

Name of Item	Ingredients	Allergens
Apple Berry Oatmeal	<i>Oats, cinnamon, syrup, apple, craisins, raspberries, stevia</i>	*oats are not certified Gluten free
Banana Pancakes	<i>Banana, Brown rice flour, cultured buttermilk, almond flour, tapioca starch, baking powder, baking soda, sea salt, protein powder (whey protein, sucralose) semi-sweet chocolate chips, egg whites, cinnamon</i>	Dairy, Bananas, Almond (nuts), whey, egg
Blueberry Pancakes	<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
Breakfast Burrito	<i>Whole Wheat tortilla, egg, bell pepper, onion, turkey bacon, cheese, salsa on side (tomato, bell pepper, onion)</i>	Gluten, egg, dairy, bell pepper
Cinnamon Pancakes	<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
Egg White Bites	<i>Egg white, cheese, bell pepper, onion</i>	Egg, dairy, bell peppers
Egg Whites + House Hash	<i>Egg whites, potato, bell peppers, spinach, cajun seasoning (garlic, onion, paprika, red pepper, celery seed)</i>	Egg, bell peppers
Gluten Free Classic Pancakes	<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
Loaded Oatmeal	<i>Oats, cinnamon, coconut, chia seeds, syrup</i>	*oats are not certified Gluten free
Pumpkin Spice Pancakes	<i>Brown rice flour, cultured buttermilk, almond flour, tapioca starch, baking powder, baking soda, sea salt, protein powder (whey protein, sucralose), egg whites, pumpkin puree, cinnamon</i> <i>Cream Cheese Icing (cream cheese, stevia)</i>	Almonds (nuts), buttermilk (dairy), whey, egg
Rhubarb Strawberry Oats	<i>Rhubarb, Strawberries, stevia, cinnamon, vanilla, oats</i>	
Spinach Feta Egg White Bites	<i>Egg whites, spinach, feta cheese</i>	Egg, dairy
Turkey Skillet	<i>Extra lean ground turkey, red pepper + garlic spice, Egg, sweet potato, bell pepper, onion, cheddar cheese</i>	Dairy Egg Bell Pepper

Whole Egg Bites	<i>Egg, cheese</i>	Egg, dairy
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