

X = Non-Removable Allergen		O = Removable Allergen					XO = Removable Allergen but Cross Contamination Possible								
	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Small Plates		X											X	X	
Dolmas (GF)													X	X	soybean oil + citric acid / CITRUS (Lemon oil can be omitted)
Almonds + Olives (GF)					X								X	X	Olives have red pepper; and garlic
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	X									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	X	
Cannellini Pan	O								X				X	X	
Shishito Peppers (GF)															
Fried Eggplant	X										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
Gazpacho													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
Fancy Farmer Salad	O			O									O	X	No Dressing for ALLIUM allergy, No onion
Mains	Gluten	Soy	Cashew	Pecan	Almond	Pistachio	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Roasted Red Pepper Risotto (GF)					O								X	X	Sauce contains almonds
Seared Steak + Summer Farro	X	X									O		X	X	
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		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 and gluten, 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
Not Your Mama Mia'a Pepperoni	X	X											X	X	
Baltimore Crab Dip Pizza	X	X											X	X	
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

[illegible]