

Allergen Chart

Menu Item	Treenuts	Coconut	Gluten	Soy	Sesame	Corn	Garlic-Free	Onion-Free	Oil-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"
Winter Squash Potsticker (Dinner Only)			X	X	X	X				wrapper contains cornstarch
Thai Meatballs	X	X								contains almonds
Miso Soup				X	X					
Salads & Entrees										
Tulum Taco Salad	X (can omit)						X	X (see note)		salad dressing contains almonds derivatives, omit to make "nut free"/ omit red onion to make "onion free"
Asian Salad	X (can omit)	X (can omit)		X	X					omit cashews to make "nut free"/ omit coconut flakes to make "coconut free"
Waterworks Cheeseburger		X	X (can omit)	X (can omit)			X (see note)	X (see note)		sub GF bun or omit to make "gluten free"/ omit pickles to make "garlic free"/ omit onion & sauce to make "onion free"
Bistro Burger	X		X (can omit)	X	X					sub GF bun or omit to make "gluten free"
Royal Tagine Bowl	X (can omit)			X						omit almonds to make "nut free"
Green Forest Pizza (Dinner)	X	X (optional)	X (optional)							ricotta & pesto contains nuts/ beyond meat optional add on contains coconut/ sub GF cauliflower crust for GF option
Pizza Americana		X	X							pepperoni & pizza crust contains gluten
Radical Reuben (Lunch Only)		X (can omit)	X	X						omit provolone to make "coconut free"/ deli slices contain gluten + soy
Turkey Club Wrap (Lunch Only)			X	X						deli slices contain gluten + soy
NOLA Muffaletta (Lunch Only)			X	X (can omit)						omit tofu capocollo to make "soy free"
Chikn Parmesan (Dinner Only)			X	X						
Butternut Quesadilla (Dinner Only)	X	X	X (can omit)							omit brussel sprouts to make "soy free"
Verdine Haus Burger (Dinner)	X	X (can omit)	X (can omit)					X (see note)		omit beer-cheese sauce and sub GF bun to make "gluten free" / omit onion rings to make "soy free" and "onion 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"
Massaged Kale Salad					X					
White Cheddar Mac		X	X	X						
Desserts										
Pumpkin Crunch Pie	X (can omit)			X			X			omit pecans to make "nut free"
Smore Love Brownie	X			X			X			contains almonds
a la mode Ice Cream		X					X	X		out milk based ice cream
Brunch										
Quiche Florentine	X		X	X						egg mixture contains almond derivatives
Honey Butter Biscuit			X	X						
Wings 'n Waffles			X	X						
Buenos Dias Migas				X		X				omit corn chips to make "corn free"
Pumpkin Griddle Cake	X	X (can omit)		X			X			contains walnuts + almonds/ omit coconut whip to make "coconut free"
Egg Young Fu Omelette	X (can omit)			X (can omit)						omit peanuts to make "nut free"/ omit tofu to make "soy free"
Croissant-wich Combo		X	X	X						
Potatao Chorizo Burritos		X	X							
Southern Biscuit			X	X						
Just Scramble				X			X			
Waffle a la carte				X			X			
Beyond Breakfast Sausage		X								
Hooray Foods Bacon		X					X	X		
Hashbrown Wedge				X (can omit)			X			omit frying to make "soy free"
Croissant a la carte			X	X			X			

General Notes:

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

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** and/or **treenuts**

Beyond Meat is **soy & gluten free**; **Beyond Meat** contains **coconut oil** & canola oil

Beyond Chicken contains **gluten & soy**.

Just Egg is **gluten free**; contains **soy** in the form of soy lecithin**; and **contains bean & onion** derivatives

***Items that contain Just Egg:**

Caesar Salad (dressing)	Heights Breakfast Plate	Soy oil and soy lecithin can traditionally be eaten safely if you are soy allergic; This is not medical advice, please consult your doctor before consuming.
Waterworks Cheeseburger (special sauce)	Just Scramble	
Migas	Waffles	
Desserts	Bandito Burrito	
French Toast	Croissant-wich	

**Soy lecithin and soy oil are 99.5% protein free and traditionally tolerated no matter ones food allergy diagnosis.

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.

This Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician.