

Allergen info

X denotes food containing Allergen

Burritos	Soy	Wheat	Nuts/Seeds
Einstein in a collard	X	X	
Einstein in a tortilla	X	X	
Spicy Rizo in a collard	X		
Spicy Rizo in a tortilla	X	X	
Stellar in a collard*	X		
Stellar in a tortilla*	X	X	
Wraps	Soy	Wheat	Nuts/Seeds
Avocado Kale in a tortilla	X	X	
Avocado Kale in a collard	X		
Curry Chik-un in a tortilla	X	X	X
Curry Chik-un in a collard	X	X	X
Avo-Quinoa in a tortilla	X	X	
Avo-Quinoa in a collard			
Spicy Thai Chik-un in a tortilla	X	X	X
Spicy Thai Chik-un in a collard	X	X	X
Salads	Soy	Wheat	Nuts/Seeds
Curried Chik-un salad	X	X	X
Essential Greens			
Signature Salad	X(tamari)		X
Tuna Salad Plate	X		
Quinoa Salad	X		
Sides	Soy	Wheat	Nuts/Seeds
Air-baked potato wedges w/ ketchup			
Air-baked sweet potato fries w/ ketchup			
Essential pilaf	X(tamari)		
Grilled Mac & Cheese			X (topping)
Spicy Chik-un Tacos	X	X	
Sandwiches	Soy	Wheat	Nuts/Seeds
BLT	X	X	
BLT in a collard	X	X	
Classic Tempeh Reuben	X	X	
Classic Tempeh Reuben in a collard	X		
Colossal Reuben	X	X	
Colossal Reuben in a collard	X		
Tuna Melt	X	X	
Tuna Melt in a collard	X		

Burger Patties	Soy	Wheat	Nuts/Seeds
Almond Sunflower			X
Black Bean		(not g/f)	
Chik-un	X	X	X
Lentil			X
Burgers	Soy	Wheat	Nuts/Seeds
Classic Rewind	X	X	X
Classic Rewind in a collard	X		X
Wild Wild West!	X	X	
Wild Wild West in a collard	X	(not g/f)	
Cheezy Mushroom Melt	X	X	
Cheezy Mushroom Melt in a collard	X	X	
Sweet and Spicy Chipotle	X	X	X
Sweet and Spicy Chipotle in a collard	X		X
Essential Lentil	X		X
Kids	Soy	Wheat	Nuts/Seeds
Chik-un Bites	X	X	X
Grilled cheese*	X	X	
Rice & beans	X(tamari)		
Baked goodies	Soy	Wheat	Nuts/Seeds
Chocolate chip cookies	X	X	
Blondie	X		
Soft Serve	X		
Soft serve w/ waffle cone	X	X	

*Additional soy-free options

Burritos*

The stellar burrito can be made soy free on a collard or a tortilla when ordered without baked tofu

Grilled Cheese*

Our grilled cheese can be made soy free if ordered on rye bread

Our Black Bean Patty is wheat-free, but may not be suitable for gluten-free diets because it contains Oats.

Our Rye Bread has caraway Seeds. The following sandwiches come on rye: Classic Reuben, Colossal Reuben, and the BLT.