

X = Non-Removable Allergen		O = Removable Allergen					XO = Removable Allergen but Cross Contamination Possible											
Small Plates	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes			
Dolmas (GF)		X											X	X	soybean oil + citric acid / CITRUS (Lemon oil can be omitted)			
Almonds + Olives (GF)					X								X	X	Olives have red pepper;			
Stuffed Dates (GF)					X		O				X		X	X				
Jamon Serrano + Camblue	O	X	X										X	X	GF crackers available			
Batata Harra (GF)														O				
Crab Cake Small Plate	X	O			O						X		X	X	Remoulade Sauce contains soy-bean oil			
Gnocchi (GF)											X							
Mezze	O						O		X					X	Muhammara contains walnuts and gluten			
Ravioli Bravas		X			X						X		X	X				
Cannellini Pan	O								X				X	X				
Shishito Peppers (GF)																		
Fried Eggplant											O			X	Coconut nectar can be omitted			
Shrimp Scampi	O												X	X	GF Toast Points Available ask for no bread crumbs garnish			
Soup + Salad	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes			
Rocket Soup (GF)											O		X	X	Garnish contains coconut			
Kale & White Bean Soup (GF)													X	X				
Wedge Salad (GF)		X									O		X	X	Blue Cheese contains coconut			
Kale Caesar	O	X	X										X	X	No croutons = GF, Dressing has miso paste			
Salatat Marrakech (GF)						O							O	O	No Dressing for ALLIUM allergy			
Mains	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes			
Lemon + Spring Pea Risotto (GF)											X		X					
Seared Steak + Fingerling Potato	X	X									O		X	X	Ask for no garlic butter for coconut allergy			
Blackened Fettuccine Alfredo	O	X									X	O	X	X	Sub GF Pasta			
Radiatore alla Vodka	O		X								X		X	X	Sub GF Pasta			
Lasagna	X	X									X		X	X				
Miso Mushroom Bucatini	O	X									X	O		X	Sub GF Pasta			
Trofie Pesto Pasta	O	X						X						X	Sub GF Pasta			
Pizza- not celiac safe	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes- House cheese is soy, all other cheese contains coconut			
Nonna's Favorite Pizza	XO										O		X	X	Sub soy cheese to remove coconut			
When in Rome	XO	X	X					X			X		X	X				
Toum Raider	XO	O									O		O	X	Sub soy cheese to remove coconut			
Meat Lovers	XO	O									O		X	X	Pepperoni contains soy sauce, has soy cheese			
Firestarter	XO	O									O		X	X				
The Gabriel	XO	O						X			O		X	X				
Three Cheez	XO	O									O		X	X				
Buffy	XO										O			X				
CBR	XO	O									O		X	X	Bacon contains soy			
Smoke & Spice	XO	O									O	O	X	X	Chicken contains soy			
Little Foot	XO										O	O	X	X				
Buffalo Chik'n	XO	O									O		X	X	Chicken contains soy			
The Leo	XO	O									O		X	X	Sauce contains soy			

Brunch Pizzas (Brunch Only)	Gluten	Soy	Cashew	Pecan	Almond		Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Lights Out	XO	O									X		X	X	Sub just egg to remove soy
The Hangover	XO	X									X		X	X	tofu has garlic + onion powder
Shakshuka	XO	O									O		X	X	Sub just egg to remove soy; no cheese for coconut
Wake & Steak	XO	X									X		X	X	tofu has garlic + onion powder
Sweet Mains (Brunch Only)	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Tiramisu Pancakes	O	X									X				
Biscoff Pancakes	X										X				Biscoff contains soy lecithin
Tropical French Toast	O	X									X				Raspberry Ricotta has organic tofu
Strawberry Dream Pancakes	O										O				No whipped cream for coconut
Savory Mains (Brunch Only)	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Breakfast Burrito	O	O									X		O	O	Sub just egg for no soy, tofu has garlic + onion powder
Avocado Toast	O													O	Aleppo Oil has garlic
Tofu Scramble (GF)		O									O		O	O	Sub just egg for no soy, tofu has garlic + onion powder
Biscuits + Gravy	X	X									X			X	garlic powder in gravy recipe
Big Biscuit Energy	X	X									X			X	tofu and sausage has garlic + onion powder
Breakfast Polenta	O				O						X		O	O	Mushrooms are battered and fried, can be sauteed to remove gluten.
Barbacoa Steak + Eggs	X	X									O		X	X	
Eggs Benedict	O	X	O								O		X	X	
Temptations	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Carrot Cake	X			X							X				
Tiramisu	X	X									X				
Sticky Toffee Pudding (GF)											X				
Triple Chocolate Torte(GF)		X									X				
Seasonal Dessert											X				Check with staff on other potential allergens
Dessert Pizza	X														
Chocolate Chip Cookie	O										X				We have a GF Chocolate Chip Cookie
Chocolate Chip Walnut Cookie	X						X				X				
Faux Meats	Gluten	Soy	Cashew	Pecan	Almond	Legumes	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Oleum Pepperoni	X	X											X	X	
Tempeh Bacon (GF)		X											X	X	
Daring Chicken (GF)		X												X	All flavors: blackened chicken, italian chicken
Beyond Sausage (GF)													X	X	All flavors: spicy italian, classic sausage, fennel sausage
Beyond Steak	X														
Off-Beast Filet Steak	X	X											X	X	
Umaro Bacon (GF)											X				
Oshi Salmon Filet (GF)		X										X			Contains fungi protein
Beleaf Shrimp (GF)															Made from Konjac Root
Just Egg						X							X		Legume => Mung Bean Dehydrated onion in Just Egg recipe.
Yo Egg Poached Egg		X													
Faux Cheeses	Gluten	Soy	Cashew	Pecan	Almond	Legumes	Walnut	Pine Nut	Sesame	Corn	Coconut	Mushroom	Onion	Garlic	Notes
Daiya Mozzarella						X				X	X				Legume: Pea protein. Cornstarch => corn allergy
Violife Parm Wedge											X				
Violife Crumbled Parmesan											X				
Daiya Cheddar						X					X				Legume: Pea protein. Cornstarch => corn allergy
Cam Bleu		X	X								X				
Follow Your Heart Blue Cheese Crumbles											X				Contains Spirulina for those with allergy
Violife Feta											X				