

	SOY	DAIRY	NUTS
SALADS			
Ancient Grains	X		Almonds Pecans
Green Goddess			
Kale Caesar	X	X	
La Mexicana	X	X	
Oriental Crunch	X		Cashews
Greek		X	
Mediterranean Herb		X	Pecans
House Salad			Pecans
DRESSINGS			
Ahi Poke	X		Sesame Oil
Balsamic Vinaigrette			
Buddha	X		
Caesar	X	X	
Chimichurri			
Chipotle Mayo	X		
Cilantro Lime	X		
Citrus Sauce	X		
Greek Vinaigrette			
Honey Mustard	X		
Honey Lime			Sesame Oil
Honey Lime/Peanut Vinaigrette	X		Sesame Oil, Peanuts
Honey Mustard	X		
Hummus	X		
Jalapeno Aioli	X		
Lemon Apple Cider			
Lemongrass Ginger	X		
Miso Ginger	X		Tree Nuts
Pesto		X	
Pesto Vinaigrette		X	
Soy Ginger	X		
Spicy Mayo	X		



	SOY	DAIRY	NUTS
BOWLS			
Healthy Burger Bowl	X		
Mario's Favorite	X		Almonds
Pesto Chicken Bowl		X	
Poke Bowl	X		Sesame Oil
Salmon Buddha Bowl	X		Sesame Oil, Sesame Seeds
Miami Vegan			
Miso Salmon Bowl	X		Sesame Oil, Tree Nuts
ADD-ONS			
Chicken Salad	X		
Salmon Tartare	X		Sesame Oil, Sesame Seeds
Tuna Salad	X		
Tuna Tartare	X		Sesame Oil, Sesame Seeds
WRAPS			
Chicken Cesar	X	X	
La Bomba	X		
Legal	X	X	
Liv		X	
Poke	X		Sesame Oil, Sesame Seeds
Mahi Mahi Wrap	X		
Pesto Passion		X	
Chicken Goddess	X	X	
Tuna/Chicken Cado	X		
BURGERS			
The Impossible	X		Sesame Seeds in Bun
Salmon Burger	X	X	Sesame Seeds in Burger & Bun
OMG Turkey Burger	X		Sesame Seeds in Bun
Veggie Burger	X		Sesame Seeds in Bun, Walnuts in Burger



	SOY	DAIRY	NUTS
PLATTERS			
BBQ Chicken	X		
Grilled Chicken			
Pesto Chicken		X	
Pesto Salmon		X	
Scottish Salmon	X		
Crispy Chicken			
ALL DAY BREAKFAST			
Jessie Breakfast Bowls	X		
Ultimate Croissant Sandwich	X	X	
Huevos Rancheros Burrito	X	X	
Tuna Melt	X	X	
Turkey Bacon Power Wrap	X		
Gluten Free Waffle	X		
Josh Overnight Oats		X	Pecans (granola)
The Scrambled		X	Toast contains Sesame Seeds
2 Eggs any Style			
Avocado Toast	X		Toast contains Sesame Seeds
Power Bagel	X	X	Bagel contains Sesame Seeds
Sunrise Croissant	X	X	
Almond Butter Açai			Pecans (granola)
Fresh Fruit Salad		X	Pecans (granola)
Josh's Overnight Oats		X	Pecans (granola)
Paradise Açai			Pecans (granola)
SOUPS			
Lentil	X		
Vegetable			
Carrot			



	SOY	DAIRY	NUTS
BAKERY			
Chocolate Chip		X	Walnuts
Oatmeal Pistachio		X	Pistachio
Coconut Guava		X	
Carrot Cake		X	Walnuts
Vegan Banana Bread			Walnuts
Pistachio Graham Tart		X	Pistachio
Alfajores		X	
Honey Almond Cake			Almonds
Chocolate Hazelnut Brownie		X	Hazelnuts
Croissant		X	
Croissant- Nutella		X	Hazelnuts
Croissant- Pistachio		X	Pistachio
Power Bites- Almond Butter			Almonds
Power Bites- Cocoa Date			Walnuts
Power Bites- Key Lime			Almonds & Cashews
SMOOTHIES			
Choco Dream		X	Almond Butter & Almond Milk
Skinny Green		X	
Berry Wild			Almond Milk
Peanut Butter Cup		X	Almond Milk & Peanut Butter
Blue Magic		X	Almond Butter
Strawberry Passion			
Julies Smoothie			

