



PLEASE REVIEW BEFORE ORDERING

Vitality Bowls Customer Allergen Guide

Because We Care

We want you to feel informed and supported when choosing your meal.
Please tell our team about all food allergies **before** placing your order.



1

Tell us about every allergy before ordering.

2

Ask us to verify the current recipe and package labels.

3

Discuss cross-contact and whether we can safely accommodate you.

Egg

Fish

Milk

Peanut

Soy

Sesame

Shellfish

Tree nuts

Wheat

Important: Food is prepared in a shared kitchen. Cross-contact is possible. Ingredients, suppliers, recipes, substitutions and seasonal items may change. This guide is informational and is not a guarantee that any item is allergen-free. We may not be able to safely accommodate every allergy. Guests with severe allergies should speak with the manager before ordering.

WHAT ARE THE BIG 9 ALLERGENS?

The Big 9 are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.
These are the nine major food allergens covered by this guide. Other food allergies and sensitivities are also possible.



Acai Bowls

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Nutty Bowl Current	Contains: Peanut, Tree nuts	Peanut: Peanut butter; Tree nuts: Almonds	Standard recipe shown. Modifications may change allergens.
Dragon Bowl Current	Contains: Tree nuts	Tree nuts: Almonds	Standard recipe shown. Modifications may change allergens.
Superfood Bowl Current	Contains: Tree nuts	Tree nuts: Almond milk	Standard recipe shown. Modifications may change allergens.
Tropical Bowl Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Vitality Bowl Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Warrior Bowl Current	Contains: Tree nuts	Tree nuts: Almond milk, almonds	Standard recipe shown. Modifications may change allergens.
Protein Bowl Current	Contains: Milk, Peanut, Tree nuts	Milk: Whey protein; Peanut: Peanut butter; Tree nuts: Almonds, almond butter	Standard recipe shown. Modifications may change allergens.

Acai Bowls and Sides

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Kids Bowl Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Chia Pudding Current	Contains: Tree nuts	Tree nuts: Almond milk	Standard recipe shown. Modifications may change allergens.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Side of Fruit Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.

Seasonal Acai Bowls

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Apple Pie Bowl Seasonal - ask about availability	Contains: Tree nuts	Tree nuts: Almond butter, almond milk	Seasonal item. Availability and recipe may vary.
Avocado Bowl Seasonal - ask about availability	Contains: Tree nuts	Tree nuts: Almonds	Seasonal item. Availability and recipe may vary.
Brainiac Bowl Seasonal - ask about availability	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Seasonal item. Availability and recipe may vary.
Dark Chocolate Delight Bowl Seasonal - ask about availability	Contains: Milk, Soy	Milk: Chocolate chips; Soy: Chocolate chips	Seasonal item. Availability and recipe may vary.
Detox Bowl Seasonal - ask about availability	Contains: Tree nuts	Tree nuts: Almond milk, almonds	Seasonal item. Availability and recipe may vary.
Incredibowl Seasonal - ask about availability	Contains: Tree nuts	Tree nuts: Almond butter, almond milk	Seasonal item. Availability and recipe may vary.
Pumpkin Bowl Seasonal - ask about availability	Contains: Tree nuts	Tree nuts: Almond milk	Seasonal item. Availability and recipe may vary.
Red White & Blueberry Bowl Seasonal - ask about availability	Contains: Tree nuts	Tree nuts: Almond milk	Seasonal item. Availability and recipe may vary.
Spring Bowl Seasonal - ask about availability	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Seasonal item. Availability and recipe may vary.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Sunshine Bowl Seasonal - ask about availability	Contains: Tree nuts	Tree nuts: Almond milk	Seasonal item. Availability and recipe may vary.
Super Berry Bowl Seasonal - ask about availability	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Seasonal item. Availability and recipe may vary.

Smoothies

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Acai Elixir Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
The Dragon Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Go Green Current	Contains: Tree nuts	Tree nuts: Almond milk	Standard recipe shown. Modifications may change allergens.
Groovy Guava Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Pina Colada Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Purple Passion Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Chocolate Crush Current	Contains: Tree nuts	Tree nuts: Almond butter, almond milk	Standard recipe shown. Modifications may change allergens.
Coffee Crunch Current	Contains: Milk, Tree nuts	Milk: Whey protein; Tree nuts: Almond milk	Standard recipe shown. Modifications may change allergens.
Matcha Madness Current	Contains: Tree nuts	Tree nuts: Almond milk, almond butter	Standard recipe shown. Modifications may change allergens.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Tropical Paradise Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Power Protein Current	Contains: Milk, Tree nuts	Milk: Whey protein; Tree nuts: Almond milk	Standard recipe shown. Modifications may change allergens.

Kids Menu

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Kids Sunsation Smoothie Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Carrot Orange Juice Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Kids PB&J Current	Contains: Egg, Peanut, Wheat	Egg: Gluten-free bread option; Peanut: Peanut butter; Wheat: Multigrain bread or telera	Allergens may vary by bread, protein or preparation option. Please tell us your selection. Please ask our team to confirm the current recipe before ordering.
Grilled Cheese on Multigrain Current	Contains: Milk, Wheat	Milk: Mozzarella cheese; Wheat: Multigrain bread	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
Grilled Cheese on Telera Current	Contains: Milk, Wheat	Milk: Mozzarella cheese; Wheat: Telera	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
Grilled Cheese on Gluten-Free White Current	Contains: Egg, Milk	Egg: Gluten-free bread; Milk: Mozzarella cheese	Standard recipe shown. Modifications may change allergens.

Seasonal Smoothies



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Pumpkin Smoothie Seasonal - ask about availability	Contains: Tree nuts	Tree nuts: Almond milk	Seasonal item. Availability and recipe may vary.

Fresh Juices

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
The Vitality Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
The Detoxifier Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
The Rejuvenator Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
The Intensifier Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Green Me Up Juice Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
The Invigorator Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
The Rehydrator Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
C Me Up Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Lemon Ginger Shot Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Apple Juice Guide-listed ingredient/option	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Orange Juice Guide-listed ingredient/option	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.

Cold-Pressed Juices and Smoothies

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Green Me Up Juice - cold-pressed Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Please ask our team to confirm the current recipe or package label before ordering. Please ask our team to confirm the current recipe before ordering.
C Me Up Juice - cold-pressed Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Please ask our team to confirm the current recipe or package label before ordering. Please ask our team to confirm the current recipe before ordering.
Berry Limeade Current	Please ask our team to verify current ingredients before ordering.	No Big 9 allergen source is listed in the current standard recipe.*	Please ask our team to confirm the current recipe or package label before ordering.
Turmeric Immunity Shot Current	Please ask our team to verify current ingredients before ordering.	No Big 9 allergen source is listed in the current standard recipe.*	Please ask our team to confirm the current recipe or package label before ordering.
Ginger Energy Shot Current	Please ask our team to verify current ingredients before ordering.	No Big 9 allergen source is listed in the current standard recipe.*	Please ask our team to confirm the current recipe or package label before ordering.
Vitality Blast Smoothie Current	Please ask our team to verify current ingredients before ordering.	No Big 9 allergen source is listed in the current standard recipe.*	Please ask our team to confirm the current recipe or package label before ordering.

Toasts



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Superseed Avocado Toast Current	Contains: Egg, Milk, Sesame, Wheat	Egg: Gluten-free bread option; Milk: Feta; Sesame: Superseed crunch; Wheat: Multigrain/whole-grain bread	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
Wholesome Hummus Toast Current	Contains: Egg, Milk, Soy, Sesame, Wheat	Egg: Gluten-free bread option; Milk: Feta; Soy: Hummus; Sesame: Hummus, tahini vinaigrette; Wheat: Multigrain/whole-grain bread	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
PB & Chia Jam Toast Current	Contains: Egg, Peanut, Wheat	Egg: Gluten-free bread option; Peanut: Peanut butter; Wheat: Multigrain/whole-grain bread	Allergens may vary by bread, protein or preparation option. Please tell us your selection.

Wraps

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Steak Wrap Current	Contains: Egg, Soy, Wheat	Egg: Garlic aioli; Soy: Garlic aioli; Wheat: Tomato basil tortilla	Standard recipe shown. Modifications may change allergens.
Steak Wrap - substitute chicken Menu option	Contains: Egg, Soy, Wheat	Egg: Garlic aioli; Soy: Garlic aioli; Wheat: Tomato basil tortilla	Standard recipe shown. Modifications may change allergens.
Morning Glory Wrap Current	Contains: Egg, Milk, Sesame, Wheat	Egg: Egg; Milk: Feta; Sesame: Superseed crunch; Wheat: Tomato basil tortilla	Please ask our team to confirm the current recipe before ordering.
Morning Glory Wrap with Chicken Menu option	Contains: Egg, Milk, Sesame, Wheat	Egg: Egg; Milk: Feta; Sesame: Superseed crunch; Wheat: Tomato basil tortilla	Please ask our team to confirm the current recipe before ordering.
Morning Glory Wrap with Steak Menu option	Contains: Egg, Milk, Sesame, Wheat	Egg: Egg; Milk: Feta; Sesame: Superseed crunch; Wheat: Tomato basil tortilla	Please ask our team to confirm the current recipe before ordering.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Vitality Wrap Current	Contains: Egg, Soy, Sesame, Wheat	Egg: Garlic aioli; Soy: Hummus, garlic aioli; Sesame: Hummus, superseed crunch, tahini vinaigrette; Wheat: Tomato basil tortilla	Standard recipe shown. Modifications may change allergens.
Vitality Wrap with Chicken Menu option	Contains: Egg, Soy, Sesame, Wheat	Egg: Garlic aioli; Soy: Hummus, garlic aioli; Sesame: Hummus, superseed crunch, tahini vinaigrette; Wheat: Tomato basil tortilla	Standard recipe shown. Modifications may change allergens.
Vitality Wrap with Steak Menu option	Contains: Egg, Soy, Sesame, Wheat	Egg: Garlic aioli; Soy: Hummus, garlic aioli; Sesame: Hummus, superseed crunch, tahini vinaigrette; Wheat: Tomato basil tortilla	Standard recipe shown. Modifications may change allergens.

Salads and Grain Bowls

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Supergreen Goddess Salad - Chicken Current	Contains: Egg, Milk, Soy, Sesame	Egg: Pickled eggs, green goddess dressing; Milk: Feta, green goddess dressing; Soy: Green goddess dressing; Sesame: Superseed crunch	Standard recipe shown. Modifications may change allergens.
Supergreen Goddess Salad - Steak Menu option	Contains: Egg, Milk, Soy, Sesame	Egg: Pickled eggs, green goddess dressing; Milk: Feta, green goddess dressing; Soy: Green goddess dressing; Sesame: Superseed crunch	Standard recipe shown. Modifications may change allergens.
Mighty Med Salad - Steak Current	Contains: Egg, Milk, Sesame	Egg: Pickled eggs; Milk: Feta; Sesame: Superseed crunch, tahini vinaigrette	Standard recipe shown. Modifications may change allergens.
Mighty Med Salad - Chicken Menu option	Contains: Egg, Milk, Sesame	Egg: Pickled eggs; Milk: Feta; Sesame: Superseed crunch, tahini vinaigrette	Standard recipe shown. Modifications may change allergens.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Chimichurri Steak and Roasted Potato Bowl Current	Contains: Sesame	Sesame: Tahini vinaigrette	Standard recipe shown. Modifications may change allergens.
Power Pesto Chicken Bowl Current	Contains: Milk, Sesame	Milk: Pesto, feta; Sesame: Tahini vinaigrette (per allergen guide)	Please ask our team to confirm the current recipe or package label before ordering.
Green Glow Bowl Current	Contains: Egg, Milk, Soy, Sesame	Egg: Green goddess dressing; Milk: Feta, green goddess dressing; Soy: Green goddess dressing; Sesame: Superseed crunch, tahini vinaigrette	Standard recipe shown. Modifications may change allergens.

Panini

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Power Panini Veggie - Telera Roll Current	Contains: Milk, Wheat	Milk: Pesto, mozzarella cheese; Wheat: Telera	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
Power Panini Veggie - Multigrain Current	Contains: Milk, Sesame, Wheat	Milk: Pesto, mozzarella cheese; Sesame: Multigrain bread; Wheat: Multigrain bread	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
Power Panini Veggie - Gluten-Free White Current	Contains: Egg, Milk	Egg: Gluten-free bread; Milk: Pesto, mozzarella cheese; guide also names GF bread	Please ask our team to confirm the current recipe or package label before ordering.
Power Panini Chicken - Telera Roll Current	Contains: Milk, Wheat	Milk: Pesto, mozzarella cheese; Wheat: Telera	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
Power Panini Chicken - Multigrain Current	Contains: Milk, Sesame, Wheat	Milk: Pesto, mozzarella cheese; Sesame: Multigrain bread; Wheat: Multigrain bread	Allergens may vary by bread, protein or preparation option. Please tell us your selection.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Power Panini Chicken - Gluten-Free White Current	Contains: Egg, Milk	Egg: Gluten-free bread; Milk: Pesto, mozzarella cheese; guide also names GF bread	Please ask our team to confirm the current recipe or package label before ordering.
Power Panini Steak - Telera Roll Current	Contains: Milk, Wheat	Milk: Pesto, mozzarella cheese; Wheat: Telera	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
Power Panini Steak - Multigrain Current	Contains: Milk, Sesame, Wheat	Milk: Pesto, mozzarella cheese; Sesame: Multigrain bread; Wheat: Multigrain bread	Allergens may vary by bread, protein or preparation option. Please tell us your selection.
Power Panini Steak - Gluten-Free White Current	Contains: Egg, Milk	Egg: Gluten-free bread; Milk: Pesto, mozzarella cheese; guide also names GF bread	Please ask our team to confirm the current recipe or package label before ordering.

Sides

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Hummus with Veggies Current	Contains: Soy, Sesame	Soy: Hummus; Sesame: Hummus	Standard recipe shown. Modifications may change allergens.

Create Your Own - Bases

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Vitality Bowl Blend Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Blue Bliss Blend Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Organic Coconut Blend Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Please tell us if you have a coconut allergy.
Guava and Organic Acerola Blend Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Cacao Chocolate Blend Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Nutty Blend Current	Contains: Peanut	Peanut: Peanut butter	Standard recipe shown. Modifications may change allergens.
Housemade Chia Seed Pudding Current	Contains: Tree nuts	Tree nuts: Almond milk	Standard recipe shown. Modifications may change allergens.

Create Your Own - Toppings

MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Sliced Almonds Current	Contains: Tree nuts	Tree nuts: Almonds	Standard recipe shown. Modifications may change allergens.
Almond Butter Current	Contains: Tree nuts	Tree nuts: Almonds	Standard recipe shown. Modifications may change allergens.
Fresh Banana Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Bee Pollen Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Fresh Blueberries Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Cacao Nibs Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Chia Seeds Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Coconut Chips Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Please tell us if you have a coconut allergy.
Ground Flax Seeds Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Goji Berries Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Hemp Seeds Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Honey Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Fresh Kiwi Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Mulberries Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Organic Gluten-Free Granola Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Fresh Pineapple Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.
Fresh Strawberries Current	No Big 9 allergens listed*	No Big 9 allergen source is listed in the current standard recipe.*	Standard recipe shown. Modifications may change allergens.



MENU ITEM	ALLERGEN INFORMATION	ALLERGEN SOURCE	BEFORE ORDERING
Semisweet Chocolate Chips Current	Contains: Milk, Soy	Milk: Chocolate chips; Soy: Chocolate chips	Standard recipe shown. Modifications may change allergens.
Peanut Butter Current	Contains: Peanut	Peanut: Peanuts	Standard recipe shown. Modifications may change allergens.

* 'No Big 9 allergens listed' means the current official allergen guide does not identify milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy or sesame in the standard recipe. It does not mean allergen-free, and it does not address every possible food sensitivity or cross-contact risk.

Dressings, Sauces and Spreads

Please review the dressing or sauce separately. Adding, removing or substituting a dressing can change an item's allergens. Current container labels and recipes control.

DRESSING / SAUCE	ALLERGEN INFORMATION	COMMONLY USED IN	BEFORE ORDERING
Green Goddess Dressing	Contains: Egg, Milk, Soy	Supergreen Goddess Salad; Green Glow Bowl; Harvest Greens Salad	Current recipe or container label should be checked before ordering.
Lemon Tahini Vinaigrette / Tahini Vinaigrette	Contains: Sesame	Mighty Med; Green Glow; Chimichurri bowl; Vitality Wrap; hummus toast; Harvest Kitchen bowls/salads/wraps	Current recipe or container label should be checked before ordering.
Pesto / Basil Pesto / Pesto Dressing	Contains: Milk	Power Pesto Bowl; Power Panini; Harvest Kitchen sandwiches, salads and bowls	Current recipe or container label should be checked before ordering.
Garlic Aioli	Contains: Egg, Soy	Steak Wrap; Vitality Wrap; Harvest Kitchen Steak Sandwich and Steak Wrap	Current recipe or container label should be checked before ordering.
Hummus	Contains: Soy, Sesame	Wholesome Hummus Toast; Vitality Wrap; Hummus with Veggies; Garden Veggie Sandwich; Mediterranean Salad	Current recipe or container label should be checked before ordering.
Chimichurri	Please ask our team to verify the current recipe before ordering.	Chimichurri Steak and Potato Bowl; Steak Wrap; Harvest Kitchen Steak Sandwich/Wrap	Current recipe or container label should be checked before ordering.
Dijon White Balsamic Vinaigrette	Please ask our team to verify the current recipe before ordering.	Current menu description for Power Pesto Chicken Bowl	The current recipe must be confirmed before ordering.
Dijon	Please ask our team to verify the current recipe before ordering.	Power Panini; Chicken Sandwich	Current recipe or container label should be checked before ordering.

* No Big 9 allergens listed is not the same as allergen-free. Shared preparation areas create cross-contact risk, and recipes may change.