

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															
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; 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															
Tomato Bisque	O	X									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															
Roasted Red Pepper Risotto (GF)					O								X	X	Sauce contains almonds
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															
Nonna's Favorite Pizza	XO										O		X	X	Notes- House cheese is soy, all other cheese contains coconut
When in Rome	XO	X	X					X			X		X	X	Sub soy cheese to remove coconut
Tourn 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)															
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)															
Tiramisu Pancakes	O	X									X				
Biscoff Pancakes	X										X				Biscoff contains soy lecithin
French Toast	X										X				
Key Lime Pancakes	O										X				
Savory Mains (Brunch Only)															
Breakfast Burrito	O	O									X		O	O	Sub just egg for no soy, tofu has garlic + onion powder
Avocado Toast	O												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	
Not Your Lox	O	X									O		X	X	
Temptations															
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															
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															
Daiya Mozzarella						X				X	X				Legume: Pea protein. Cornstarch ==> corn allergy
Violife Parm Wedge											X				
Violife Crumbled Parmesan											X				
Daiya Cheddar						X				X	X				Legume: Pea protein. Cornstarch ==> corn allergy
Cambleu		X	X								X				
Follow Your Heart Blue Cheese											X				Contains Spirulina for those with allergy
Crumbles											X				
Violife Feta											X				
Violife Heavy Cream						X				X	X				