

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 Eggroll (Dinner Only)			X	X	X	X				wrapper contains cornstarch
Thai Meatballs	X	X								contains almonds
Miso Soup				X	X					
Avocado Citrus Tower										
Salads & Entrees										
Lebanese Hummus Plate					X			X (see note)		omit red onion to make "onion free"
Miso Superfood 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"
Coconut Broccoli Tofu Bowl	X (can omit)	X		X						omit almond butter sauce to make "nut free"
Godfather Pizza	X		X (optional)							ricotta (almonds) & pesto (walnuts) contains nuts/ sub GF cauliflower crust for GF option
Parisian Dip Sandwich			X	X						
Radical Reuben (Lunch Only)		X (can omit)	X	X						omit provolone to make "coconut free"/ deli slices contain gluten + soy
Hot Chicken Sandwich (Lunch Only)			X	X						
Chikn Parmesan (Dinner Only)			X	X						
Butternut Quesadilla (Dinner Only)	X	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										
Pecan Pie	X			X			X			
Smore Love Brownie	X			X			X			contains almonds
a la mode Ice Cream		X					X	X		oat milk based ice cream
Brunch										
Quiche Florentine	X		X	X						egg mixture contains almond derivatives
Buenos Dias Migas				X		X				omit corn chips to make "corn free"
Breakfast Quesadilla		X	X							
Pad Thai Omelette	X (can omit)			X						omit peanuts to make "nut free"/ omit tofu to make "soy free"
Croissant-wich Combo		X	X	X						
Parisian French Toast			X	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:

**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.