

ALLERGEN GUIDE - APRIL 2022

This sheet identifies the major allergens present in our restaurant. Any other allergen should be brought to the immediate attention of a manager. Our restaurant is currently Peanut, Shellfish, and Crustacean free and therefore those allergens are not listed here. Our only Menu item containing Fish is our Tuna Melt.

The oil used for the majority of our menu is a blend of Olive, Rice Bran, Avocado, and Grapeseed Oils. Pizzas with no listed sauce (Margherita) use olive oil. Our Fryer oil is either canola or corn oil, but due to mixed use will ~~contain gluten and egg~~

We proudly make, cut, and roll out our dough in house. This means that there may be a small trace of flour in any of our products. Those with mild or moderate celiac can be accommodated but those with severe flour allergies may not be satisfied.

We use Udi's gluten free buns which contain egg. We use Gordon Choice cauliflower crust which contain egg. We use Daiya vegan cheese which contains none of the major 8 allergens.

All vinegar contains a low amount of sulfides. Any of our vinaigrette will therefore be an issue for those with a severe sulfide intolerance.

All Pizza toppings except for cheeses are free of the major 8 allergens. All of our milk based cheeses contain only dairy as major allergen

SHAREABLES

MENU ITEM	WHEAT	MILK	TREE NUTS	SOY	EGGS	NOTES:
Potato Chips						seed allergen (sunflower oil)
Truffle Fries, no aioli						aioli listed below
Chicken Wings, plain	X					sauces are listed below
Chicken Strips	x	X		X	X	egg and soy are from cross contact (shared flour with chicken sandwich)

SALADS WITHOUT DRESSING

MENU ITEM	WHEAT	MILK	TREE NUTS	SOY	EGGS	NOTES:
Kid's Salad / Side Salad						
Harvest Salad		X				seed allergen (pepitas), dairy is from goat cheese.
Spinach House		X				dairy from feta
Cesar Salad	X	X				wheat from croutons, dairy from parmesan

SANDWICHES WITHOUT CHEESE AND BREAD

MENU ITEM	WHEAT	MILK	TREE NUTS	SOY	EGGS	NOTES:
Artichoke Sandwich						uses vegan aioli
Tuna Melt				X	X	FISH ALLERGY
Chicken Sandwich	X	X		X	X	sesame allergy from marinade, uses aioli
Cuban						uses aioli

ALL DRESSINGS, SAUCES, AIOLIS

MENU ITEM	WHEAT	MILK	TREE NUTS	SOY	EGGS	NOTES:
Toom (V. Garlic Aioli)						
Ranch		X		X	X	
Ceasar Dressing		X		X	X	
Cider Vin						
Cilantro Vin						
Red Wine Vin						
All Aiolis				X	X	
Buffalo Sauce						
Honey BBQ Sauce						
Baba Ghannoush						sesame allergen from tahini
Garlic Butter		X				
Charred Tom Sauce						
Chipotle Sauce				X		
Bechamel	X	X				

BREAD AND DOUGHS

MENU ITEM	WHEAT	MILK	TREE NUTS	SOY	EGGS	NOTES:
Challah Roll	X				X	
Ciabatta			X	X		
Italian Bread	X		X	X		
Gluten Free Bun					X	
All Aiolis				X	X	
Pizza Dough	X			X		
GF Pizza Dough					X	