

Allergen Chart

Note: To make any salad or bowl gluten friendly, ask your server to remove or substitute pita chip, croutons or chow mein noodles.

Menu Category	Wheat & Gluten	Dairy	Egg	Soy	Peanuts	Treenuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Salads										
Bold Buffalo	X	X	X	X					X	X
Bangkok	X		X	X	X			X		X
Caesar	X	X	X	X			X		X	X
Pegasus	X	X							X	X
Signature	X	X				X			X	X
Solstice	X	X				X			X	X
Southwest	X	X							X	X
Sunshine	X	X	X	X				X		X
Bowls										
No. 1	X	X								X
No. 2			X	X		X		X		X
No. 3	X	X		X					X	X
No. 4	X	X	X	X					X	X
No. 5	X	X	X	X					X	X
No. 6			X	X	X			X		X
No. 7	X	X	X	X					X	X
Wraps										
No. 1	X	X								X
No. 2	X		X	X		X		X		X
No. 3	X	X		X					X	X
No. 4	X	X	X	X					X	X
No. 5	X	X	X	X					X	X
No. 6	X		X	X	X			X		X
No. 7	X	X	X	X					X	X
Bold Buffalo	X	X	X	X					X	X
Bangkok	X		X	X	X			X		X
Caesar	X	X	X	X			X		X	X
Pegasus	X	X							X	X
Signature	X	X				X			X	X
Solstice	X	X				X			X	X
Southwest	X	X							X	X
Sunshine	X	X	X	X				X		X
Sandwiches										
Bold Buffalo	X	X	X	X					X	X
Cranberry Pesto	X	X	X	X	X	X			X	X
Spicy Chicken	X	X	X	X					X	X
Tuna Melt	X		X	X			X		X	X
Quesadillas										
Baja	X	X	X	X					X	X
BBQ	X	X	X	X					X	X
Pesto	X	X	X	X	X	X			X	X
Veggie	X	X	X	X					X	X
Soups (No Croutons)										
African Spiced Lentil										
Moroccan Chickpea										
Loaded Potato		X								
Mexicali										
Chicken Noodle	X		X	X						
Wild Mushroom		X								
Thai Curry										
Creamy Cauliflower		X								
Spicy Creamy Tomato		X								

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Kids Menu

Chickie Bowl		X								X
Chickie Caesar Salad	X	X	X				X		X	X
Chickie Caesar Wrap	X	X	X				X		X	X
Chickie Quesadilla	X	X	X	X						X
Chickie Ranch Wrap	X	X	X	X					X	X
Grilled Cheese	X	X	X							X

Dressings

Balsamic									X	
Goddess				X				X		
Greek									X	
Evil Peanut					X			X		X
Caesar		X	X				X		X	
Ranch			X	X					X	
Chipotle Lime									X	
Chipotle Ranch			X	X					X	
BBQ Sauce		X							X	
Sour Cream		X								
Tzatziki										
Salsa										
Pesto	X	X			X	X				X