



INGREDIENTS LIST

Aug 2022

MENDOCINO FARMS INGREDIENTS LIST SEPTEMBER 2022



ADD, SUB, EXTRA, DOUBLE STANDARDS & PRICING

The pricing in this table is for a full recipe portion. This is the ADD, SUB, or DOUBLE price.

A DOUBLE portion is twice the usual recipe amount, charged at the full price listed in this table.

An EXTRA portion is half the usual recipe amount and half the price listed in this table.

Example of substitution standard: If a guest subs a more expensive protein than the one they are removing, charge the difference. Example: In Tier 2 a guest orders a Pink Lady Beets & Goat Cheese Salad, no chicken (\$3.00) sub steak (\$4.00), charge \$1.00.

For equal value substitutions, there is no charge.

PRODUCT	ALL TIERS
Bread & Butter Pickles	\$.50
All Cheeses	\$1.00
Avocado	\$1.75
Bacon	\$2.05
Prosciutto	\$3.50
Chicken	\$3.60
Turkey	
Tofu	
Impossible Chorizo	\$4.60
Steak	\$5.50
Air-Fried Chicken Tenders	\$5.00
Pork Belly	\$5.00
Unreal Corned Beef	
Gluten Free Bread	\$1.50
All Other Breads	\$1.00

BREADS

		MAJOR ALLERGENS	INGREDIENTS
ROCKENWAGNER BAKERY BREAD - SERVED AT ALL SOCIAL LOCATIONS (MADE IN FACILITY THAT PROCESSES TREENUTS AND PEANUTS)			
ciabatta	V	WHEAT;	high gluten flour, enzyme, ascorbic acid (natural dough conditioner), all purpose flour, extra virgin olive oil, fresh yeast, salt, water
mom's seeded whole wheat	VG	WHEAT; MILK; SEEDS;	whole wheat flour, high gluten flour, enzyme, ascorbic acid (natural dough conditioner), all purpose flour, sunflower seeds, cracked wheat, butter, brown sugar, salt, rolled oats, sesame seeds, fresh yeast, flax seed, malt powder, water
rustic white	V	WHEAT;	all purpose flour, high gluten flour, enzyme, ascorbic acid (natural dough conditioner), salt, wheat bran, water
sesame brioche bun	VG	EGG; WHEAT; MILK; SEEDS;	high gluten flour (enriched unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enzymes, ascorbic acid (as a natural dough conditioner), all purpose flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole milk, eggs (whole eggs, citric acid), vegetable oil blend (palm, canola, olive), beet sugar, sesame seeds, fresh yeast, malt, salt
sesame roll	V	WHEAT; SEEDS;	high gluten flour, enzymes, ascorbic acid, all purpose flour, canola oil, sesame seeds, salt, fresh yeast
white rye	V	WHEAT; SEEDS;	all purpose flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), high gluten flour (enriched unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes, ascorbic acid (as a natural dough conditioner)), wheat flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), rye flour, caraway seeds, salt, fresh yeast
kids' bread (pullman brioche)	VG	EGG; WHEAT; MILK;	high gluten flour (enriched unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes, ascorbic acid), bread flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), milk, eggs (whole eggs, citric acid), vegetable oil blend (palm, canola, and olive oils), cane sugar, yeast, malt (malted barley flour, wheat flour, dextrose), salt
potato roll	VG	EGG; WHEAT;	high gluten flour (enriched unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes, ascorbic acid), eggs (whole eggs, citric acid), vegetable oil blend (palm, canola and olive oils), cane sugar, potato flakes (monoglycerides, sodium acid pyrophosphate, citric acid), potato flour, bread flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), salt, yeast, dough conditioner (wheat flour, calcium sulfate, salt, enzymes)
ROCKENWAGNER CATERING BREADS - SERVED AT ALL SOCIAL LOCATIONS (MADE IN FACILITY THAT PROCESSES TREENUTS AND PEANUTS)			
brioche slider (mini cheffy bun)	VG	EGG; WHEAT; MILK;	high gluten flour, enzymes, ascorbic acid, all purpose flour, whole milk, eggs, vegetable oil blend, beet sugar, fresh yeast, malt, salt
ficelle (baby baguette)	V	WHEAT;	high gluten flour, enzymes, ascorbic acid, all purpose flour, salt, fresh yeast
sesame roll	V	WHEAT; SEEDS;	high gluten flour, enzymes, ascorbic acid, all purpose flour, canola oil, sesame seeds, salt, fresh yeast

BREADS

		MAJOR ALLERGENS	INGREDIENTS
EMPIRE BAKING CO - SERVED AT ALL DALLAS LOCATIONS			
ciabatta	V	WHEAT;	unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), non-gmo canola oil, sea salt, yeast
hippie health (mom's whole wheat)	VG	SOY; WHEAT; MILK; SEEDS;	unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, buttermilk (milk), yeast, flax seed, molasses, sunflower seed, wheat bran, non-gmo canola oil, sesame seed, salt, pan release (canola oil, mineral oil, soy lecithin, natural flavors, dimethyl silicone (for anti-foaming), beta carotene, propellant)
rustic white	V	WHEAT;	unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, sea salt
rye	V	WHEAT; SEEDS;	unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sour, old rye, caraway seeds, sea salt, yeast
seeded bun	VG	EGG; SOY; WHEAT; MILK; SEEDS;	unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), honey, non-gmo canola oil, egg yolks, dry milk, salt, yeast, sesame seeds, pan release (canola oil, mineral oil, soy lecithin, natural flavors, dimethyl silicone (for anti-foaming), beta carotene, propellant)
seeded hoagie	VG	EGG; SOY; WHEAT; MILK; SEEDS;	unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), honey, non-gmo canola oil, egg yolks, dry milk, salt, yeast, sesame seeds, pan release (canola oil, mineral oil, soy lecithin, natural flavors, dimethyl silicone (for anti-foaming), beta carotene, propellant)

*any items not listed here are made by Rockenwagner

PETIT PAINS BREAD - SERVED AT ALL NORCAL LOCATIONS (MADE IN FACILITY THAT PROCESSES TREENUTS)

ciabatta	V	WHEAT;	enriched malted wheat flour, water, olive oil, salt, yeast, bee free honee (apple juice concentrate, water, sugar, lemon juice)
mom's seeded whole wheat	V	WHEAT; SEEDS;	water, whole wheat flour, enriched malted wheat flour, flax seeds, sunflower seeds, sesame seeds, pumpkin seeds, whole millet, salt, yeast
rustic white	V	WHEAT;	enriched malted wheat flour, water, rye flour, salt, yeast, bee free honee (apple juice concentrate, water, sugar, lemon juice)
sesame roll	V	WHEAT; SEEDS;	enriched malted wheat flour, water, salt, yeast, bee free honee (apple juice concentrate, water, sugar, lemon juice), sesame seeds

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PETIT PAINS CATERING BREADS - SERVED AT ALL NORCAL LOCATIONS (MADE IN FACILITY THAT PROCESSES TREENUTS)

brioche bun	VG	EGG; WHEAT; MILK;	enriched wheat flour (malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, salt, whole milk powder, wheat gluten, natural flavor, enzymes, eggs, citric acid, unsalted butter, water, sourdough (fermented wheat flour, cultured corn syrup solids, yeast, soybean oil)
ficelle (baby baguette)	V	WHEAT;	enriched malted wheat flour, water, salt, yeast, bee free honee (apple juice concentrate, water, sugar, lemon juice)

*any items not listed here are made by Rockenwagner

BREADS

MAJOR ALLERGENS

INGREDIENTS

SLOW DOUGH BREADS - SERVED AT ALL HOUSTON LOCATIONS

ciabatta bollo	V	WHEAT;	wheat flour (wheat flour), malted barley flour, water, sea salt, dry malt (malted barley flour, wheat flour, non-gmo dextrose), yeast
mom's seeded whole wheat	VG	WHEAT;	rolled oats, water, unbleached untreated wheat flour, wheat flour (wheat flour), malted barley flour, whole wheat flour, honey, wheat bran, canola oil (non-gmo), sea salt, sugar (non-gmo), yeast, dry malt (malted barley flour, wheat flour, non-gmo dextrose)
rustic white	V	WHEAT;	wheat flour (wheat flour), malted barley flour, water, sea salt, dry malt (malted barley flour, wheat flour, non-gmo dextrose), yeast
sesame roll	V	WHEAT; SEEDS;	sesame seeds, water, durum flour, unbleached untreated wheat flour, wheat flour (wheat flour), malted barley flour, sea salt, canola oil (non-gmo), dough conditioner (wheat flour, malted barley flour, ascorbic acid, enzymes), dry malt (malted barley flour, wheat flour, non-gmo dextrose), yeast

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SLOW DOUGH CATERING BREADS - SERVED AT ALL HOUSTON LOCATIONS

brioche slider (mini cheffy bun)	VG	EGG; WHEAT; SEEDS;	wheat flour (wheat flour), malted barley flour, water, unbleached untreated wheat flour, sugar (non-gmo), egg yolks (non-gmo), canola oil (non-gmo), yeast, sea salt, enzymes, sesame seeds
french baguette (baby baguette)	V	WHEAT;	wheat flour (wheat flour), malted barley flour, water, sea salt, dry malt (malted barley flour, wheat flour, non-gmo dextrose), yeast

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OTHER BREADS - ALL LOCATIONS

omg it's gluten-free bread	VG, GF	EGG; SEEDS;	water, corn starch, vegetable oil (soybean oil), pasteurized egg whites, sorghum flour, tapioca starch, rice flour, brown sugar, cane sugar, salt, flax seed, sunflower kernels, millet, buckwheat, chia seed, yeast, psyllium, xanthan gum, pasteurized whole egg, citric acid
whole wheat tortilla	V	WHEAT;	whole wheat flour, flour (bleached wheat flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, rbd palm oil, salt, baking powder, sodium bicarbonate, mono & diglyceride, fumeric acid, sodium metabisulfite and other edible excipients

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FOODIE FAVORITES

MAJOR ALLERGENS		INGREDIENTS
"NOT SO FRIED" CHICKEN		
CONTAINS: EGG; SOY; WHEAT; MILK;		
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
krispies	VG WHEAT; MILK;	flour, buttermilk, polenta, parsley, spices, salt, rice bran oil, grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), garlic
herb aioli	VG, GF EGG;	blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
mustard pickle slaw	V SOY; WHEAT;	celery, yellow onion, carrot, cauliflower, kosher salt, apple cider vinegar, sugar, celery seed, dry ginger, turmeric, water, whole grain mustard, french's yellow mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric), blended oil (canola/olive), green cabbage, red cabbage, mendocino mustard (vinegar, sugar, unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), mustard seed, soy lecithin, olive oil, xanthan gum), bread & butter pickles (cucumbers, water, cane sugar, white vinegar, salt, onions, peppers, celery seed, mustard seed, turmeric, calcium chloride)
pickled red onions	V, GF	red onion, sugar, vinegar
tomato	V, GF	
tangy bbq sauce	V, GF	tangy mustard (french's yellow mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric), brown sugar, molasses, white vinegar, garlic powder, salt), bbq sauce (water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne, cumin, oregano)
mustard pickle remoulade	VG SOY; WHEAT; MILK;	celery, yellow onion, cauliflower, carrot, kosher salt, apple cider vinegar, sugar, celery seed, dry ginger, turmeric, water, whole grain mustard, blended oil (canola/olive), sour cream, mendocino mustard (vinegar, sugar, unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), mustard seed, soy lecithin, olive oil, xanthan gum), bread & butter pickles (cucumbers, water, cane sugar, white vinegar, salt, onions, peppers, celery seed, mustard seed, turmeric, calcium chloride)
THE PERUVIAN STEAK - RGF		
CONTAINS: EGG; MILK; FISH;		
aji amarillo steak	GF FISH;	beef tri-tip (beef tri-tip, extra virgin olive oil, garlic, sea salt, dijon mustard (distilled vinegar, water, mustard seed, salt, white wine [contains sulfites], sugar, spices & turmeric) & black pepper), aji amarillo sauce (chilies, vinegar, blended oil (canola/olive), sugar, salt, garlic, fish sauce (anchovy extract, water, salt, fructose, hydrolysed vegetable protein))
herb aioli	VG, GF EGG;	blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
oaxacan cheese	VG, GF MILK;	pasteurized part-skim milk, salt, sodium citrate, enzymes, and cultures
aji amarillo sauce	GF FISH;	chilies, vinegar, blended oil (canola/olive), sugar, salt, garlic, fish sauce (anchovy extract, water, salt, fructose, hydrolysed vegetable protein)
romaine lettuce	V, GF	
red onion	V, GF	
tomato	V, GF	
diced avocado	V, GF	avocado, salt, black pepper

FOODIE FAVORITES

MAJOR ALLERGENS		INGREDIENTS
PROSCIUTTO & CHICKEN - RGF		
CONTAINS: MILK; TREENUT (almond);		
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
balsamic glaze	V, GF	balsamic vinegar, glucose syrup, sugar, modified corn starch, dextrose, xanthan gum
prosciutto	GF	pork, salt
honey roasted almonds	VG, GF	TREENUT (almond); almonds, blended oil (canola/olive), honey, sugar, salt, spices
fresh mozzarella	VG, GF	MILK; pasteurized milk, vinegar, enzymes, salt
basil pesto	VG, GF	MILK; olive oil, blended oil (canola/olive), grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), basil, garlic, salt
tomato	V, GF	
MENDO'S ORIGINAL PORK BELLY BANH MI		
CONTAINS: EGG; SOY; WHEAT;		
caramelized pork belly	SOY; WHEAT;	pork belly, garlic, ginger, rice wine, brown sugar, tamari or soy sauce (water, organic soybeans, salt, organic alcohol (may contain wheat))
sriracha mayonnaise	VG, GF	EGG; mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor), sriracha (red chili peppers, distilled vinegar, garlic powder, sugar, salt, spice), fresh chopped garlic, sugar, salt
pickled daikon & carrots	V, GF	daikon, carrot, vinegar, salt, sugar
cilantro	V, GF	
jalapeno	V, GF	
cucumber	V, GF	
thai basil	V, GF	
CHIMICHURRI STEAK AND BACON - RGF		
CONTAINS: EGG;		
herb aioli	VG, GF	EGG; blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
caramelized onion jam	V, GF	onion, cane sugar, distilled vinegar, sunflower oil, sea salt, spices, ascorbic acid
bacon	GF	pork, water, salt, turbinado sugar, celery powder, natural flavorings, sea salt
steak	GF	beef tri-tip (beef tri-tip, extra virgin olive oil, garlic, sea salt, dijon mustard (distilled vinegar, water, mustard seed, salt, white wine [contains sulfites], sugar, spices & turmeric) & black pepper)
salt	V, GF	
black pepper	V, GF	
marinated red peppers	V, GF	red peppers, cilantro, parsley, garlic, sugar, salt, blended oil (canola/olive), vinegar
chimichurri	V, GF	olive oil, red wine vinegar, parsley, garlic, crushed red chile flake, oregano, salt, black pepper
romaine lettuce	V, GF	
lemon juice	V, GF	

FOODIE FAVORITES

MAJOR ALLERGENS		INGREDIENTS	
MRS. GOLDFARB'S UNREAL REUBEN - VG			
CONTAINS: SOY; WHEAT; MILK;			
smokey 1000 island	V, GF	SOY;	onion, garlic, white vinegar, cumin, coriander, lime juice, xanthan gum, vegenaize, sir kensington's ketchup (tomatoes, tomato paste, fair trade organic cane sugar, water, onions, distilled vinegar, salt, jalapeno peppers, lime juice concentrate, green bell peppers, chipotle pepper, coriander, chili pepper, allspice), chipotle puree (water, chipotle peppers, onion, vinegar, tomatoes, vegetable oil, sugar, salt, spices)
unreal corned beef	V	SOY; WHEAT;	water, high protein wheat, organic beets, spices, apple cider vinegar, chickpeas, brine (water, distilled vinegar, garlic, sea salt, black pepper), tomatoes, soy sauce (water, salt, soybeans, sugar, wheat flour), maple syrup, sea salt, brown sugar, nutritional yeast (inactive dry yeast, vitamin b3, vitamin b1, vitamin b2, vitamin b6, folic acid, vitamin b12)
havarti	VG, GF	MILK;	cultured pasteurized milk, salt, enzymes, annatto (for color)
apple celery root vegan slaw	V, GF	SOY;	mendo slaw (red cabbage, green cabbage, carrot), celery root, granny smith apple, red onion, dill, vegan slaw dressing (vegenaize, 120 grain vinegar, sugar, celery salt, black pepper)
bread & butter pickles	V, GF		cucumbers, water, cane sugar, white vinegar, salt, onions, peppers, celery seed, mustard seed, turmeric, calcium chloride
VEGAN BANH MI - V			
CONTAINS: SOY; WHEAT;			
marinated tofu	V	SOY; WHEAT;	organic tofu (water, organic soybeans, calcium sulfate, calcium chloride), olive oil, sesame oil, thai chili oil (soybean oil, chile), rice vinegar, tamari or soy sauce (water, organic soybeans, salt, organic alcohol (may contain wheat)), braggs liquid aminos (non-gmo soybeans, purified water), agave nectar, garlic, ginger, cheffy spice (salt, black pepper, white pepper, garlic powder)
vegan aioli	V, GF	SOY;	vegan mayonnaise (expeller pressed canola oil, water, brown rice syrup, apple cider vinegar, isolated soy protein, sea salt, mustard flour, lemon juice concentrate, natural color (from fruit & vegetable juices))
pickled daikon & carrots	V, GF		daikon, carrot, vinegar, salt, sugar
sweet chili sauce	V, GF		chili sauce sweet (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, rice vinegar, modified tapioca starch, salt and xanthan gum), rice vinegar, water, sambal chile paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum), thai basil, salt
cilantro	V, GF		
cucumber	V, GF		
jalapeno	V, GF		
thai basil	V, GF		

CRAVEABLE CLASSICS

MAJOR ALLERGENS		INGREDIENTS
THE FARM CLUB - RGF		
CONTAINS: EGG;		
roasted turkey breast	GF	turkey, turkey broth, sea salt, soybean oil, turkey fat, natural flavor, onion powder, sage
smashed avocado	V, GF	avocado, lime, salt, black pepper
pickled red onions	V, GF	red onion, sugar, vinegar
bacon	GF	pork, water, salt, turbinado sugar, celery powder, natural flavorings, sea salt
herb aioli	VG, GF	EGG; blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
mixed greens	V, GF	
tomato	V, GF	
A SANDWICH STUDY OF HEAT - RGF		
CONTAINS: EGG; MILK;		
roasted turkey breast	GF	turkey, turkey broth, sea salt, soybean oil, turkey fat, natural flavor, onion powder, sage
smashed avocado	V, GF	avocado, lime, salt, black pepper
smoked gouda	VG, GF	MILK; maasdam cheese, pasteurized milk, vegetable rennet, enzymes, salt, water, butter, maize starch, whey powder
jalapeno salsa verde	V, GF	chile de arbol, garlic, blended oil (canola/olive), tomatillo, water, salt, jalapeno
sriracha mayonnaise	VG, GF	EGG; mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor), sriracha (red chili peppers, distilled vinegar, garlic powder, sugar, salt, spice), fresh chopped garlic, sugar, salt
romaine lettuce	V, GF	
tomato	V, GF	
salsa roja	V, GF	tomatillo, water, chipotle adobado (chipotle peppers, water, tomato paste, vinegar, iodized salt, sugar, onion, soybean oil, corn starch, spices, and garlic oil), jalapeno peppers (jalapeno, water, vinegar, salt), chili peppers, salt, garlic powder

CRAVEABLE CLASSICS

MAJOR ALLERGENS		INGREDIENTS	
SWEET HEAT CRISPY THAI CHICKEN SANDWICH			
CONTAINS: EGG; WHEAT; FISH;			
sriracha mayonnaise	VG, GF	EGG;	mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor), sriracha (red chili peppers, distilled vinegar, garlic powder, sugar, salt, spice), fresh chopped garlic, sugar, salt
chicken tenders		WHEAT;	chicken breast meat tenders. marinated in water and sea salt. breaded in unbleached wheat flour, water, cane sugar, dried yeast, sea salt, black pepper, paprika. flash fried in organic expeller pressed soybean oil to set breading.
cheffy spice	V, GF		salt, black pepper, white pepper, garlic powder
chili sauce sweet	V, GF		pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, rice vinegar, modified tapioca starch, salt and xanthan gum
fried shallots	V, GF		
thai slaw	GF	FISH;	green cabbage, green onions, thai basil, lime juice, sugar, salt, fish sauce (anchovy, sea salt, water, sugar)
pickled daikon & carrots	V, GF		daikon, carrot, vinegar, salt, sugar
thai chili oil	V, GF		soybean oil, chile
CHICKEN PESTO CAPRESE - RGF			
CONTAINS: MILK;			
roasted chicken breast	GF		chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
fresh mozzarella	VG, GF	MILK;	pasteurized milk, vinegar, enzymes, salt
basil pesto	VG, GF	MILK;	olive oil, blended oil (canola/olive), grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), basil, garlic, salt
marinated red peppers	V, GF		red peppers, cilantro, parsley, garlic, sugar, salt, blended oil (canola/olive), vinegar
balsamic glaze	V, GF		balsamic vinegar, glucose syrup, sugar, modified corn starch, dextrose, xanthan gum
mixed greens	V, GF		
salt	V, GF		
black pepper	V, GF		
CHICKEN PESTO CAPRESE - VEGETARIAN - VG, RGF			
CONTAINS: MILK;			
fresh mozzarella	VG, GF	MILK;	pasteurized milk, vinegar, enzymes, salt
basil pesto	VG, GF	MILK;	olive oil, blended oil (canola/olive), grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), basil, garlic, salt
marinated red peppers	V, GF		red peppers, cilantro, parsley, garlic, sugar, salt, blended oil (canola/olive), vinegar
balsamic glaze	V, GF		balsamic vinegar, glucose syrup, sugar, modified corn starch, dextrose, xanthan gum
mixed greens	V, GF		
salt	V, GF		
black pepper	V, GF		

TUSTIN LOCATION ONLY

MAJOR ALLERGENS

INGREDIENTS

"BEYOND" TACO SALAD - TUSTIN LOCATION ONLY - V, RGF

CONTAINS: SOY; COCONUT;

beyond chorizo	V, GF	COCONUT;	beyond beef (water, pea protein*, expeller-pressed canola oil, refined coconut oil, rice protein, natural flavors, cocoa butter, mung bean protein, methylcellulose, potato starch, apple extract, pomegranate extract, salt, potassium chloride, vinegar, lemon juice concentrate, sunflower lecithin, beet juice extract (for color)), red onion, chorizo spice (paprika, cumin, onion powder, oregano, thyme, black pepper, garlic powder, allspice), garlic
succotash	V, GF		jicama, sweet corn, black beans, onion, carrot, celery, garlic, thyme, salt, blended oil (canola/olive)
housemade superfood crunchies	V, GF		quinoa, millet, water, salt, black pepper, garlic powder, rice bran oil, nutritional yeast (inactive dry yeast, niacin (b3), pyroxidine hci (b6), riboflavin (b2), thiamin hcl (b1), folic acid, vitamin b12)
diced avocado	V, GF		avocado, salt, black pepper
romaine lettuce	V, GF		
kale	V, GF		
red onion	V, GF		
cilantro	V, GF		
grape tomatoes	V, GF		
vegan chipotle ranch dressing	V, GF	SOY;	vegan ranch (vegenaise (expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), filtered water, apple cider vinegar, olive oil, shelled hemp seeds, cold-pressed flaxseed oil, lemon juice concentrate, cold-pressed hemp seed oil, spices, mustard flour, xanthan gum, sea salt, natural flavor, garlic), chipotle vinaigrette (canola oil, chipotle puree (water, vinegar, chipotle jalapeno, tomato paste, salt, dried red chile, spices, onion powder, garlic powder), agave nectar, distilled vinegar, water, dijon mustard (distilled vinegar, water, mustard seed, sea salt, white wine, citric acid, turmeric, spices), olive oil, contains 2% or less of each of the following: salt, paprika, chili powder [chili pepper, spices, salt, silicon dioxide (anti-caking), garlic], xanthan gum), lime juice, white vinegar, chipotle paste (water, chipotle peppers, onion, vinegar, tomatoes, vegetable oil, sugar, salt, spices), salt, xanthan gum

SALADS

MAJOR ALLERGENS		INGREDIENTS
AVOCADO AND QUINOA SUPERFOOD ENSALADA - VG, RGF		
CONTAINS: MILK;		
quinoa and millet mix	V, GF	quinoa, millet, kosher salt, water
succotash	V, GF	jicama, sweet corn, black beans, onion, carrot, celery, garlic, thyme, salt, blended oil (canola/olive)
cotija cheese	VG, GF	MILK; pasteurized grade a whole milk, salt, cultures, enzymes, and cellulose
diced avocado	V, GF	avocado, salt, black pepper
housemade superfood crunchies	V, GF	quinoa, millet, water, salt, black pepper, garlic powder, rice bran oil, nutritional yeast (inactive dry yeast, niacin (b3), pyroxidine hci (b6), riboflavin (b2), thiamin hcl (b1), folic acid, vitamin b12)
romaine lettuce	V, GF	
kale	V, GF	
grape tomatoes	V, GF	
red onion	V, GF	
cilantro	V, GF	
chipotle vinaigrette	V, GF	canola oil, chipotle puree (water, vinegar, chipotle jalapeno, tomato paste, salt, dried red chile, spices, onion powder, garlic powder), agave nectar, distilled vinegar, water, dijon mustard (distilled vinegar, water, mustard seed, sea salt, white wine, citric acid, turmeric, spices), olive oil, contains 2% or less of each of the following: salt, paprika, chili powder [chili pepper, spices, salt, silicon dioxide (anti-caking), garlic], xanthan gum

SALADS

MAJOR ALLERGENS		INGREDIENTS
THE IMPOSSIBLE TACO SALAD - V, RGF		
CONTAINS: SOY; COCONUT;		
impossible chorizo	V, GF	SOY; COCONUT; impossible burger (water, soy protein concentrate, coconut oil, sunflower oil, natural flavors, 2% or less of: potato protein, methylcellulose, yeast extract, cultured dextrose, food starch modified, soy leghemoglobin, salt, soy protein isolate, mixed tocopherols, zinc gluconate, thiamin hydrochloride, sodium ascorbate, niacin, pyridoxine hydrochloride, riboflavin, vitamin b12), red onion, chorizo spice (paprika, cumin, onion powder, oregano, thyme, black pepper, garlic powder, allspice), garlic
succotash	V, GF	jicama, sweet corn, black beans, onion, carrot, celery, garlic, thyme, salt, blended oil (canola/olive)
housemade superfood crunchies	V, GF	quinoa, millet, water, salt, black pepper, garlic powder, rice bran oil, nutritional yeast (inactive dry yeast, niacin (b3), pyroxidine hci (b6), riboflavin (b2), thiamin hcl (b1), folic acid, vitamin b12)
diced avocado	V, GF	avocado, salt, black pepper
romaine lettuce	V, GF	
kale	V, GF	
red onion	V, GF	
cilantro	V, GF	
grape tomatoes	V, GF	
vegan chipotle ranch dressing	V, GF	SOY; vegan ranch (vegenaise (expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), filtered water, apple cider vinegar, olive oil, shelled hemp seeds, cold-pressed flaxseed oil, lemon juice concentrate, cold-pressed hemp seed oil, spices, mustard flour, xanthan gum, sea salt, natural flavor, garlic), chipotle vinaigrette (canola oil, chipotle puree (water, vinegar, chipotle jalapeno, tomato paste, salt, dried red chile, spices, onion powder, garlic powder), agave nectar, distilled vinegar, water, dijon mustard (distilled vinegar, water, mustard seed, sea salt, white wine, citric acid, turmeric, spices), olive oil, contains 2% or less of each of the following: salt, paprika, chili powder [chili pepper, spices, salt, silicon dioxide (anti-caking), garlic], xanthan gum), lime juice, white vinegar, chipotle paste (water, chipotle peppers, onion, vinegar, tomatoes, vegetable oil, sugar, salt, spices), salt, xanthan gum
PINK LADY BEETS & GOAT CHEESE SALAD - RGF		
CONTAINS: MILK; TREENUT (almond);		
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
honey roasted almonds	VG, GF	TREENUT (almond); almonds, blended oil (canola/olive), honey, sugar, salt, spices
marinated beets	V, GF	beets, champagne vinegar, salt, citrus vinaigrette (blended oil (canola/olive), orange juice, champagne vinegar, shallots, agave nectar, lemon juice, salt, xanthan gum)
herbed goat cheese	VG, GF	MILK; goat cheese (pasteurized goat milk, salt, cultures, vegetable rennet), honey, salt, herbs de provence (spices, lavender)
green apple	V, GF	
dried cranberries	V, GF	cranberries, sugar
red onion	V, GF	
mixed greens	V, GF	
romaine lettuce	V, GF	
citrus vinaigrette	V, GF	blended oil (canola/olive), orange juice, champagne vinegar, shallots, agave nectar, lemon juice, salt, xanthan gum

SALADS

MAJOR ALLERGENS		INGREDIENTS
THE MODERN CAESAR - RGF		
CONTAINS: EGG; MILK; FISH;		
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
housemade superfood crunchies	V, GF	quinoa, millet, water, salt, black pepper, garlic powder, rice bran oil, nutritional yeast (inactive dry yeast, niacin (b3), pyroxidine hci (b6), riboflavin (b2), thiamin hcl (b1), folic acid, vitamin b12)
grana padano	VG, GF	MILK; cow's milk, enzymes, milk
diced avocado	V, GF	avocado, salt, black pepper
kale	V, GF	
romaine lettuce	V, GF	
red onion	V, GF	
grape tomatoes	V, GF	
grated parmesan cheese	VG, GF	MILK; pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose
lemon juice	V, GF	
caesar dressing	GF	EGG; MILK; FISH; mayonnaise (canola oil, pasteurized liquid egg, water, organic sugar, distilled white vinegar, sea salt, mustard flour, lemon juice concentrate, xanthan gum), water, parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes, anti-caking [dairy solids, sugarcane, fiber, natamycin as a mold inhibitor]), garlic, worcestershire sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic cloves, tamarind extract, natural flavoring, chili pepper extract), anchovy paste (anchovies, salt, olive oil, acetic acid), lemon juice concentrate, pepper, garlic powder
caesar dressing (tx)	GF	EGG; FISH; red wine vinegar, lemon juice, garlic, anchovy paste (anchovies, salt, sunflower seed oil), mustard powder, worcestershire sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), kosher salt, black pepper, liquid pasteurized eggs (whole egg, citric acid), blended oil (canola/olive), mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor), xanthan gum

SALADS

MAJOR ALLERGENS		INGREDIENTS
"NOT SO FRIED" CHICKEN SALAD		
CONTAINS: SOY; WHEAT; MILK;		
romaine lettuce	V, GF	
mixed greens	V, GF	
mustard shallot vinaigrette	V	SOY; WHEAT; champagne vinegar, shallots, whole grain mustard, salt, black pepper, blended oil (canola/olive), mendocino mustard (vinegar, sugar, unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), mustard seed, soy lecithin, olive oil, xanthan gum)
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
mustard pickle slaw	V	SOY; WHEAT; celery, yellow onion, carrot, cauliflower, kosher salt, apple cider vinegar, sugar, celery seed, dry ginger, turmeric, water, whole grain mustard, french's yellow mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric), blended oil (canola/olive), green cabbage, red cabbage, mendocino mustard (vinegar, sugar, unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), mustard seed, soy lecithin, olive oil, xanthan gum), bread & butter pickles (cucumbers, water, cane sugar, white vinegar, salt, onions, peppers, celery seed, mustard seed, turmeric, calcium chloride)
pickled red onions	V, GF	red onion, sugar, vinegar
krispies	VG	WHEAT; MILK; flour, buttermilk, polenta, parsley, spices, salt, rice bran oil, grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), garlic
grape tomatoes	V, GF	
tangy bbq sauce	V, GF	tangy mustard (french's yellow mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric), brown sugar, molasses, white vinegar, garlic powder, salt), bbq sauce (water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne, cumin, oregano)
MAMA CHEN'S CHINESE CHICKEN SALAD		
CONTAINS: SOY; WHEAT; TREENUT (cashew); SEEDS;		
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
cabbage kale slaw	V, GF	napa cabbage, kale, carrot, bean sprouts
crispy wontons	V	WHEAT; enriched wheat flour, water, salt, potato starch
romaine lettuce	V, GF	
spinach	V, GF	
scallion	V, GF	
cilantro	V, GF	
cashew	V, GF	TREENUT (cashew);
miso mustard vinaigrette	V	SOY; WHEAT; SEEDS; miso (water, soybeans, cultured rice and sea salt), agave syrup, rice vinegar, canola oil, extra virgin olive oil, dijon mustard (water, mustard seeds, vinegar, salt), whole grain mustard (water, mustard seeds, vinegar, salt), brown sugar, contains 2% or less of each of the following: hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seeds, wheat flour, garlic, chili pepper, acetic acid), sesame seeds, sesame oil

SALADS

MAJOR ALLERGENS		INGREDIENTS
MAMA CHEN'S CHINESE VEGAN-STYLE SALAD - V		
CONTAINS: SOY; WHEAT; TREENUT (cashew); SEEDS;		
marinated tofu	V	SOY; WHEAT; organic tofu (water, organic soybeans, calcium sulfate, calcium chloride), olive oil, sesame oil, thai chili oil (soybean oil, chile), rice vinegar, tamari or soy sauce (water, organic soybeans, salt, organic alcohol (may contain wheat)), braggs liquid aminos (non-gmo soybeans, purified water), agave nectar, garlic, ginger, cheffy spice (salt, black pepper, white pepper, garlic powder)
cabbage kale slaw	V, GF	napa cabbage, kale, carrot, bean sprouts
crispy wontons	V	WHEAT; enriched wheat flour, water, salt, potato starch
romaine lettuce	V, GF	
spinach	V, GF	
scallion	V, GF	
cilantro	V, GF	
cashew	V, GF	TREENUT (cashew);
miso mustard vinaigrette	V	SOY; WHEAT; SEEDS; miso (water, soybeans, cultured rice and sea salt), agave syrup, rice vinegar, canola oil, extra virgin olive oil, dijon mustard (water, mustard seeds, vinegar, salt), whole grain mustard (water, mustard seeds, vinegar, salt), brown sugar, contains 2% or less of each of the following: hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seeds, wheat flour, garlic, chili pepper, acetic acid), sesame seeds, sesame oil

SALADS

MAJOR ALLERGENS		INGREDIENTS
THAI MANGO SALAD		
CONTAINS: SOY; WHEAT; TREENUT (almond); FISH;		
cabbage kale slaw	V, GF	napa cabbage, kale, carrot, bean sprouts
romaine lettuce	V, GF	
spinach	V, GF	
ramen noodles	V	WHEAT; ramen (water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola oil, potassium carbonate, sodium carbonate, salt, annatto extract (color), turmeric (color).), blended oil (canola/olive), water
pickled daikon & carrots	V, GF	daikon, carrot, vinegar, salt, sugar
thai basil	V, GF	
mint	V, GF	
thai almond dressing		SOY; WHEAT; TREENUT (almond); FISH; ginger honey ponzu vinaigrette (honey, tamari or soy sauce (water, organic soybeans, salt, organic alcohol (may contain wheat)), garlic, ginger, xanthan gum, blended oil (canola/olive), olive oil, rice vinegar, ponzu with lime (water, naturally brewed soy sauce (water, soybeans, wheat, salt, alcohol), vinegar, sugar, salt, lime juice concentrate, natural flavor, yeast extract, sodium benzoate: less than 1/10 of 1% as a preservative)), blended oil (canola/olive), sesame oil, rice vinegar, lime juice, fish sauce (anchovy extract, water, salt, fructose, hydrolysed vegetable protein), almond butter, honey, ginger, brown sugar, garlic, tamarind, salt, sambal chile paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum)
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
mango	V, GF	
fried shallots	V, GF	
honey roasted almonds	VG, GF	TREENUT (almond); almonds, blended oil (canola/olive), honey, sugar, salt, spices
cilantro	V, GF	
lime	V, GF	

BOWLS

MAJOR ALLERGENS		INGREDIENTS
CHIMICHURRI STEAK & SHISHITO BOWL		
spinach	V, GF	
grain blend	V	brown rice (brown rice, water, salt, garlic powder, vegetable base (carrot, celery, onion, salt, yeast extract, organic maltodextrin, evaporated cane juice, sunflower oil, natural flavors, turmeric)), garlic powder, black barley, red quinoa (quinoa, kosher salt, water)
caramelized onion jam	V, GF	onion, cane sugar, distilled vinegar, sunflower oil, sea salt, spices, ascorbic acid
chimichurri	V, GF	olive oil, red wine vinegar, parsley, garlic, crushed red chile flake, oregano, salt, black pepper
steak	GF	beef tri-tip (beef tri-tip, extra virgin olive oil, garlic, sea salt, dijon mustard (distilled vinegar, water, mustard seed, salt, white wine [contains sulfites], sugar, spices & turmeric) & black pepper)
broccolini	V, GF	
shishito pepper	V, GF	
grape tomatoes	V, GF	
red onion	V, GF	
blended oil (canola/olive)	V, GF	
salt	V, GF	
black pepper	V, GF	
lemon	V, GF	
SMOKY CHICKEN ELOTE BOWL		
CONTAINS: MILK;		
mendo slaw	V, GF	red cabbage, green cabbage, carrot
esquites	GF	blended oil (canola/olive), fresh chopped garlic, dried guajillo chiles, dried chipotle peppers, onion, smoked tomatoes (tomato, blended oil (canola/olive)), smoked tomatillos (tomatillo, blended oil (canola/olive)), water, corn tortilla, chicken base (chicken meat with natural juices, salt, organic cane juice solids, maltodextrin, chicken fat, yeast extract, natural flavors, dried onion, potato flour, spice extractives, turmeric), salt, sweet corn, epazote, zucchini
grain blend	V	brown rice (brown rice, water, salt, garlic powder, vegetable base (carrot, celery, onion, salt, yeast extract, organic maltodextrin, evaporated cane juice, sunflower oil, natural flavors, turmeric)), garlic powder, black barley, red quinoa (quinoa, kosher salt, water)
al pastor chicken	GF	chicken thighs (chicken thigh (chicken, water, sugar, salt), blended oil (canola/olive), salt, black pepper, white pepper, garlic powder), al pastor marinade (garlic, shallots, habanero, annatto, orange juice, lime juice, salt, coriander, cumin, black pepper, allspice, cloves, blended oil (canola/olive))
tortilla strips	V, GF	corn masa flour, sunflower, safflower, canola oil and/or corn oil, salt, trace of lime
crema	VG, GF	MILK; sour cream, lime juice, salt
cotija cheese	VG, GF	MILK; pasteurized grade a whole milk, salt, cultures, enzymes, and cellulose
pico de gallo	V, GF	jalapeno, lime juice, salt, tomato, red onion
lime	V, GF	
cilantro	V, GF	

KIDS MEALS

MAJOR ALLERGENS		INGREDIENTS	
GRILLED CHEDDAR CHEESE SANDWICH - VG, RGF			
CONTAINS: MILK;			
farmhouse cheddar	VG, GF	MILK;	pasteurized milk, enzymes, salt, annatto coloring
butter	VG, GF	MILK;	
PEANUT BUTTER & JELLY - V, RGF			
CONTAINS: PEANUT;			
peanut butter	V, GF	PEANUT;	peanuts, flaxseed, agave syrup, peanut oil, palm fruit oil, salt
organic strawberry rhubarb jam	V, GF		organic strawberries, organic rhubarb, organic cane sugar, organic lemon juice, apple pectin
CHEDDAR CHEESE QUESADILLA - VG, RGF			
CONTAINS: MILK;			
farmhouse cheddar	VG, GF	MILK;	pasteurized milk, enzymes, salt, annatto coloring
blended oil (canola/olive)	V, GF		
TURKEY & CHEDDAR SANDWICH - RGF			
CONTAINS: MILK;			
farmhouse cheddar	VG, GF	MILK;	pasteurized milk, enzymes, salt, annatto coloring
roasted turkey breast	GF		turkey, turkey broth, sea salt, soybean oil, turkey fat, natural flavor, onion powder, sage
butter	VG, GF	MILK;	
CRISPY CHICKEN (SELECT LOCATIONS)			
CONTAINS: SOY; WHEAT;			
chicken tenders		WHEAT;	chicken breast meat tenders. marinated in water and sea salt. breaded in unbleached wheat flour, water, cane sugar, dried yeast, sea salt, black pepper, paprika. flash fried in organic expeller pressed soybean oil to set breading.
vegan ranch	V, GF	SOY;	vegenaise (expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), filtered water, apple cider vinegar, olive oil, shelled hemp seeds, cold-pressed flaxseed oil, lemon juice concentrate, cold-pressed hemp seed oil, spices, mustard flour, xanthan gum, sea salt, natural flavor, garlic
ketchup	V, GF		organic tomato puree, organic sugar, organic vinegar, sea salt, organic onion powder, natural flavor, organic garlic powder
SIDES - V, GF			
apples	V, GF		apples, lemon juice, water
celery and carrots	V, GF		

SAUCES & DRESSINGS

MAJOR ALLERGENS		INGREDIENTS	
SAUCES			
aji amarillo sauce	GF	FISH;	chilies, vinegar, blended oil (canola/olive), sugar, salt, garlic, fish sauce (anchovy extract, water, salt, fructose, hydrolysed vegetable protein)
balsamic glaze	V, GF		balsamic vinegar, glucose syrup, sugar, modified corn starch, dextrose, xanthan gum
french's yellow mustard	V, GF		distilled vinegar, water, #1 grade mustard seed, salt, turmeric
jalapeno salsa verde	V, GF		chile de arbol, garlic, blended oil (canola/olive), tomatillo, water, salt, jalapeno
mustard pickle remoulade	VG	SOY; WHEAT; MILK;	celery, yellow onion, cauliflower, carrot, kosher salt, apple cider vinegar, sugar, celery seed, dry ginger, turmeric, water, whole grain mustard, blended oil (canola/olive), sour cream, mendocino mustard (vinegar, sugar, unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), mustard seed, soy lecithin, olive oil, xanthan gum), bread & butter pickles (cucumbers, water, cane sugar, white vinegar, salt, onions, peppers, celery seed, mustard seed, turmeric, calcium chloride)
smokey 1000 island	V, GF	SOY;	onion, garlic, white vinegar, cumin, coriander, lime juice, xanthan gum, vegenaïse, sir kensington's ketchup (tomatoes, tomato paste, fair trade organic cane sugar, water, onions, distilled vinegar, salt, jalapeno peppers, lime juice concentrate, green bell peppers, chipotle pepper, coriander, chili pepper, allspice), chipotle puree (water, chipotle peppers, onion, vinegar, tomatoes, vegetable oil, sugar, salt, spices)
sriracha mayonnaïse	VG, GF	EGG;	mayonnaïse (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor), sriracha (red chili peppers, distilled vinegar, garlic powder, sugar, salt, spice), fresh chopped garlic, sugar, salt
sweet chili sauce	V, GF		chili sauce sweet (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, rice vinegar, modified tapioca starch, salt and xanthan gum), rice vinegar, water, sambal chile paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum), thai basil, salt
tangy bbq sauce	V, GF		tangy mustard (french's yellow mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric), brown sugar, molasses, white vinegar, garlic powder, salt), bbq sauce (water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne, cumin, oregano)
vegan aioli	V, GF	SOY;	vegan mayonnaïse (expeller pressed canola oil, water, brown rice syrup, apple cider vinegar, isolated soy protein, sea salt, mustard flour, lemon juice concentrate, natural color (from fruit & vegetable juices))

SAUCES & DRESSINGS

MAJOR ALLERGENS		INGREDIENTS
DRESSINGS		
caesar dressing	GF	EGG; MILK; FISH; mayonnaise (canola oil, pasteurized liquid egg, water, organic sugar, distilled white vinegar, sea salt, mustard flour, lemon juice concentrate, xanthan gum), water, parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes, anti-caking [dairy solids, sugarcane, fiber, natamycin as a mold inhibitor]), garlic, worcestershire sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic cloves, tamarind extract, natural flavoring, chili pepper extract), anchovy paste (anchovies, salt, olive oil, acetic acid), lemon juice concentrate, pepper, garlic powder
caesar dressing (tx)	GF	EGG; FISH; red wine vinegar, lemon juice, garlic, anchovy paste (anchovies, salt, sunflower seed oil), mustard powder, worcestershire sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), kosher salt, black pepper, liquid pasteurized eggs (whole egg, citric acid), blended oil (canola/olive), mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor), xanthan gum
chipotle vinaigrette	V, GF	canola oil, chipotle puree (water, vinegar, chipotle jalapeno, tomato paste, salt, dried red chile, spices, onion powder, garlic powder), agave nectar, distilled vinegar, water, dijon mustard (distilled vinegar, water, mustard seed, sea salt, white wine, citric acid, turmeric, spices), olive oil, contains 2% or less of each of the following: salt, paprika, chili powder [chili pepper, spices, salt, silicon dioxide (anti-caking), garlic], xanthan gum
citrus vinaigrette	V, GF	blended oil (canola/olive), orange juice, champagne vinegar, shallots, agave nectar, lemon juice, salt, xanthan gum
fresh herb buttermilk ranch	VG, GF	EGG; MILK; ranch dressing (soybean oil, cultured buttermilk, water, maltodextrin, distilled vinegar, egg yolk, contains less than 2% of salt, sugar, garlic, dried buttermilk solids, lactic acid, spice, xanthan gum, onion, corn starch, mustard seed, guar gum, autolyzed yeast extract, natural flavor), chives, dill, basil, garlic, agave nectar, lemon juice, oregano
farmhouse vinaigrette	V, GF	balsamic vinegar, sherry vinegar, blended oil (canola/olive), dijon mustard (water, mustard seed, distilled vinegar, salt, fair trade organic cane sugar, chablis wine), agave nectar, maple syrup, salt, black pepper, xanthan gum
greek yogurt poppyseed vinaigrette	VG, GF	MILK; greek yogurt (grade a pasteurized milk and cream, live active yogurt cultures (l. bulgaricus, s. thermophilus, l. acidophilus, bifidus, l. casei)), 120 grain vinegar, agave nectar, blended oil (canola/olive), lemon juice, salt
miso mustard vinaigrette	V	SOY; WHEAT; SEEDS; miso (water, soybeans, cultured rice and sea salt), agave syrup, rice vinegar, canola oil, extra virgin olive oil, dijon mustard (water, mustard seeds, vinegar, salt), whole grain mustard (water, mustard seeds, vinegar, salt), brown sugar, contains 2% or less of each of the following: hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seeds, wheat flour, garlic, chili pepper, acetic acid), sesame seeds, sesame oil
thai almond dressing		SOY; WHEAT; TREENUT (almond); FISH; ginger honey ponzu vinaigrette (honey, tamari or soy sauce (water, organic soybeans, salt, organic alcohol (may contain wheat))), garlic, ginger, xanthan gum, blended oil (canola/olive), olive oil, rice vinegar, ponzu with lime (water, naturally brewed soy sauce (water, soybeans, wheat, salt, alcohol), vinegar, sugar, salt, lime juice concentrate, natural flavor, yeast extract, sodium benzoate: less than 1/10 of 1% as a preservative)), blended oil (canola/olive), sesame oil, rice vinegar, lime juice, fish sauce (anchovy extract, water, salt, fructose, hydrolysed vegetable protein), almond butter, honey, ginger, brown sugar, garlic, tamarind, salt, sambal chile paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum)

SAUCES & DRESSINGS

		MAJOR ALLERGENS	INGREDIENTS
vegan chipotle ranch dressing	V, GF	SOY;	vegan ranch (vegenaise (expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), filtered water, apple cider vinegar, olive oil, shelled hemp seeds, cold-pressed flaxseed oil, lemon juice concentrate, cold-pressed hemp seed oil, spices, mustard flour, xanthan gum, sea salt, natural flavor,garlic), chipotle vinaigrette (canola oil, chipotle puree (water, vinegar, chipotle jalapeno, tomato paste, salt, dried red chile, spices, onion powder, garlic powder), agave nectar, distilled vinegar, water, dijon mustard (distilled vinegar, water, mustard seed, sea salt, white wine, citric acid, turmeric, spices), olive oil, contains 2% or less of each of the following: salt, paprika, chili powder [chili pepper, spices, salt, silicon dioxide (anti-caking), garlic], xanthan gum), lime juice, white vinegar, chipotle paste (water, chipotle peppers, onion, vinegar, tomatoes, vegetable oil, sugar, salt, spices), salt, xanthan gum
vegan ranch	V, GF	SOY;	vegenaise (expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), filtered water, apple cider vinegar, olive oil, shelled hemp seeds, cold-pressed flaxseed oil, lemon juice concentrate, cold-pressed hemp seed oil, spices, mustard flour, xanthan gum, sea salt, natural flavor,garlic

DELI CASE

MAJOR ALLERGENS		INGREDIENTS	
DELI CASE			
curried couscous	V	SOY; WHEAT;	curry couscous (water, vegan mayonnaise (expeller pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), couscous, cauliflower, carrots, brown sugar, lemon juice, kosher salt, cilantro, canola/olive oil blend, ground turmeric, curry powder, cayenne, pepper, coriander, cumin)
kale & apple salad	VG, GF	MILK; TREENUT (pecan); COCONUT;	kale, apple, rainbow carrots, pecan praline (sugar, pecan, butter, natural flavor, salt), dried cranberries (cranberries, sugar), thai basil, lemon juice, olive oil, salt, black pepper, toasted coconut
mediterranean bean salad	VG, GF	MILK;	cannellini beans, chickpeas, cucumber, orange peppers, red onion, peppadew peppers (piquanté peppers, water, sugar, spirit vinegar, salt, antioxidants: citric acid & ascorbic acid, firming agent: calcium chloride), feta cheese (pasteurized cow's milk, cultures, vegetable rennet, salt), kale, lemon juice, garlic, salt, herbal red wine vinaigrette (olive oil, red wine vinegar, garlic, oregano, thyme, basil, black pepper, sugar, salt, xanthan gum)
pickles & dill potato salad	V, GF	SOY;	potato, bread & butter pickles (cucumbers, water, cane sugar, white vinegar, salt, onions, peppers, celery seed, mustard seed, turmeric, calcium chloride), dill, my mendo mustard (sugar, mustard powder, distilled vinegar, water, salt), vegenaïse, rice vinegar, salt
basil pesto shells	VG	WHEAT; MILK;	pasta shells (durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), arugula, sun-dried tomatoes, feta cheese (pasteurized cow's milk, cultures, vegetable rennet, salt), grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), basil pesto (olive oil, blended oil (canola/olive), grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), basil, garlic, salt), salt, black pepper

BEVERAGES

MAJOR ALLERGENS

INGREDIENTS

LEMONADE - V, GF

sugar	V, GF
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water	V, GF
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lemon juice	V, GF
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CATERING

MAJOR ALLERGENS

INGREDIENTS

SPRING & SUMMER FARMERS MARKET SALAD - VG, RGF

CONTAINS: TREENUT (almond);

mixed greens	V, GF		
quinoa and millet mix	V, GF		quinoa, millet, kosher salt, water
strawberry	V, GF		
lemon juice	V, GF		
endive	V, GF		
honey roasted almonds	VG, GF	TREENUT (almond);	almonds, blended oil (canola/olive), honey, sugar, salt, spices
farmhouse vinaigrette	V, GF		balsamic vinegar, sherry vinegar, blended oil (canola/olive), dijon mustard (water, mustard seed, distilled vinegar, salt, fair trade organic cane sugar, chablis wine), agave nectar, maple syrup, salt, black pepper, xanthan gum

FALL & WINTER FARMERS MARKET SALAD - VG, RGF

CONTAINS: MILK; TREENUT (almond);

mixed greens	V, GF		
grapes	V, GF		
fig	V, GF		
feta cheese	VG, GF	MILK;	pasteurized cow's milk, cultures, vegetable rennet, salt
honey roasted almonds	VG, GF	TREENUT (almond);	almonds, blended oil (canola/olive), honey, sugar, salt, spices
farmhouse vinaigrette	V, GF		balsamic vinegar, sherry vinegar, blended oil (canola/olive), dijon mustard (water, mustard seed, distilled vinegar, salt, fair trade organic cane sugar, chablis wine), agave nectar, maple syrup, salt, black pepper, xanthan gum

FIELD GREENS SALAD - V, RGF

mixed greens	V, GF		
grape tomatoes	V, GF		
green apple	V, GF		
red onion	V, GF		
farmhouse vinaigrette	V, GF		balsamic vinegar, sherry vinegar, blended oil (canola/olive), dijon mustard (water, mustard seed, distilled vinegar, salt, fair trade organic cane sugar, chablis wine), agave nectar, maple syrup, salt, black pepper, xanthan gum

CATERING CHEFFY COCKTAIL SANDWICHES

MAJOR ALLERGENS		INGREDIENTS	
CAPRESE - VG, RGF			
CONTAINS: MILK;			
fresh mozzarella	VG, GF	MILK;	pasteurized milk, vinegar, enzymes, salt
basil pesto	VG, GF	MILK;	olive oil, blended oil (canola/olive), grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), basil, garlic, salt
balsamic glaze	V, GF		balsamic vinegar, glucose syrup, sugar, modified corn starch, dextrose, xanthan gum
tomato	V, GF		
mixed greens	V, GF		
salt	V, GF		
black pepper	V, GF		
BBQ CHICKEN & GOUDA - RGF			
CONTAINS: MILK;			
roasted chicken breast	GF		chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
tangy bbq sauce	V, GF		tangy mustard (french's yellow mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric), brown sugar, molasses, white vinegar, garlic powder, salt), bbq sauce (water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne, cumin, oregano)
smoked gouda	VG, GF	MILK;	maasdam cheese, pasteurized milk, vegetable rennet, enzymes, salt, water, butter, maize starch, whey powder
red onion	V, GF		
cilantro	V, GF		
BALSAMIC STEAK & BACON - RGF			
CONTAINS: EGG;			
steak	GF		beef tri-tip (beef tri-tip, extra virgin olive oil, garlic, sea salt, dijon mustard (distilled vinegar, water, mustard seed, salt, white wine [contains sulfites], sugar, spices & turmeric) & black pepper)
bacon	GF		pork, water, salt, turbinado sugar, celery powder, natural flavorings, sea salt
balsamic glaze	V, GF		balsamic vinegar, glucose syrup, sugar, modified corn starch, dextrose, xanthan gum
herb aioli	VG, GF	EGG;	blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
arugula	V, GF		

CATERING CHEFFY COCKTAIL SANDWICHES

MAJOR ALLERGENS		INGREDIENTS	
TUSCAN STEAK - RGF			
CONTAINS: EGG; MILK;			
steak	GF		beef tri-tip (beef tri-tip, extra virgin olive oil, garlic, sea salt, dijon mustard (distilled vinegar, water, mustard seed, salt, white wine [contains sulfites], sugar, spices & turmeric) & black pepper)
basil pesto	VG, GF	MILK;	olive oil, blended oil (canola/olive), grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), basil, garlic, salt
marinated red peppers	V, GF		red peppers, cilantro, parsley, garlic, sugar, salt, blended oil (canola/olive), vinegar
herb aioli	VG, GF	EGG;	blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
arugula	V, GF		
lemon juice	V, GF		
ITALIAN PROSCIUTTO & FIG - RGF			
CONTAINS: MILK;			
herbed goat cheese	VG, GF	MILK;	goat cheese (pasteurized goat milk, salt, cultures, vegetable rennet), honey, salt, herbs de provence (spices, lavender)
prosciutto	GF		pork, salt
fig jam	V, GF		figs, pure cane sugar, oranges, fruit pectin, citric acid, lactic acid, ascorbic acid
arugula	V, GF		
lemon juice	V, GF		

CATERING SKEWERS & APPETIZERS

MAJOR ALLERGENS		INGREDIENTS
CAPRESE - VG, GF		
CONTAINS: MILK;		
fresh mozzarella	VG, GF	MILK; pasteurized milk, vinegar, enzymes, salt
tomato	V, GF	
arugula	V, GF	
farmhouse vinaigrette	V, GF	balsamic vinegar, sherry vinegar, blended oil (canola/olive), dijon mustard (water, mustard seed, distilled vinegar, salt, fair trade organic cane sugar, chablis wine), agave nectar, maple syrup, salt, black pepper, xanthan gum
CHILI RUBBED CHICKEN - GF		
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
chili rub	V, GF	blended oil (canola/olive), cilantro, chili powder, paprika, cayenne powder
blended oil (canola/olive)	V, GF	
cilantro	V, GF	
sweet chili sauce	V, GF	chili sauce sweet (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, rice vinegar, modified tapioca starch, salt and xanthan gum), rice vinegar, water, sambal chile paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum), thai basil, salt
CHINESE TOFU - V		
CONTAINS: SOY; WHEAT; SEEDS;		
marinated tofu	V	SOY; WHEAT; organic tofu (water, organic soybeans, calcium sulfate, calcium chloride), olive oil, sesame oil, thai chili oil (soybean oil, chile), rice vinegar, tamari or soy sauce (water, organic soybeans, salt, organic alcohol (may contain wheat)), bragg's liquid aminos (non-gmo soybeans, purified water), agave nectar, garlic, ginger, cheffy spice (salt, black pepper, white pepper, garlic powder)
miso mustard vinaigrette	V	SOY; WHEAT; SEEDS; miso (water, soybeans, cultured rice and sea salt), agave syrup, rice vinegar, canola oil, extra virgin olive oil, dijon mustard (water, mustard seeds, vinegar, salt), whole grain mustard (water, mustard seeds, vinegar, salt), brown sugar, contains 2% or less of each of the following: hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seeds, wheat flour, garlic, chili pepper, acetic acid), sesame seeds, sesame oil
cilantro	V, GF	
asian sesame ranch	V	SOY; WHEAT; SEEDS; miso mustard vinaigrette (miso (water, soybeans, cultured rice and sea salt), agave syrup, rice vinegar, canola oil, extra virgin olive oil, dijon mustard (water, mustard seeds, vinegar, salt), whole grain mustard (water, mustard seeds, vinegar, salt), brown sugar, contains 2% or less of each of the following: hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seeds, wheat flour, garlic, chili pepper, acetic acid), sesame seeds, sesame oil), vegan ranch (vegenaise (expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), filtered water, apple cider vinegar, olive oil, shelled hemp seeds, cold-pressed flaxseed oil, lemon juice concentrate, cold-pressed hemp seed oil, spices, mustard flour, xanthan gum, sea salt, natural flavor, garlic)

CATERING SKEWERS & APPETIZERS

MAJOR ALLERGENS		INGREDIENTS
BBQ CHICKEN - GF		
CONTAINS: SOY;		
roasted chicken breast	GF	chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
tangy bbq sauce	V, GF	tangy mustard (french's yellow mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric), brown sugar, molasses, white vinegar, garlic powder, salt), bbq sauce (water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne, cumin, oregano)
vegan ranch	V, GF	SOY; vegenaïse (expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), filtered water, apple cider vinegar, olive oil, shelled hemp seeds, cold-pressed flaxseed oil, lemon juice concentrate, cold-pressed hemp seed oil, spices, mustard flour, xanthan gum, sea salt, natural flavor, garlic
PERUVIAN STEAK - GF		
CONTAINS: FISH;		
bacon	GF	pork, water, salt, turbinado sugar, celery powder, natural flavorings, sea salt
marinated red peppers	V, GF	red peppers, cilantro, parsley, garlic, sugar, salt, blended oil (canola/olive), vinegar
steak	GF	beef tri-tip (beef tri-tip, extra virgin olive oil, garlic, sea salt, dijon mustard (distilled vinegar, water, mustard seed, salt, white wine [contains sulfites], sugar, spices & turmeric) & black pepper)
arugula	V, GF	
tomato	V, GF	
salt	V, GF	
black pepper	V, GF	
aji amarillo sauce	GF	FISH; chilies, vinegar, blended oil (canola/olive), sugar, salt, garlic, fish sauce (anchovy extract, water, salt, fructose, hydrolysed vegetable protein)

CATERING KIDS

MAJOR ALLERGENS		INGREDIENTS	
CUCUMBER & CREAM CHEESE - VG, RGF			
CONTAINS: MILK;			
cream cheese	VG, GF	MILK;	pasteurized milk, pasteurized cream, skim milk, whey protein concentrate, whey, modified food starch, salt, carob bean gum, xanthan gum, guar gum, lactic acid, natamycin, vitamin a palmitate, cheese culture
cucumber	V, GF		
tomato	V, GF		
pickled red onions	V, GF		red onion, sugar, vinegar
arugula	V, GF		
salt	V, GF		
black pepper	V, GF		
TURKEY & SMOKED GOUDA - RGF			
CONTAINS: EGG; MILK;			
smoked gouda	VG, GF	MILK;	maasdam cheese, pasteurized milk, vegetable rennet, enzymes, salt, water, butter, maize starch, whey powder
roasted turkey breast	GF		turkey, turkey broth, sea salt, soybean oil, turkey fat, natural flavor, onion powder, sage
herb aioli	VG, GF	EGG;	blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
PB&J - V, RGF			
CONTAINS: PEANUT;			
peanut butter	V, GF	PEANUT;	peanuts, flaxseed, agave syrup, peanut oil, palm fruit oil, salt
organic strawberry rhubarb jam	V, GF		organic strawberries, organic rhubarb, organic cane sugar, organic lemon juice, apple pectin
TURKEY & CHEDDAR - RGF			
CONTAINS: MILK;			
farmhouse cheddar	VG, GF	MILK;	pasteurized milk, enzymes, salt, annatto coloring
roasted turkey breast	GF		turkey, turkey broth, sea salt, soybean oil, turkey fat, natural flavor, onion powder, sage
CHEDDAR CHEESE - VG, RGF			
CONTAINS: MILK;			
farmhouse cheddar	VG, GF	MILK;	pasteurized milk, enzymes, salt, annatto coloring

CATERING KIDS

MAJOR ALLERGENS		INGREDIENTS	
CHICKEN & HAVARTI - RGF			
CONTAINS: EGG; MILK;			
basil pesto	VG, GF	MILK;	olive oil, blended oil (canola/olive), grated parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), basil, garlic, salt
herb aioli	VG, GF	EGG;	blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
roasted chicken breast	GF		chicken breast (chicken breast, water, sea salt, sugar), salt, black pepper
havarti	VG, GF	MILK;	cultured pasteurized milk, salt, enzymes, annatto (for color)
arugula	V, GF		
VEGAN BANH MI - V			
CONTAINS: SOY; WHEAT;			
marinated tofu	V	SOY; WHEAT;	organic tofu (water, organic soybeans, calcium sulfate, calcium chloride), olive oil, sesame oil, thai chili oil (soybean oil, chile), rice vinegar, tamari or soy sauce (water, organic soybeans, salt, organic alcohol (may contain wheat)), braggs liquid aminos (non-gmo soybeans, purified water), agave nectar, garlic, ginger, cheffy spice (salt, black pepper, white pepper, garlic powder)
vegan aioli	V, GF	SOY;	vegan mayonnaise (expeller pressed canola oil, water, brown rice syrup, apple cider vinegar, isolated soy protein, sea salt, mustard flour, lemon juice concentrate, natural color (from fruit & vegetable juices))
pickled daikon & carrots	V, GF		daikon, carrot, vinegar, salt, sugar
sweet chili sauce	V, GF		chili sauce sweet (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, rice vinegar, modified tapioca starch, salt and xanthan gum), rice vinegar, water, sambal chile paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives and xanthan gum), thai basil, salt
cilantro	V, GF		
cucumber	V, GF		
jalapeno	V, GF		
thai basil	V, GF		

DESSERTS

		MAJOR ALLERGENS	INGREDIENTS
ROCKENWAGNER BAKERY DESSERTS - SERVED AT ALL SOCIAL LOCATIONS (MADE IN FACILITY THAT PROCESSES TREENUTS AND PEANUTS)			
blueberry bar	VG	EGG; WHEAT; MILK; COCONUT;	enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, modified food starch, milk powder (non-fat dry milk), flour - macaroon cookie mix (sugar, desiccated macaroon coconut, dextrose, dried egg whites, bleached enriched wheat flour), butter (large blocks)
brownie	VG	EGG; SOY; WHEAT; MILK;	beet sugar, butter (pasteurized cream, salt), eggs (whole eggs, citric acid), chocolate (cocoa, sugar, cocoa butter, soy lecithin, vanilla extract), all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), cocoa powder, vanilla extract (water, propylene glycol, ethyl alcohol, natural flavors, corn syrup, caramel color), salt
chocolate chip cookies	VG	EGG; SOY; WHEAT;	cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil blend (palm, canola and olive oils), beet sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin (an emulsifier), natural vanilla extract), sugar - light brown, eggs (whole eggs, citric acid), vanilla extract (water, propylene glycol, ethyl alcohol, natural flavors, corn syrup, caramel color), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda (sodium bicarbonate)
double chocolate chip cookies	VG	EGG; SOY; WHEAT; MILK;	chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin (an emulsifier, natural vanilla extract), butter, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar - light brown, beet sugar, eggs (whole eggs, citric acid), cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cocoa powder, vanilla extract (water, propylene glycol, ethyl alcohol, natural flavors, corn syrup, caramel color), salt, baking soda (sodium bicarbonate)
oatmeal raisin	VG	EGG; WHEAT;	rolled oats, vegetable oil blend (palm, canola and olive oils), beet sugar, seedless raisins, sugar - light brown, eggs (whole eggs, citric acid), cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda (sodium bicarbonate), vanilla extract (water, propylene glycol, ethyl alcohol, natural flavors, corn syrup, caramel color), ground cinnamon
white chocolate cranberry brownie	VG	EGG; SOY; WHEAT; MILK; TREENUT (walnut);	sugar - light brown, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), white chocolate (sugar, partially hydrogenated palm kernel oil, whey, non-fat milk, mono and diglyceride and soy lecithin emulsifiers, titanium dioxide for color), dried cranberries, butter (pasteurized cream, salt), walnut, whole eggs, vanilla extract (water, propylene glycol, ethyl alcohol, natural flavors, corn syrup, caramel color), ground cinnamon
PETIT PAINS BAKERY DESSERTS - SERVED AT ALL NORCAL LOCATIONS (MADE IN FACILITY THAT PROCESSES TREENUTS)			
brownie bar	VG	EGG; WHEAT; MILK;	enriched wheat flour, brown sugar, sugar, unsalted butter, eggs, cocoa powder, salt
raspberry bar	VG	EGG; WHEAT; MILK;	sugar, raspberries, water, glucose, sugar syrup, pectin, citric acid, vegetable gums, tricalcium phosphate, natural flavor, flour (enriched wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), brown sugar (sugar, molasses), unsalted butter, rolled oats, enriched malted wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking spray (blend of canola oil and soybean oil, capric/ caprylic triglycerides, phosphated, mono-diglycerides, calcium stearate, silicon dioxide, propellant, (non-chlorofluorocarbons)), salt

DESSERTS

		MAJOR ALLERGENS	INGREDIENTS
GRACEFUL COOKIE DESSERTS - SERVED IN NORCAL AND DALLAS (MADE IN FACILITY THAT PROCESSES PEANUTS AND TREENUTS)			
chocolate chunk	VG	EGG; SOY; WHEAT; MILK;	chocolate chunk (sugar, unsweetened chocolate, unsweetened chocolate processed with alkali, milkfat, soy lecithin (an emulsifier)), wheat flour, butter (sweet cream, salt), brown sugar, cane sugar, whole eggs (pasteurized), cream cheese (pasteurized cultured milk and cream, salt, stabilizers (guar gum and carob bean gum)), fruit syrup (rice dextrin, grape juice), molasses (unsulphured), baking soda, salt, alum-free baking powder, vanilla
flourless chocolate bomb	VG, GF	EGG; SOY; MILK; SEEDS;	powdered sugar (cane sugar, corn starch), chocolate chunk (sugar, unsweetened chocolate, unsweetened chocolate processed with alkali, milk fat, soy lecithin (an emulsifier), dextrose and soya lecithin)), cocoa powder, egg whites, water, fruit syrup (rice dextrin, grape juice), chia seeds, vanilla extract, salt
ginger molasses cookie	VG	EGG; WHEAT; MILK;	wheat flour (unbleached, unbromated), cane sugar, butter (sweet cream, salt), molasses, whole eggs (pasteurized), baking soda, cinnamon, nutmeg, cloves, ginger, salt
lemon cheesecake	VG	EGG; SOY; WHEAT; MILK;	wheat flour, cane sugar, cream cheese [pasteurized cultured milk and cream, salt, stabilizers (guar gum and carob bean gum)], butter (sweet cream, salt), whole eggs (pasteurized), fruit syrup (rice dextrin, grape juice), powdered sugar (cane sugar, non-gmo corn starch), natural lemon flavor (cane sugar, dextrose, fructose, lemon, natural flavor, non-gmo soy lecithin), baking soda, natural food color (plant extractive, non-gmo soy lecithin), salt
oatmeal, hemp, date cookie	V	WHEAT; COCONUT; SEEDS;	cane sugar, rolled oats, 100% whole grain wheat flour, coconut oil, dates (dates, oat flour), brown sugar, water, fruit syrup (rice dextrin, grape juice), hemp seed, chia seed, cinnamon, baking soda, salt
CAKE & BACON DESSERTS - SERVED AT HOUSTON LOCATIONS (MADE IN FACILITY THAT PROCESSES TREENUTS AND PEANUTS)			
chocolate chip cookie	VG	EGG; SOY; WHEAT; MILK;	brown sugar, granulated sugar, butter, eggs, vanilla, chocolate chips, salt, flour, baking soda, baking powder
double chocolate cookie	VG	EGG; SOY; WHEAT; MILK;	brown sugar, granulated sugar, cocoa powder, butter, eggs, vanilla, choc chips, flour, salt, baking powder, baking soda
cranberry walnut	VG	EGG; WHEAT; MILK; TREENUT (walnut);	dried cranberry, walnuts, rolled oats, eggs, sugar, butter, vanilla, baking powder, baking soda, flour
snickerdoodle	VG	WHEAT; MILK;	granulated sugar, vanilla, butter, baking powder, butter, flour, vanilla, cinnamon

OFF MENU

MAJOR ALLERGENS		INGREDIENTS	
ADULT GRILLED CHEESE - VG, RGF			
CONTAINS: SOY; MILK;			
farmhouse cheddar	VG, GF	MILK;	pasteurized milk, enzymes, salt, annatto coloring
vegan mayonnaise	V, GF	SOY;	expeller pressed canola oil, water, brown rice syrup, apple cider vinegar, isolated soy protein, sea salt, mustard flour, lemon juice concentrate, natural color (from fruit & vegetable juices)
ADULT PEANUT BUTTER & JELLY - V, RGF			
CONTAINS: PEANUT;			
peanut butter	V, GF	PEANUT;	peanuts, flaxseed, agave syrup, peanut oil, palm fruit oil, salt
organic strawberry rhubarb jam	V, GF		organic strawberries, organic rhubarb, organic cane sugar, organic lemon juice, apple pectin
MENDO'S CRISPY CHICKEN SANDWICH (AT SELECT LOCATIONS)			
CONTAINS: EGG; SOY; WHEAT;			
caramelized onion jam	V, GF		onion, cane sugar, distilled vinegar, sunflower oil, sea salt, spices, ascorbic acid
herb aioli	VG, GF	EGG;	blended oil (canola/olive), cilantro, parsley, lime juice, garlic, kosher salt, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, high fructose corn syrup, corn syrup, contains less than 2% of salt, spice, calcium disodium edta added to protect flavor)
chicken tenders		WHEAT;	chicken breast meat tenders. marinated in water and sea salt. breaded in unbleached wheat flour, water, cane sugar, dried yeast, sea salt, black pepper, paprika. flash fried in organic expeller pressed soybean oil to set breading.
cheffy spice	V, GF		salt, black pepper, white pepper, garlic powder
apple celery root vegan slaw	V, GF	SOY;	mendo slaw (red cabbage, green cabbage, carrot), celery root, granny smith apple, red onion, dill, vegan slaw dressing (vegenaise, 120 grain vinegar, sugar, celery salt, black pepper)
bread & butter pickles	V, GF		cucumbers, water, cane sugar, white vinegar, salt, onions, peppers, celery seed, mustard seed, turmeric, calcium chloride

SALAD STYLE

MAJOR ALLERGENS

INGREDIENTS

MENDO'S ORIGINAL PORK BELLY BANH MI - SALAD STYLE

CONTAINS: SOY; WHEAT; SEEDS;

cabbage kale slaw	V, GF		napa cabbage, kale, carrot, bean sprouts
cucumber	V, GF		
pickled daikon & carrots	V, GF		daikon, carrot, vinegar, salt, sugar
miso mustard vinaigrette	V	SOY; WHEAT; SEEDS;	miso (water, soybeans, cultured rice and sea salt), agave syrup, rice vinegar, canola oil, extra virgin olive oil, dijon mustard (water, mustard seeds, vinegar, salt), whole grain mustard (water, mustard seeds, vinegar, salt), brown sugar, contains 2% or less of each of the following: hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seeds, wheat flour, garlic, chili pepper, acetic acid), sesame seeds, sesame oil
caramelized pork belly		SOY; WHEAT;	pork belly, garlic, ginger, rice wine, brown sugar, tamari or soy sauce (water, organic soybeans, salt, organic alcohol (may contain wheat))
jalapeno	V, GF		
cilantro	V, GF		

AGUA FRESCA

MAJOR ALLERGENS		INGREDIENTS
AGUA FRESCA (SELECT LOCATIONS) - V, GF		
lemonade	V, GF	lemon juice, water, lemonade base (filtered water, lemon juice, cane sugar), agave nectar
beet ginger lemonade	V, GF	ginger, lemonade (lemon juice, water, lemonade base (filtered water, lemon juice, cane sugar), agave nectar), beet juice (organic beet juice, organic lemon juice)
rose lemonade	V, GF	dried hibiscus, rose water (distilled water, concentrated rose water, natural rose flavor), lemonade (lemon juice, water, lemonade base (filtered water, lemon juice, cane sugar), agave nectar)
spiced apple lemonade	V, GF	ginger, lemon juice, agave nectar, water, apple cider (pasteurized apple juice), cinnamon, cloves, cayenne powder
strawberry lemonade	V, GF	strawberry, lemonade (lemon juice, water, lemonade base (filtered water, lemon juice, cane sugar), agave nectar)
thai lemonade	V, GF	ginger, turmeric, lemongrass, thai basil, lemonade (lemon juice, water, lemonade base (filtered water, lemon juice, cane sugar), agave nectar)
cucumber basil agua fresca	V, GF	water, cucumber, agave nectar, lemon juice, basil
get your greens agua fresca	V, GF	celery, kale, spinach, ginger, water, apple cider (pasteurized apple juice), pineapple juice, lime juice, agave nectar

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
SANDWICHES												
"Not So Fried" Chicken	14.8 oz	900	450	48	6	0	85	1350	79	5	10	35
Peruvian Steak Sandwich	11.8 oz	760	410	46	13	0	110	2180	55	3	13	38
Prosciutto & Chicken	12.5 oz	830	410	43	11	0	90	1400	62	7	8	45
Mendo's Original Pork Belly Banh Mi	12.3 oz	780	440	48	11	0	70	780	61	4	10	24
Chimichurri Steak and Bacon	13.2 oz	940	490	54	10	0	110	2020	77	3	18	38
Mrs. Goldfarb's Unreal Reuben	15.7 oz	990	450	48	8	0	25	2640	98	8	19	41
Vegan Banh Mi	12.4 oz	670	270	29	3.5	0	0	1580	77	4	17	22
The Farm Club	13.9 oz	760	320	34	8	0	100	1620	69	6	7	40
A Sandwich Study of Heat	14.8 oz	730	260	27	7	0	95	1670	78	7	4	40
Sweet Heat Crispy Thai Chicken Sandwich (turbo chef)	14.3 oz	910	430	46	12	0	105	1950	89	6	34	35
Sweet Heat Crispy Thai Chicken Sandwich (fried)	14.2 oz	950	480	52	12	0	105	1920	88	6	34	33
Sweet Heat Thai Chicken Sandwich	12.8 oz	750	350	37	10	0	115	1750	74	5	32	30
Chicken Pesto Caprese	13.8 oz	860	460	49	10	0	90	1150	57	4	5	42
Chicken Pesto Caprese - Vegetarian	13.3 oz	1010	610	63	18	0	75	780	56	4	5	39
1/2 SANDWICH COMBOS												
Chicken Pesto Caprese - Vegetarian	6.7 oz	500	310	32	9	0	40	390	28	2	3	19
Chicken Pesto Caprese	6.9 oz	430	230	24	5	0	45	580	28	2	3	21
The Farm Club	7 oz	380	160	17	4	0	50	810	34	3	4	20
Vegan Banh Mi	6.2 oz	330	140	15	1.5	0	0	790	39	2	9	11
"Not So Fried" Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
Chimichurri Steak & Bacon	6.6 oz	470	240	27	5	0	55	1010	38	2	9	19
SALADS												
Avocado & Quinoa Superfood Ensalada	16.1 oz	690	470	51	8	0	20	1090	47	15	10	19
without dressing	14.1 oz	400	210	22	6	0	20	570	41	14	5	19
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
The Impossible Taco Salad	16.1 oz	640	440	46	8	0	0	980	44	16	7	19
without dressing	14.1 oz	400	210	21	6	0	0	440	41	15	6	19
The "Beyond" Taco Salad - Tustin location only	16.1 oz	650	460	48	6	0	0	950	42	15	7	20
without dressing	14.1 oz	410	220	23	4.5	0	0	420	39	15	5	20
Pink Lady Beets & Goat Cheese Salad	16.4 oz	840	530	59	9	0	75	1030	49	8	36	34
without dressing	14.4 oz	610	320	35	8	0	75	930	46	8	33	34
The Modern Caesar	11.4 oz	610	460	50	10	0	130	990	23	7	6	21
without dressing	9.4 oz	290	170	18	6	0	25	590	20	7	4	17
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
"Not So Fried" Chicken - Salad Style	19.1 oz	740	440	47	4.5	0	65	1510	50	7	21	31
without dressing	16.1 oz	470	220	23	3	0	65	1050	37	7	12	30
Mama Chen's Chinese Chicken Salad	13.7 oz	640	340	38	2	0	60	1010	48	5	17	33
without dressing	11.7 oz	420	180	20	0	0	60	680	33	5	6	31
Mama Chen's Chinese Vegan-Style Salad	13.7 oz	750	440	50	4	0	0	1300	57	6	19	27
without dressing	11.7 oz	520	280	32	2.5	0	0	970	41	5	7	26
Thai Mango Salad	19.7 oz	840	460	50	14	0	60	1780	70	12	38	35
without dressing	17.7 oz	640	320	34	12	0	60	1020	55	12	25	34
BOWLS												
Chimichurri Steak & Shishito Bowl	19.2 oz	770	390	43	6	0	65	1430	78	10	22	28
Smoky Chicken Elote Bowl	19.6 oz	710	330	36	9	0	170	2240	60	8	10	40

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
DELI SIDES												
Kale and Apple Salad												
Small	3.5 oz	250	190	21	3.5	0	0	125	17	3	8	1
Medium	7 oz	510	380	42	7	0	0	250	35	6	16	2
Large	14 oz	1020	770	85	15	0	0	500	69	11	31	5
Curried Couscous												
Small	4.5 oz	290	180	18	0	0	0	600	25	2	7	2
Medium	9 oz	580	360	36	0	0	0	1210	49	4	13	4
Large	18 oz	1160	720	72	0	0	0	2420	98	9	27	9
Basil Pesto Pasta Shells												
Small	3.5 oz	280	160	17	4	0	15	490	24	2	< 1g	9
Medium	7 oz	560	310	34	8	0	30	990	49	4	2	17
Large	14 oz	1130	620	68	16	0	60	1970	97	7	4	34
Almond Romesco Shells												
Small	3.5 oz	180	70	8	1	0	0	330	22	2	2	5
Medium	7 oz	350	140	16	2	0	0	660	44	4	4	10
Large	14 oz	700	290	31	3.5	0	< 5mg	1320	88	8	7	20
Mediterranean Bean Salad												
Small	4.5 oz	160	90	9	2	0	5	400	15	3	3	5
Medium	9 oz	320	170	18	4	0	10	790	30	7	6	10
Large	18 oz	640	350	36	8	0	20	1590	60	14	13	21
Pickles & Dill Potato Salad												
Small	4.5 oz	270	170	17	1	0	0	740	23	1	4	2
Medium	9 oz	550	340	34	2	0	0	1480	47	3	7	4
Large	18 oz	1100	680	69	4	0	0	2950	94	5	15	7
KIDS MEALS												
Grilled Cheddar Cheese Sandwich												
	5.4 oz	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly												
	4.9 oz	520	210	23	4.5	0	40	410	69	5	24	14
Cheddar Cheese Quesadilla												
	4.9 oz	410	230	24	11	0	45	670	35	7	0	16
Turkey & Cheddar Sandwich												
	6.1 oz	540	270	30	14	0	125	740	43	2	8	26
Crispy Chicken (turbo chef)												
	6.0 oz	320	130	14	2.5	0	60	670	18	2	3	30
Organic Ketchup												
	1.0 oz	35	0	0	0	0	0	320	8	0	7	0
Vegan Ranch Dressing												
	1.0 oz	120	120	13	1	0	0	120	< 1g	0	0	0
Apples												
	2 oz	35	0	0	0	0	0	0	8	2	5	0
DRESSINGS & SAUCES												
Chipotle Vinaigrette												
	2 fl oz	280	260	29	2.5	0	0	520	6	< 1g	5	0
Citrus Vinaigrette												
	2 fl oz	220	210	24	1.5	0	0	90	4	0	3	0
Fresh Herb Buttermilk Ranch												
	2 fl oz	240	210	24	3.5	0	20	360	6	0	2	2
Classic Caesar Dressing												
	2 fl oz	340	310	34	4	0	110	420	4	0	2	4
Farmhouse Vinaigrette												
	2 fl oz	280	250	28	2	0	0	330	9	0	7	0
Greek Yogurt Poppyseed Vinaigrette												
	2 fl oz	230	190	22	2	0	< 5mg	350	9	0	8	2
Jalapeno Salsa Verde												
	2 fl oz	25	15	2	0	0	0	170	3	< 1g	2	0
Miso Mustard Sesame Dressing												
	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
Mustard Pickle Remoulade												
	2 fl oz	120	90	10	2	0	5	230	6	0	5	0
Sriracha Mayonnaise												
	2 fl oz	330	310	35	4.5	0	30	490	4	0	3	0
Tangy BBQ Sauce												
	2 fl oz	50	0	0	0	0	0	540	13	0	12	< 1g
Thai Almond Dressing												
	2 fl oz	200	140	16	1.5	0	0	750	15	< 1g	14	1
Vegan Chipotle Ranch												
	2 fl oz	240	230	25	2	0	0	540	3	0	2	0
Vegan Ranch												
	2 fl oz	250	240	26	2	0	0	240	2	0	0	0

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
BREADS												
Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Gluten Free Bread	5.3 oz	420	170	18	2	0	0	920	62	6	8	6
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Potato Brioche Hoagie	2.5 oz	240	60	6	1	0	35	500	38	2	3	8
Rustic White	4.4 oz	320	0	0	0	0	0	560	66	2	0	10
Sesame Brioche	2.5 oz	280	80	8	2	0	40	250	43	2	8	8
Sesame Roll	4.0 oz	300	45	5	0.5	0	0	640	54	2	1	8
Soft Roll	4.5 oz	340	40	4.5	0	0	0	770	65	2	1	9
Walnut Cranberry Bread	3.8 oz	340	110	12	1	0	0	440	54	4	18	8
White Rye	4.2 oz	280	10	1.5	0	0	0	820	60	4	0	10
Whole Wheat Tortilla	3.3 oz	230	80	8	3	0	0	400	35	7	0	5

SOUPS												
Greek Lemon Chicken and Farro Soup cup	6 oz	150	90	9	5	0	45	790	8	1	2	7
Greek Lemon Chicken and Farro Soup bowl	12 oz	290	170	19	10	0	90	1580	17	2	4	14
Thai Curry Squash Soup cup	6 oz	100	45	5	3.5	0	0	450	14	2	6	2
Thai Curry Squash Soup bowl	12 oz	190	90	10	7	0	0	910	27	3	11	3

BEVERAGES												
Puck's - Diet Black Cherry small	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Diet Black Cherry large	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Black Cherry small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
Puck's - Black Cherry large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Vanilla Cream small	12 fl oz	150	0	0	0	0	0	0	37	0	37	0
Puck's - Vanilla Cream large	20 fl oz	250	0	0	0	0	0	0	62	0	62	0
Puck's - Root Beer small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
Puck's - Root Beer large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Mandarin Orange small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
Puck's - Mandarin Orange large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Lemon Lime small	12 fl oz	140	0	0	0	0	0	0	35	0	35	0
Puck's - Lemon Lime large	20 fl oz	230	0	0	0	0	0	0	58	0	58	0
Puck's - Diet Cola small	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Diet Cola large	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Cola small	12 fl oz	150	0	0	0	0	0	0	37	0	37	0
Puck's - Cola large	20 fl oz	250	0	0	0	0	0	0	62	0	62	0
Iced Tea small	12 fl oz	5	0	0	0	0	0	10	1	0	0	0
Iced Tea large	20 fl oz	5	0	0	0	0	0	20	2	0	0	0
Lemonade - small	12 fl oz	170	0	0	0	0	0	20	44	0	39	0
Lemonade - large	20 fl oz	290	0	0	0	0	0	35	74	0	65	0
Organic Valley Milk	6.75 fl oz	90	20	2	1.5	0	10	105	10	0	10	7

AGUA FRESCAS												
Lemonade - small	12 oz	190	0	0	0	0	0	20	51	0	44	0
Lemonade - large	20 oz	320	0	0	0	0	0	35	85	0	74	0
Rose Lemonade- small	12 oz	200	0	0	0	0	0	20	48	0	42	0
Rose Lemonade - large	20 oz	340	0	0	0	0	0	35	81	0	71	0
Thai Lemonade- small	12 oz	230	5	0.5	0	0	0	20	54	0	44	< 1g
Thai Lemonade - large	20 oz	380	10	1	0	0	0	35	91	0	74	< 1g
Get Your Greens- small	12 oz	140	0	0	0	0	0	35	22	0	17	1
Get Your Greens - large	20 oz	230	5	0	0	0	0	60	37	< 1g	28	2

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
WINES												
WHITE												
SPELLBOUND Chardonnay	6 fl oz	130	0	0	0	0	0	10	4	0	2	0
RED												
SPELLBOUND Cabernet	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
NOTES Pinot Noir	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
MATCHBOOK Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Tempranillo	6 fl oz	150	0	0	0	0	0	10	5	0	1	0
BEERS												
SO CAL												
MADEWEST Standard Blonde Ale	12 oz	210	0	0	0	0	0	20	18	0	1	2
MIKKELLER Windy Hill Hazy IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2
MODERN TIMES Ice Pilsner	12 oz	160	0	0	0	0	0	20	15	0	1	1
MOTHER EARTH Boo Koo IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
PIZZA PORT Chronic Ale Amber	12 oz	170	0	0	0	0	0	20	12	0	1	1
PIZZA PORT Shark Bite Red Ale	12 oz	220	0	0	0	0	0	20	18	0	< 1g	2
SMOG CITY IPA	12 oz	230	0	0	0	0	0	20	13	0	1	2
STONE Dayfall Belgian White	12 oz	210	0	0	0	0	0	20	18	0	1	2
THREE WEAVERS Cloud City Hazy IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
NOR CAL												
21ST AMENDMENT Brew Free! Or Die Blood Orange IPA	12 oz	240	0	0	0	0	0	20	15	0	< 1g	2
DRAKES Hefeweizen	12 oz	160	0	0	0	0	0	20	12	0	< 1g	2
FIRESTONE Mind Haze Hazy IPA	12 oz	200	0	0	0	0	0	20	11	0	1	2
MAGNOLIA Kalifornia Kolsch	12 oz	150	0	0	0	0	0	20	12	0	1	< 1g
SEISMIC Megathrust IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
SIERRA NEVADA Hazy Little Thing Hazy IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
SUDWERK People's Pilsner	12 oz	190	0	0	0	0	0	20	14	0	1	1
TRACK 7 Panic IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2
TRUMER Pils Pilsner	12 oz	180	0	0	0	0	0	20	14	0	1	1
TEXAS												
COMMUNITY Texas Lager	12 oz	120	0	0	0	0	0	20	10	0	1	1
DEEP ELLUM BREWING Easy Peasy IPA	12 oz	170	0	0	0	0	0	20	14	0	1	2
KARBACH BREWING Southern Wheat Belgian White	12 oz	160	0	0	0	0	0	30	13	0	0	2
LONE PINT BREWERY Yellow Rose IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
SPINDLETAP Boomtown Blonde Ale	12 oz	190	0	0	0	0	0	20	16	0	< 1g	2
ST ARNOLD Art Car IPA	12 oz	230	0	0	0	0	0	20	13	0	< 1g	2
ST ARNOLD Fancy Lawnmower German-Style Kolsch	12 oz	170	0	0	0	0	0	20	13	0	< 1g	< 1g
TUPPS BREWERY Juice Pack Pale Ale	12 oz	170	0	0	0	0	0	20	13	0	1	2

NUTRITIONAL INFORMATION

CATERING

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
SANDWICHES												
The Farm Club	1/2 sandwich	380	160	17	4	0	50	810	34	3	4	20
Chimichurri Steak & Bacon	1/2 sandwich	470	240	27	5	0	55	1010	38	2	9	19
Chicken Pesto Caprese	1/2 sandwich	430	230	24	5	0	45	580	28	2	3	21
Mario's Caprese	1/2 sandwich	500	310	32	9	0	40	390	28	2	3	19
Prosciutto & Chicken	1/2 sandwich	410	200	21	5	0	45	700	31	3	4	22
Vegan Banh Mi	1/2 sandwich	320	130	14	1.5	0	0	790	39	2	9	11
"Not So Fried" Chicken	1/2 sandwich	450	220	24	3	0	45	670	39	3	5	17

BOXED SALADS (nutrition info does not include chips, cookie, or deli side)

Avocado & Quinoa Superfood Ensalada	8.2 oz	210	100	11	3	0	10	290	23	8	3	10
Chipotle Vinaigrette	1.75 fl oz	250	230	25	2	0	0	450	5	0	4	0
Mama Chen's Chinese Chicken Salad	5.9 oz	230	110	12	1.5	0	30	330	18	3	3	16
Miso Mustard Sesame Dressing	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
The Vegetarian Chinese Salad	5.9 oz	280	150	17	2.5	0	0	190	23	3	4	13
Miso Mustard Sesame Dressing	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
The Modern Caesar 2.0	7.3 oz	190	90	10	2	0	35	410	10	5	3	16
Classic Caesar Dressing	1.75 fl oz	300	270	30	3.5	0	95	370	4	0	2	4
Field Greens Salad	4.6 oz	35	5	0	0	0	0	10	7	2	4	1
Farmhouse Vinaigrette	1.75 fl oz	210	180	21	1.5	0	0	110	7	< 1g	6	0

BOXED SANDWICHES

see 1/2 sandwiches above

SPECIALTY LEAFY SALADS (small serves 8-10, medium serves 15-20)

Spring & Summer Farmers Market Salad												
Small	15.1 oz	400	230	23	2.5	0	0	260	41	14	12	14
Large	26.2 oz	760	440	46	4.5	0	0	460	73	26	22	26
Farmhouse Vinaigrette - 1 oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	0
Fall & Winter Farmers Market Salad												
Small	16.5 oz	650	320	35	11	0	50	600	75	16	56	21
Large	28.0 oz	1130	580	63	17	0	75	930	125	27	92	36
Farmhouse Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	0
Avocado & Quinoa Superfood Ensalada												
Small	34.2 oz	1010	560	58	16	0	50	1440	95	34	12	46
Large	65.9 oz	1790	930	97	26	0	80	2430	183	64	24	82
Chipotle Vin - 1oz	1.0 oz	140	130	15	1	0	0	260	3	0	2	0
Pink Lady Beets & Goat Cheese Salad												
Small	23.5 oz	1030	580	63	14	0	30	1110	98	18	71	28
Large	42.5 oz	1910	1060	115	24	0	55	1880	190	34	138	51
Citrus Vinaigrette - 1oz	1.0 oz	110	100	12	1	0	0	45	2	0	1	0
Mama Chen's Chinese Salad												
Small	19.5 oz	590	310	35	2	0	0	340	59	16	13	25
Large	33.7 oz	1060	560	62	3	0	0	640	108	27	22	44
Miso Mustard Sesame - 1oz	1.0 oz	110	80	9	1	0	0	170	8	0	6	< 1g
The Modern Caesar												
Small	25.2 oz	650	430	45	10	0	25	640	49	24	10	26
Large	47.0 oz	1210	780	81	19	0	50	1340	92	43	19	51
Classic Caesar Dressing - 1oz	1.0 oz	170	150	17	2	0	55	210	2	0	1	2
Field Greens Salad												
Small	16.0 oz	110	10	1	0	0	0	20	25	7	16	4
Large	30.0 oz	220	20	2	0	0	0	40	52	14	33	8
Farmhouse Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	0

ADD CHICKEN FOR SALADS

Small (serves 8-10)	5.0 oz	150	30	3.5	0	0	85	710	0	0	0	29
Large (serve 15-20)	10.0 oz	300	60	7	0	0	170	1420	0	0	0	57

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
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GOURMET DELI SIDES (small serves 8-10, medium serves 15-20)

Kale and Apple Salad												
Small	24.0 oz	1750	1320	146	26	0	0	860	119	19	54	8
Large	56.0 oz	4090	3080	340	60	0	0	2020	277	45	126	18
Curried Couscous												
Small	36.0 oz	2330	1440	143	0	0	0	4830	197	18	54	18
Large	72.0 oz	4660	2890	286	0	0	0	9670	394	36	107	36
Basil Pesto Pasta Shells												
Small	33.0 oz	2580	1420	156	37	0	135	4530	223	17	9	80
Large	57.5 oz	4510	2480	272	65	0	235	7920	391	30	16	139
Mediterranean Bean Salad												
Small	36.0 oz	1640	900	93	20	0	55	4080	154	35	33	54
Large	72.0 oz	3280	1800	186	40	0	105	8160	308	71	65	107
Pickles & Dill Potato Salad												
Small	36.0 oz	2180	1320	133	8	0	0	1970	191	12	15	16
Large	72.0 oz	4360	2640	265	15	0	0	3930	382	24	31	31

CHEFFY COCKTAIL SANDWICHES (10 per order, nutrition by piece)

BBQ Chicken & Smoked Gouda	1 piece	220	60	7	2.5	0	40	670	24	1	3	15
Caprese	1 piece	260	140	15	6	0	40	250	21	1	4	9
Tuscan Steak	1 piece	260	140	15	2	0	25	450	22	1	< 1g	10
Balsamic Steak & Bacon	1 piece	220	100	11	2	0	20	440	22	1	< 1g	8
Prosciutto and Fig	1 piece	190	60	6	3	0	35	410	24	1	7	8

SKEWERS (24 per order)

Chile Rubbed Chicken	1 skewer	60	35	4	0	0	10	130	3	0	3	3
Peruvian Steak	1 skewer	60	35	4	1	0	10	200	2	0	1	4
Chinese Tofu	1 skewer	60	45	5	0.5	0	0	150	3	0	1	2
Caprese	1 skewer	110	80	10	4.5	0	20	45	1	0	1	5
BBQ Chicken	1 skewer	45	30	3	0	0	10	140	1	0	< 1g	3

BABY BAGUETTES

Chicken and Havarti Baby Baguette	3.4 oz	240	130	14	4	0	35	490	16	< 1g	0	13
Cucumber Cream Cheese Baby Baguette	3.3 oz	140	50	6	3	0	20	280	19	< 1g	2	4
Turkey and Smoked Gouda Baby Baguette	3.2 oz	240	120	13	3.5	0	40	520	16	< 1g	< 1g	13
Vegan Banh Mi Baby Baguette	4.2 oz	220	90	10	1	0	0	650	26	1	6	7

CRAFTED FOR KIDS

Peanut Butter & Jelly Platter	1 piece	120	35	4	0.5	0	0	130	18	1	5	3
Cheddar Cheese Sack Lunch	1 sandwich	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly Sack Lunch	1 sandwich	520	210	23	4.5	0	40	410	69	5	24	14
Turkey & Cheddar Sack Lunch	1 sandwich	540	270	30	14	0	125	740	43	2	8	26

CHIPS

Original	1.5 oz	210	120	14	2.5	0	0	170	23	2	0	3
Jalapeno	1.5 oz	210	120	14	2.5	0	0	200	23	2	0	3
Salt & Vinegar	1.5 oz	210	120	14	2.5	0	0	570	23	2	0	3
Sour Cream and Onion	1.5 oz	210	100	12	1.5	0	0	270	27	0	2	3

DESSERTS

Brownie	1 piece	180	80	9	6	0	45	130	23	1	19	2
Chocolate Chip Cookie	1 piece	240	100	11	4	0	10	140	36	1	20	2
Double Chocolate Chip Cookie	1 piece	250	120	13	8	0	35	125	33	1	22	2
Oatmeal Raisin Cookie	1 piece	200	60	7	2	0	20	105	33	2	18	3
White Chocolate Cranberry Blondie	1 piece	170	80	8	4	0	25	10	22	< 1g	15	2
Blueberry Bar	1 piece	190	90	10	6	0	15	170	23	< 1g	17	2
Northern CA Stores												
Chocolate Chunk	1 piece	210	100	11	7	0	30	320	29	2	17	4
Chocolate Bomb	1 piece	180	50	6	3.5	0	< 5	30	32	3	27	4
Ginger Molasses	1 piece	200	50	6	4	0	30	290	34	< 1	18	3
Lemon Cheesecake	1 piece	200	60	7	4	0	30	110	32	< 1	18	2
Oat, Hemp and Date	1 piece	210	70	8	6	0	65	30	33	3	19	3