato Bowl | | | | | | X<br>Tahini Vinaigrette | | | |
| Power Pesto Chicken Bowl | | | X<br>Pesto, Feta | | | X<br>Tahini Vinaigrette | | | |
| Green Glow Bowl | | | X<br>Feta, Green Goddess Dressing | | | X<br>Superseed Crunch, Tahini Vinaigrette | | | |
| Vegan Bowl (select locations) | | | | | | X<br>Superseed Crunch, | | | |

## PANINI

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

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# 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 | |

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# 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 TOPPINGS

| | Eggs | Fish | Milk | Peanuts | Soy | Sesame | Shellfish | Tree Nuts | Wheat |
|---|---|---|---|---|---|---|---|---|---|
| ALMONDS | | | | | | | | X Almonds | |
| ALMOND BUTTER | | | | | | | | X Almonds | |
| BANANA | | | | | | | | | |
| BEE POLLEN | | | | | | | | | |
| BLUEBERRIES | | | | | | | | | |
| CACAO NIBS | | | | | | | | | |
| CHIA SEEDS | | | | | | | | | |
| CHOCOLATE CHIPS | | | X Milk | | X Soybeans | | | | |
| COCONUT CHIPS | | | | | | | | | |
| FLAX SEEDS | | | | | | | | | |
| GOJI BERRIES | | | | | | | | | |
| HEMP SEEDS | | | | | | | | | |
| HONEY | | | | | | | | | |
| KIWI | | | | | | | | | |
| MULBERRIES | | | | | | | | | |
| ORGANIC GLUTEN FREE GRANOLA | | | | | | | | | |
| PEANUT BUTTER | | | | X Peanuts | | | | | |
| PINEAPPLE | | | | | | | | | |
| STRAWBERRY | | | | | | | | | |

Harvest Kitchen
BY VITALITY BOWLS

# ALLERGEN DISCLOSURE
## HARVEST KITCHEN

**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 |
|---|---|---|---|---|---|---|---|---|---|
| Tropical Mint Smoothie | | | | | | | | | |
| Coconut Craze Smoothie | | | | | | | | | |
| Berry Protein Boost Smoothie | | | X | | | | | X | |
| | | | Whey Protein | | | | | Almond Milk, Almond Butter | |
| Protein Pack Smoothie | | | X | X | | | | X | |
| | | | Whey Protein | Peanut Butter | | | | Almond Milk | |
| Heaven Smoothie | | | | | | | | | |

## SANDWICHES

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

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

## SALADS & GRAIN BOWLS

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

## WRAPS

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