

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
Salads & Entrees										
Modern Day Caesar	X (can omit)	X (can omit)		X (can omit)						omit almonds to make "nut free"/omit cheese to make "coconut free"/ omit dressing to make "soy 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 ketchup & pickles to make "garlic free"/ omit onion to make "onion free"/ omit special sauce to make "soy 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
Blossom Tacos (Lunch Only)		X (can omit)				X (can omit)				omit 'cotija cheese' to make "coconut free"/ omit tortillas & corn pico to make "corn free"
Chikn Caesar Wrap (Lunch)	X (can omit)	X (can omit)	X	X						omit almonds to make "nut free"/omit cheese to make "coconut free"
NOLA Muffaletta (Lunch Only)			X	X (can omit)						omit tofu capocola to make "soy free"
Chikn Parmesan (Dinner Only)			X	X						
BBQ Ribs (Dinner Only)		X		X						
Longhorn Mac 'n Cheese (Dinner)		X								
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 Pie		X	X	X			X			
S'more Love Brownie	X			X			X			cannot omit soy or nuts (almonds)
Cookie Monster		X		X			X			
Brunch										
Biscuit 'n Gravy		X	X	X						
Honey Butter Biscuit			X	X						
Wings 'n Waffles			X	X		X				
Buenos Dias Migas				X		X				omit corn chips to make "corn free"
19th Street Waffles				X		X				
Sunny's French Toast				X						
Texas 'Chikn' & Gravy			X	X						
Crosst-wich Combo		X	X	X						
Bandito Burrito			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"

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:**

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

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

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.