

Allergen Chart

Menu Item	Treenuts	Coconut	Gluten	Soy	Sesame	Corn	Garlic-Free	Onion-Free	Modifications to avoid Allergens**:
Small Plates									
Orange Cauliflower				X (in fry oil)	X (can omit)	X		X	omit sesame seeds to make "sesame free"
White Cheddar Mac		X	X	X			X (see note)	X	omit breadcrumbs to make "garlic free"
Tempura Hand Rolls		X		X	X	X	X (see note)	X	omit dipping sauce to make "garlic free"
Bayou Country Gumbo				X		X (can omit)			omit fried okra to make "corn free"
Salads & Entrees									
Modern Day Caesar	X (can omit)	X (can omit)							omit almonds to make "nut free"/omit cheese & dressing to make "coconut free"
Salade Nicoise							X (see note)	X (see note)	omit potatoes & dressing to make "garlic free"/omit red onion to make "onion free"
Forbidden Pad Thai	X (can omit)			X (can omit)			X (see note)	X (see note)	omit peanuts to make "nut free"/omit tofu to make "soy free"/omit tofu + garlic to make "garlic free"/ omit green onion + Just egg to make "onion free"
Jackfruit Carnitas						X (can omit)			omit tortillas and roasted corn to make "corn free"
Waterworks Cheeseburger		X	X (can omit)				X (see note)	X (see note)	sub GF bun to make "gluten free"/ omit ketchup & pickles to make "garlic free"/ omit onion to make "onion free"
Bistro Burger	X		X (can omit)	X	X				sub GF bun to make "gluten free"
Hot Chicken Sandwich			X (can omit)	X		X			sub GF bun to make "gluten free"
Spinach Feta Orzotto	X	X							contains almonds
Green Forest Pizza	X	X (can omit)						X	contains almonds (ricotta) + pinenuts (pesto) / omit parmesan for "coconut free"
Sides									
French Fries				X (in fry oil)			X (see note)	X	omit ketchup and sub only salt to make "garlic free"
Sweet Potato Fries				X (in fry oil)			X (see note)	X	omit ketchup and sub only salt to make "garlic free"
Kale Salad					X			X	
Little Greek Salad		X (can omit)						X	omit feta for "coconut free"
Desserts									
Slice of Cake	X (dependent on flavor)							X	may contain nuts dependent on daily flavor/ contains onion derivatives
Pumpkin Pie	X	X		X		X			filling contains soy, almond, onion derivatives / crust contains corn + soy / sauce contains soy / ice cream contains coconut
Walnut Choc. Chip Cookie	X			X			X		
Funfetti Cookie				X			X		
Snickerdoodle Cookie				X			X		
Oatmeal Cookie				X			X		
Maple Bacon Donut		X		X			X	X	
Daily Donut	X (dependent on flavor)			X (dependent on flavor)			X	X	may contain nuts and soy dependent on daily flavor
Brunch									
Potato Cheese Quiche	X	X				X			contains almonds
Heights Breakfast Tacos		X		X (can omit)		X			omit butter to make "soy free"
Wings 'n Waffles				X		X			
Buenos Dias Migas				X		X			
Cardamom Toast Crunch	X	X	X	X			X		
Crosst-wich Combo		X	X	X					
Verdine Slam		X		X			X		
Just Scramble							X		
Almond Croissant	X		X	X			X		
Chocolate Croissant	X		X	X			X		
Breakfast Kolache		X	X	X			X		
Beyond Breakfast Sausage		X							
Hashbrown Wedge				X (can omit)			X		omit frying to make "soy free"

**If there is no note to "omit" an allergen that means the dish cannot be modified to completely remove the allergen

General Notes:

Beyond Meat is **soy & gluten free**. **Beyond Meat** contains refined **coconut oil**

Just Eggs are **gluten free** and **contain bean & onion** derivatives

Any menu item with **butter** contains **soy**

Any **fried** menu item contains **soy** (the fry oil contains soy oil)

Any menu item that contains **cheese** contains **coconut**

Disclaimer: Our kitchen is not certified allergen free, so cross contamination may occur, despite our utmost best efforts. Before placing your order, please inform your server if someone in your party has a food allergy or special dietary needs.