

## Ingredients of Menu Items + Allergens

Name of Item	Ingredients	Allergens
<b>Butter Chicken</b>	<i>Chicken, snap peas, coconut rice (coconut milk, jasmine rice), greek yogurt, almond milk, onions, garam masala, tumeric, tomato, garlic, ginger, chili, cinnamon</i>	Nuts (almond milk) Dairy
<b>Lean Turkey Shepards Pie</b>	<i>Extra lean ground turkey, turkey gravy, onion, peas, corn, sweet potato, red pepper + garlic spice</i>	Gluten (gravy)
<b>Turkey Meatball Meal</b>	<i>Extra lean ground turkey, red pepper + garlic spice, seasoned sweet potato (paprika, garlic), broccoli, carrot, cauliflower</i>	
<b>Spaghetti + Turkey Meatballs</b>	<i>GF Spaghetti (corn, rice + quinoa flour), diced bell peppers, parm cheese, parsley, tomato sauce (tomato, basil, oregano, chili flakes)</i>	Dairy
<b>Salmon Succotash</b>	<i>Coconut Rice (coconut milk, jasmine rice), Salmon, Broccoli, Succotash (black beans, edamame, cilantro, corn, bell pepper, jalapeno, miso), blackened salmon (garlic, onion, paprika, oregano)</i>	Soy
<b>Buffalo Quesadilla</b>	<i>Whole wheat tortilla, chicken, hot sauce, mixed cheese, banana peppers, diced bell pepper, diced onion</i>	Gluten, Dairy
<b>Enchiladas</b>	<i>Whole Wheat Tortilla, brown rice, salsa,seasoning (oregano, onion, bell pepper, jalepeno), bell peppers, mixed cheese, vinegar, garlic, hot sauce</i>	Dairy Gluten
<b>Tenderloin</b>	<i>Potato, butter, garlic, tenderloin, au jus gravy, broccoli, blackened tenderloin (garlic, onion, paprika, oregano)</i>	Gluten (au jus on side) Dairy (potatoes)
<b>Vegan Chili</b>	<i>Seasoned Sweet potato (paprika, garlic), bell pepper, carrots, celery, Mushrooms, garlic, chili, cumin, tomatoes, black beans, corn, kidney beans, onion</i>	
<b>Buffalo Wrap</b>	<i>Whole wheat tortilla, chicken, hot sauce, mixed cheese, banana peppers, diced bell pepper, red onion, sriracha, mayo</i>	Egg Gluten Dairy

<b>Pesto Quesadilla</b>	<i>Whole wheat tortilla, nut free pesto (parm + romano cheese, basil, parsley, garlic, lemon, canola oil), chicken, mozza cheese, onion, bell pepper, Sweet Chili thai sauce on the side (red jalapeno, garlic, corn starch, red bell pepper, vinegar)</i>	Gluten Dairy
<b>Thai Chicken Salad</b>	<i>Romain lettuce, cucumber, carrot, red onion, bell pepper, cabbage, edamame, peanuts, peanut sauce (peanut butter, soy sauce, sriracha, sesame oil), Thai sauce ( molasses, soy sauce, garlic, ginger, lime)</i>	Peanuts Soy Sesame Trace amounts gluten in soy sauce
<b>Keto Garlic Steak Bites w/ Zoodles</b>	<i>Zucchini, garlic, olive oil, butter, parm cheese, parsley</i>	Dairy
<b>Blackened Chicken</b>	<i>Chicken breast, Brussels sprouts, seasoned sweet potato (paprika, garlic), broccoli, cauliflower, blackened seasonings ( sriracha, onion, garlic, tomato, mango powder). Chipotle mayo on side contains egg</i>	Mango Egg (sauce)
<b>Coconut Cod</b>	<i>Green beans, cauliflower rice, cod, coconut, egg white, red cabbage, red pepper, lime</i>	Egg
<b>Cheese Burger Bowl</b>	<i>Brown rice, mixed cheese, lettuce, dill pickle, red onion, mustard mayo, ketchup, bbq beef (vinegar, tomato paste, garlic, onion, bell pepper)</i>	Dairy
<b>Greek Goodness</b>	<i>Greek chicken (oil, lime, oregano, dill, garlic, pepper, thyme), Greek rice (garlic, dill), red cabbage, cucumber, carrot, raw pepper, feta, tzatziki (Greek yogurt, garlic, cucumber, lime), cucumber salsa (cucumber, tomato, red onion, lime)</i>	Dairy
<b>Chili Lime Shrimp</b>	<i>Coconut rice (coconut milk + Jasmine) onions, peppers, broccoli, cilantro, chili lime shrimp (lime, red pepper spice, sriracha, tomato puree, vinegar, chilli pepper, onion powder, cilantro, jalapeno, bell pepper)</i>	Shellfish
<b>Vegan Thai Curry</b>	<i>Coconut rice, chickpeas (ginger, roasted garlic, peppers), Brussels sprouts, broccoli, cauliflower, peppers, cilantro, curry sauce (coconut cream, lime, ginger, red curry paste (lemongrass, dehydrated shallot, coriander, garlic)</i>	
<b>Korean Beef and Broccoli</b>	<i>Sesame seeds, broccoli, onion, bell peppers, marinated steak bites (sriracha, low sodium soy sauce, honey, sesame oil, miso)</i>	Sesame Soy Trace amounts gluten in soy sauce
<b>Chicken Poke Bowl</b>	<i>Brown rice, cabbage, carrot, cucumber, mango,</i>	Sesame

	<i>tomato, succotash (black beans, edamame, cilantro, corn, bell pepper, jalapeno, miso), coconut ginger sauce (coconut milk, ginger, cilantro, jalapeno, sesame)</i>	Soy
<b>Chicken Parm</b>	<i>Chicken, parm cheese, zoodles, parsley, tomato basil sauce (onion, garlic, basil, oregano, chili, tomato)</i>	Dairy
<b>Chicken Alfredo Parm</b>	<i>Chicken, parm cheese, zoodles, parsley, alfredo sauce (parm cheese, cream, almond milk)</i>	Dairy Nuts
<b>Basic Chicken Meal</b>	<i>Chicken, jasmine rice, broccoli</i>	
<b>Jerk Chicken</b>	<i>Bell Peppers, jerk rice (brown rice, kidney beans, onion), chicken, marinade (tomato paste, vinegar, paprika, garlic, cayenne, onion powder)</i>	
<b>Vegan Tex Mex</b>	<i>Quinoa, cauliflower, broccoli, seasoned sweet potato (paprika, garlic), bell pepper, black beans, chickpeas, tex mex seasoning (oregano, garlic, bell pepper, jalapeno), salsa (onions, bell pepper), oregano</i>	
<b>Cajun Shrimp</b>	<i>Zucchini, Shrimp, Marinade (garlic, onion, paprika, oregano), Pesto (parm + romano cheese, basil, parsley, garlic, lemon, canola oil), Parm cheese</i>	Dairy
<b>Keto Blackened Chicken</b>	<i>Brussels Sprouts, Broccoli, Cauliflower, Chicken Breast, blackened seasonings (onion, garlic, tomato, mango powder), alfredo sauce on side (Parm cheese, cream, almond milk)</i>	Dairy Nuts (almond milk)
<b>Vegan GF Spaghetti + Chickpea Balls</b>	<i>GF Spaghetti (corn, rice + quinoa flour), diced bell peppers, tomato sauce (tomato, basil, oregano, chili flakes), chickpea meatless balls (blackbeans, chickpeas, almond milk, pumpkin seeds)</i>	Pumpkin Seeds Nuts (almond milk)
<b>Chimichurri Tenderloin</b>	<i>blackened tenderloin (garlic, onion, paprika, oregano), roast potatoes, asparagus, bell pepper, chimichurri (oregano, orange juice, vinegar, parsley, onion, garlic)</i>	
<b>Keto Mac n Cheese</b>	<i>Cauliflower, chicken breast, sriracha, cheese sauce (goat cheese, cheddar cheese, almond milk, olive oil)</i>	Dairy Goat cheese Nuts (almond milk)
<b>General J Tso Chicken</b>	<i>Coconut Rice (coconut milk, coconut, jasmine), broccoli, bell peppers, onions, thai chicken breast (molasses, soy sauce, garlic, ginger, lime), General Tso sauce (GF Teriyaki, garlic, ginger, vinegar, soy sauce, sesame oil) , sesame seeds</i>	Soy sauce may contain wheat Sesame Coconut
<b>Kale Salad</b>	<i>Kale, carrots, roasted chickpeas (ginger, roasted garlic, peppers), pumpkin seeds, sweet potato, vegan caesar dressing (capers, vinegar, lemon,</i>	

	<i>garlic, mustard)</i>	
<b>Shrimp Vermicelli</b>	<i>Sesame + Garlic seasoned (garlic, roasted red pepper), edamame, red cabbage, bell peppers, broccoli, peanut thai sauce (peanut butter, soy sauce, sriracha, sesame oil), vermicelli noodles (thai sauce, soy sauce, sesame oil)</i>	Soy sauce may contain wheat Sesame Nuts (pb sauce on side)
<b>Chicken Tenders</b>	<i>Chicken, seasoned sweet potato (paprika, garlic), carrots, celery, sweet + Spicy sauce (thai sauce + pineapple), homemade breading (almond flour, coconut flour, light parmesan, garlic seasoning, roasted red pepper seasoning, parsley, egg whites)</i>	Egg Nuts (almond flour) Coconut Dairy (parmesan in breading)
<b>Brisket Bowl</b>	<i>Beef Brisket, BBQ sauce, corn, roasted bell pepper + onions, Dirty Rice (brown rice + Salsa (onions + bell peppers)), Spicy ranch (low calorie ranch + Sriracha) (on side), shredded cheese (on side)</i>	Dairy (on side)
<b>Brisket Taco</b>		
<b>Hawaiian Turkey Meatballs</b>	<i>Extra lean ground turkey, red pepper + garlic spice, zucchini, roasted bell peppers + onions, Sweet and Spicy sauce (thai sauce + pineapple)</i>	
<b>Arugula Salad</b>		

## Breakfast

Name of Item	Ingredients	Allergens
<b>Breakfast Enchiladas</b>	<i>Egg, cheddar cheese, enchilada sauce (bell peppers, olive oil, hot sauce, vinegar, garlic), white potato, roasted bell pepper, roasted onion, salsa (bell peppers + onion), flour tortilla (wheat, canola oil, cornstarch)</i>	Dairy Egg Wheat Bell Peppers
<b>Turkey Skillet</b>	<i>Extra lean ground turkey, red pepper + garlic spice, Egg, sweet potato, bell pepper, onion, cheddar cheese</i>	Dairy Egg Bell Pepper
<b>Gluten Free Classic Pancakes</b>	<i>Brown rice flour, cultured buttermilk, almond flour, tapioca starch, baking powder, baking soda, sea salt, protein powder (whey protein, sucralose), egg whites</i>	Almonds (nuts), buttermilk (dairy), whey, egg
<b>Banana Pancakes</b>	<i>Banana, Brown rice flour, cultured buttermilk, almond flour, tapioca</i>	Dairy, Bananas, Almond (nuts), whey, egg

	<i>starch, baking powder, baking soda, sea salt, protein powder (whey protein, sucralose) semi-sweet chocolate chips, egg whites, cinnamon</i>	
<b>Blueberry Pancakes</b>	<i>blueberry, Brown rice flour, cultured buttermilk, almond flour, tapioca starch, baking powder, baking soda, sea salt, protein powder (whey protein, sucralose), semi sweet, egg whites</i>	Almonds (nuts), buttermilk (dairy), whey, egg
<b>Cinnamon Pancakes</b>	<i>Cinnamon, Brown rice flour, cultured buttermilk, almond flour, tapioca starch, baking powder, baking soda, sea salt, protein powder (whey protein, sucralose), egg whites, no sugar added caramel</i>	Almonds (nuts), buttermilk (dairy), whey, egg
<b>Red Velvet Pancakes</b>	<i>strawberries, brown rice flour, cultured buttermilk, almond flour, tapioca starch, baking powder, baking soda, sea salt, protein powder (whey protein, sucralose), cocoa powder, greek yogurt,</i>	Strawberries, Almonds (nuts), dairy, whey, egg
<b>South of the Border BF</b>	<i>Ground beef, taco seasoning (chili pepper, onion, bell pepper, corn, salt), black beans, cheese, bell pepper, egg, tex mex seasoning (onion, garlic, bell pepper), salsa on side (tomato, bell pepper, onion)</i>	Dairy Egg Bell Pepper
<b>Egg Whites + House Hash</b>	<i>Egg whites, potato, bell peppers, spinach, cajun seasoning (garlic, onion, paprika, red pepper, celery seed)</i>	Egg, bell peppers
<b>Egg White Bites</b>	<i>Egg white, cheese, bell pepper, onion</i>	Egg, dairy, bell peppers
<b>Whole Egg Bites</b>	<i>Egg, cheese</i>	Egg, dairy
<b>Spinach Feta Egg White Bites</b>	<i>Egg whites, spinach, feta cheese</i>	Egg, dairy
<b>Breakfast Burrito</b>	<i>Whole Wheat tortilla, egg, bell pepper, onion, turkey bacon, cheese, salsa on side (tomato, bell pepper, onion)</i>	Gluten, egg, dairy, bell pepper
<b>Loaded Oatmeal</b>	<i>Oats, cinnamon, coconut, chia seeds, syrup</i>	*oats are not certified Gluten free
<b>Apple Berry Oatmeal</b>	<i>Oats, cinnamon, syrup, apple, craisins, raspberries, stevia</i>	*oats are not certified Gluten free

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