

Pre-Built Menu Item	Gluten	Dairy	Egg	Shellfish	Peanuts	Nuts	Seeds	Soy	Notes
Basic Chick									
Blackened Salmon								x	
Buffalo Quesadilla	x	x							
Burger Bowl 4oz		x							
Burger Bowl 6oz		x							
Butter Chick		x							
Chick Taco	x	*						*	sauce on side has greek yogurt/ potential trace amounts of soy in the wrap
Chicken Parm		x							
Cajun Pesto Shrimp		x		x					
Chicken Burger	x								
Chilli Lime Shrimp Bowl								x	x* soybean oil in the sauce (spicy chile vinaigrette)
Fiesta		x							
Jerk Chicken	*								*jerk seasoning label says it MAYcontain gluten.
Korean Beef	x						x		sesame seeds
Lean Turkey Shepards Pie									
Pasta		*							*If choose pesto then there is dairy
Pulled Brisket Quesadilla	x	x	x						*egg in the sweet mustard sauce
Quesadilla (chicken)	x	x							
Ratatouille									
Southern Beef Brisket Bowl		*							*cheese and ranch on side
Spin Salad		x							
Squash Salad		x							
Stir Fry									
Tenderloin Meal		x							butter in the smashed potatoes
Tex Mex									
Turkey Meatballs									
Breakfast Menu Item	Gluten	Dairy	Egg	Shellfish	Peanuts	Nuts	Seeds	Soy	Notes
Egg White Scramble/Hash			x						
South of the border		x	x						
Breakfast Wrap	x	x	x						
Egg White Bites			x						
French Toast	x		x						
Oatmeal	*								*Oats are not certified gluten free
Protein Pancakes			x						
Banana Chip Pancakes			x						
Whole Egg Bites	x	x	x						
Snack Menu Item	Gluten	Dairy	Egg	Shellfish	Peanuts	Nuts	Seeds	Soy	Notes
The Power Cookie		x*	x			x	x		*Lactose-free whey protein powder
Monster Cookie	x*	x	x		x				Oats may contain gluten// Dairy in semi-sweet chocolate chips
Bite Me Bars	x*	x			x				Oats may contain gluten// Dairy in semi-sweet chocolate chips
Brownie Bites		x	x						Dairy in semi-sweet chocolate chips
Energy Balls	x*	x			x	x			Oats may contain gluten// Dairy in semi-sweet chocolate chips
Pumpkin Spice Donut		x	x			x			
Mint Choco Chip Donut		x	x			x			
Skoreo Double Choc Donut	x	x	x			x			
DbI Choc Donuts		x	x			x			Dairy in semi-sweet chocolate chips
Reeses Donuts	*	x	x		x				*The reeses are GF but come from a facility that has gluten Dairy in semi-sweet chocolate chips