

# ALLERGY INFORMATION

For March 2019 menu items

	Contains:	<u>Tree nuts</u>	<u>Peanuts</u>	<u>Sesame</u>	<u>Shellfish</u>	<u>Fish</u>	<u>Gluten</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Soy</u>	<u>Soy oil/ lecithin</u>
<b><u>EVERYDAY ENTREES (excluding sides, snacks, dips)</u></b>											
	GF Bell & Evans Breaded Chicken Tenders								◆		◆
	GF Ham Wrap								◆	◆	
	GF Turkey Wrap								◆	◆	
	GF Grilled Chicken Wrap								◆	◆	
	GF Ham and Cheese Wrap							◆	◆	◆	
	GF Turkey and Cheese Wrap							◆	◆	◆	
	GF Cheese and Fruit Platter							◆			
	Yogurt & Fruit Cup (half pint orders only)							◆			
	Yogurt & Cheese Stick							◆			
	Cereal & Cheese Stick							◆			
	All Natural Breaded Chicken Tenders						◆				◆
s	Bagel, Plain						◆				
	2 Soy Butter & Jelly Sandwiches on Whole Wheat						◆			◆	◆
s	Bagel w Butter						◆	◆			◆
s	Bagel with Cream Cheese						◆	◆			
	Ham and Cheese on a Round Roll						◆	◆			◆
	Turkey and Cheese on a Round Roll						◆	◆			◆
	Very Berry Yogurt Parfait with Nut-Free Granola						◆	◆			
<b><u>SOUPS OF THE DAY:</u></b>											
	Vegan GF Lentil Soup									◆	◆
	Cream of Broccoli Cheddar Soup							◆		◆	◆
	Cage-Free Chicken Noodle Soup						◆				
	Tomato Soup						◆				
	New England Clam Chowder				◆	◆	◆	◆		◆	
	Italian Wedding Soup						◆	◆		◆	◆
<b><u>SALAD OF THE DAY: (includes salad dressing)</u></b>											
	Mediterranean Chop Salad with Grilled Chicken										◆
	Mediterranean Chop Salad with Hard Boiled Egg								◆		◆
	Cage-Free Turkey Taco Salad							◆			
	Cage-Free Grilled Chicken Caesar Salad					◆	◆	◆			◆
	Buffalo Chicken Salad						◆	◆	◆		◆
<b><u>COLD SANDWICHES/WRAPS/BOWLS/ROLLS OF THE DAY:</u></b>											
	GF California Turkey Club Wrap								◆	◆	
	Breaded Chicken Wrap						◆		◆		◆

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Cage-Free Grilled Chicken Wrap							◆		◆		◆
California Turkey Club Wrap							◆				◆
Cheese Sandwich							◆	◆			◆
Cage-Free Ranch Chicken Wrap							◆	◆	◆		◆
Cage-Free Chicken Caesar Wrap						◆	◆	◆	◆		◆
Spicy California Sushi Roll				◆	◆	◆	◆		◆	◆	
California Sushi Roll				◆	◆	◆	◆		◆	◆	
All Natural Breaded Chicken Cutlet on Whole Grain Round Roll							◆				◆
Cold Grilled Chicken Sandwich							◆				◆
Fresh Mozzarella and Tomato Sandwich							◆	◆			◆
<b>HOT ENTRÉE SPECIALS:</b>											
GF Grass-Fed 5.3 oz. Burger (no bun)											
GF Applegate Farms Beef Hot Dog (no bun)											
GF Cage-Free Turkey and Bean Chili											
GF Cage-Free BBQ Chicken Drumsticks											
GF Grass-Fed BBQ Beef Brisket											
GF Cage-Free Chicken Fajitas									◆	◆	◆
GF Grass-Fed 5.3 oz. Burger with Cheese (no bun)								◆			
GF Cheese Quesadillas								◆		◆	
Buffalo Wings								<i>dip</i>	<i>dip</i>		◆
Fully Loaded Vegetarian Baked Potato								◆		◆	◆
Fully Loaded Baked Potato								◆		◆	◆
GF Hard-Shell Cage-Free Turkey Tacos								◆			
GF Hard-Shell Vegetarian Bean Tacos								◆			
French Toast made with Challah							◆	◆	◆		◆
Whole Grain Pancakes							◆	◆	◆		◆
Meatballs							◆	◆	◆		
7" Meatball Hero							◆	◆	◆		◆
BBQ Brisket Mac and Cheese							◆	◆		◆	◆
Mac n Cheese							◆	◆		◆	◆
French Bread Pizza							◆	◆			◆
All Natural Chicken Cutlet Parmesan							◆	◆			◆
All Natural Chicken Cutlet Parmesan Sandwich							◆	◆			◆
Grass-Fed 5.3 oz. Burgers with Cheese							◆	◆			◆
Veggie Burger							◆	◆		◆	◆
Grilled Cheese Sandwich							◆	◆			◆
Grilled Cheese Sandwich with Turkey							◆	◆			◆
Soft Shell Cage-Free Turkey Tacos							◆	◆			◆
Soft Shell Vegetarian Bean Tacos							◆	◆			◆
Whole Grain Cheese Quesadillas							◆	◆			◆

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Baked Pasta with Sauce							◆	◆			
6" Grass-Fed Philly Style Cheese Steak							◆	◆			◆
Applegate Farms Beef Hot Dog							◆				◆
Grass-Fed 5.3 oz. Burgers							◆				◆
7" Grass-Fed BBQ Beef Brisket Hero							◆				◆
Grass-Fed BBQ Beef Brisket Slider							◆				◆
Cage-Free Chicken Fajitas							◆				◆
<b>ADDITIONAL ITEMS:</b>											
Organic Fruit Snacks - Various Flavors											
Veggie Straws - Sea Salt Flavor											
Musselman's Organic Unsweetened Apple Sauce											
Skinny Pop Popcorn											
Organic Tropical Acai Smoothie											
Playa Bowl - Acai with Berries							◆				
Simply Organic Doritos White Cheddar Tortilla Chips								◆			
Veggie Straws - Zesty Ranch Flavor								◆			
Horizon Organic Lowfat Milk								◆			
Horizon Organic Lowfat Chocolate Milk								◆			
From Scratch Gluten-Free Brownie								◆	◆		◆
Abby's Shortbread Cookies (only with Complete Meals)							◆	◆	◆		◆
Abby's Chocolate Chip Cookies (only with Complete Meals)							◆	◆	◆		◆
From Scratch Brownie (only with Complete Meals)							◆	◆	◆		◆
Chocolate Chip Cookie (only with Complete Meals)							◆	◆	◆		◆
<b>THEME DAYS:</b>											
Salad Bar - All You Can Eat **							◆	◆	◆		
Pasta Bar - with choice of sauce **							◆	◆			
Heroes:											
Roaster with the Most'r							◆	◆			◆
Turkey Monster							◆	◆	◆		◆
Sunday Cutlet Hero							◆	◆	◆		◆
Italian Stallion							◆	◆			◆
Honey Ham Crunch							◆	◆	◆		◆
Organic Tofu Ramen Bowl							◆		◆	◆	
Cage-Free Chicken Ramen Bowl							◆		◆	◆	

s = Bagels may contain or come in contact with sesame.

\*\* Salad Bar is self-serve, and may result in allergen cross-contact. Pasta sauces are served on-site and are also at risk of allergen cross-contact.

GF = gluten-free

dip = Buffalo Wings sauce only contains soybean oil. However, the bleu cheese dip on the side contains dairy, egg, soybean oil.

updated: March 14, 2019