Pre-Built Menu Item	Gluten	Dairy	Egg	Shellfish	Peanuts	Nuts	Seeds	Soy	Notes
Basic Chick									
Blackened Salmon								х	
Blackened Chicken Meal									
Buffalo Quesadilla	x	x							
Burger Bowl 4oz		x							
Burger Bowl 6oz		x							
Butter Chick		х							
Chick Taco	x	*						*	sauce on side has greek yogurt/ potential trace amounts of soy in the wrap
Chicken Parm		x							
Cajun Pesto Shrimp		x		х					
Chicken Burger	х								
Chilli Lime Shrimp Bowl								х	x* soybean oil in the sauce (spicy chile vinaigrette)
Coconut Crusted Cod			x						
Cod Tacos	x		x					*	potential trace amounts of soy in the wrap / egg in chipotle lime sauce
Enchiladas	x	x						*	potential trace amounts of soy in the wrap
Fiesta		х							
Jerk Chicken	*								*jerk seasoning label says it MAYcontain gluten.
Pre-Built Menu Item	Gluten	Dairy	Egg	Shellfish	Peanuts	Nuts	Seeds	Soy	Notes
Keto Blackened Chicken		х*							dairy in the alfredo sauce on side.
Keto Alfredo Parm		х							
Korean Beef	х						X	x*	sesame seeds/ soy in soya sauce in marinade
Lean Turkey Shepards Pie		*							
Pasta									*If choose pesto then there is dairy
Pulled Brisket Quesadilla	х	x	X						*egg in the sweet mustard sauce
Quesadilla (chicken) Ratatouille	х	X							
Salmon Cakes									
Southern Beef Brisket Bowl		х*							*cheese and ranch on side
Spin Salad		х							
Squash Salad		x							
Stir Fry									
Tenderloin Meal		x	1						butter in the smashed potatoes
Tex Mex									
Turkey Meatballs									
Turkey Dinner	x	х							
Vegan Thai Curry									