					1				
Pre-Built Menu Item	Gluten	Dairy	Egg	Shellfish	Peanuts	Nuts	Seeds	Soy	Notes
Alfredo Chicken Parm		x							
Basic Chick									
Blackened Salmon Succotash								х	
Blackened Chicken Meal			х*						*Egg in sauce on side
Burger Bowl 4oz		x							
Burger Bowl 6oz		x							
Butter Chick		x							
Chicken Poke Bowl	x						x		*Sesame Oil in sauce on side; May contain gluten in the Succotash
Chicken Parm (tomato)		x							
Cajun Pesto Shrimp		x		x					
Chilli Lime Shrimp Bowl								x	x* soybean oil in the sauce (spicy chile vinaigrette)
Fish Tacos	x		x*						*Egg in Sauce on side
Greek Chicken Bowl		x*							*greek yogurt in tzatziki on side / feta cheese on side
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		x*							*Dairy in Alfredo sauce on side.
Korean Beef	x*						x	x	sesame seeds; soy sauce in korean sauce; soy sauce may contain gluten
Lean Turkey Shepards Pie									
Spin Salad		x							
Spaghetti & Turkey Meatballs		x*							*Parm sprinkled on top
Tenderloin Meal		x							butter in the smashed potatoes
Tex Mex									
Turkey Meatball Meal									
Quesadilla (chicken)	х	х							
Quesadilla (buffalo)	х	х							
Thai Chicken Wraps	x*				x*			x	*Chicken Marinade contains soy sauce which may contain gluten; peanut sauce on side
Turkey Dinner	x	x							*Gluten in stuffing, dairy in smashed potatoes
Vegan Chili									