

Allergen Information

Due to the handcrafted nature of our food, variations in our supplier ingredients and our use of shared preparation areas, we cannot ensure that our food is free from any allergens. Products containing milk, soy, wheat, egg, tree nuts, peanuts & sesame are all made in our kitchens. There could be other potential allergens not addressed here. Please consult the ingredients on each product prior to consuming.

SMOOTHIES	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	Icons
Açai Energy								GF
Bangin' Berry								GF. 💙
Caribbean Craze								€ V
Banana Berry	√							GF. D
Mango Me Crazy								GF _N
Maui Mango								G₽ _□
Orange Sunrise	√							(I) (D)
Peach on the Beach	√							GF, D
Tropical Therapy								GF. V
Wild Strawberry								GF, V
Goin' Green								€ ♡
Super C Immune Support	✓							GF. D
Berry Burn								⊕ ♡
Peanut Butter Protein	✓			✓				GF, D
Super Fuel	✓							GF. D

GF ₂	= Gluten Free	D= Dairy	V= Vegan
TM			

SALADS	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	MISC
Buffalo Chicken	✓	√				✓		
Chicken Caesar	✓	√				✓		
Chicken Avocado Cobb	✓	✓				✓		
Market Strawberry	√		✓					
Southwest	✓	\				1		

RICE BOWLS	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	MISC
Buffalo	✓	✓				√		
Baja Queso	✓	✓				√		
Frito Grande	✓	>						
KC BBQ		\			√			
Mexican	✓	\				1		
Thai (Peanut free)		>			1		✓	
Power Protein	✓	>				1		
Meatless Mexican	✓	√				\		
Recipes are shown with chicken	,							
BURRITOS	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	MISC
Buffalo	✓	√			✓	√		
Baja Queso	✓	✓			✓	1		
Frito Grande	✓	√			√			
KC BBQ	✓	✓			✓			
Mexican	✓	√			✓	√		
Thai (Peanut free)		✓			✓		✓	(2)
Power Protein	✓	✓			✓	✓		
Meatless Mexican	✓	√			✓	√		V
Recipes are shown with chicken								<u> </u>
QUESADILLAS	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	MISC
Classic Cheese	✓				1	√		V
Chicken	√	√			√	√		
Santa Fe	✓	√			√	√		
Buffalo	✓	✓			√	✓		
MONSTER BURRITO	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	MISC
TWICE the meat & cheese	√	√			1	√		

CRUNCHADILLAS	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	MISC
Chicken Bacon Ranch	✓	1			√	1		
The Cowboy	✓				√			
On the Border	✓	\			√	1		
Supreme	✓	✓			√	√		
Chicken Avocado	√	\			√	1		
EL SUPER PAN	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Sesame	MISC
BBQ Bacon Carnitas	✓				√		√	
Laredo	√				✓		✓	
Nashville Hot!	√	√			✓	√	✓	
Chipotle Chicken Club	√	√			✓	√	√	
Fiesta	✓	√			✓	√	✓	

All Chicken Contains No Antibiotics **EVER!**

2,000 calories a day used for general nutrition advice, but calorie needs vary. Additional nutritional information is available upon request.



