

X = Non-Removable Allergen	O = Removable Allergen				XO = Removable Allergen but Cross Contamination Possible									
Small Plates	Gluten	Soy	Cashew	Pecan	Almond	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Dolmas (GF)												X	X	
Stuffed Dates (GF)					X	O				X		X	X	
Jamon Serrano + Camblue	O	X	X									X	X	GF crackers available
Batata Harra (GF)													O	
Tangier Roots (GF)					O					X		X	X	
Gnocchi (GF)										X				
Mezze	O					O							X	Muhammara contains walnuts and gluten
Ravioli Bravas		X								X		X	X	
Cannellini Pan	O							X				X	X	
Shishito Peppers (GF)														
Fried Eggplant										O			X	Coconut nectar can be ommitted
Soup + Salad	Gluten	Soy	Cashew	Pecan	Almond	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Roasted Pumpkin Soup (GF)									O	X		X	X	
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
Harvest Salad (GF)				O					O	O		O	O	Blue cheese = Coconut; No dressing+Garlic+ Onion Free
Mains	Gluten	Soy	Cashew	Pecan	Almond	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Butternut Squash Risotto (GF)												X	X	
Seared Steak + Polenta	X	X								X		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
Wraps + Pressed	Gluten	Soy	Cashew	Pecan	Almond	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Mediterranean Hummus Wrap	O							O				O	X	Sauce contains sesame
Chick'n Pesto Wrap	O	O					O					X	X	Pesto contains pinenuts; ck contains soy
Chickpea Bacon Caesar Wrap	O	O	O									X	X	Soy free without bacon, no dressing for cashew allergy
Sir Henry Panini	O									X		X	X	Coconut in bacon and cheese
Pesto Press	O	O					X			O		X	X	Soy free without chikn
Spicy Italian Melt	X	X								O	O	X	X	
Margherita Press	O									O				
Grilled Cheese Press	O									O				
Harissa Steak Melt	O									O		X	X	
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	
The Apollo	XO							X		O			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	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Tiramisu Pancakes	O	X								X				
Biscoff Pancakes	X									X				Biscoff contains soy lecithin
Caramel Apple Butter Pancakes	O									X				
Pumpkin Pie French Toast	O									X				
Savory Mains (Brunch Only)	Gluten	Soy	Cashew	Pecan	Almond	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
Harvest Salad (GF)				O					O	O		O		Blue Cheese=Coconut
Breakfast Polenta	O				O					X		O	O	Mushrooms are battered and fried, can be sauteed to remove gluten.
Temptations	Gluten	Soy	Cashew	Pecan	Almond	Walnut	Pine Nut	Sesame	Pumpkin Seed	Coconut	Mushroom	Onion	Garlic	Notes
Carrot Cake	X									X				
Tiramisu	X	X								X				
Sticky Toffee Pudding (GF)										X				
Smore's Tart (GF)		X								X				
Seasonal Cheesecake (GF)		X	X							X				Check with staff on other potential allergens
Dessert Pizza	X													
Chocolate Chip Cookie	O									X				
Chocolate Chip Walnut Cookie	X					X				X				
Faux Meats	Gluten	Soy	Cashew	Pecan	Almond	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												Contains fungi protein
Just Egg												X		Dehydrated onion in Just Egg recipe.