

# Ingredient Listing



## Bowls


**BOLD BUFFALO:** brown basmati rice, romaine, red and yellow peppers, carrots, red onion, parmesan, bacon bits, croutons, ranch dressing & buffalo sauce \*CONTAINS: **gluten, dairy, eggs, soy.**

**BANGKOK:**  brown basmati rice, romaine, red & yellow peppers, edamame, red onion, chow mein noodles, peanuts & evil peanut dressing \*CONTAINS: **gluten, eggs, soy, peanuts, sesame, sulphites.**

**CAESAR:** brown basmati rice, romaine, bacon bits, parmesan, croutons & caesar dressing \*CONTAINS: **gluten, dairy, eggs, soy, fish, mustard, sulphites.**



**COBB:** brown basmati rice, romaine, cheddar, egg, avocado, bacon bits, grape tomatoes & red onion, chipotle ranch dressing, \*CONTAINS: **gluten, dairy, eggs, soy.**


**HARVEST:**   brown basmati rice, spinach, roasted pecans, chickpeas, sun-dried cranberries, carrots, cucumber & goddess dressing \*CONTAINS: **soy, treenuts, sesame.**



**MEDITERRANEAN:**  brown basmati rice, romaine, feta, kalamata olives, cucumber, grape tomatoes, red onion, crushed pita chip, tzatziki & greek vinaigrette dressing \*CONTAINS: **gluten, dairy, mustard, sulphites.**

**SIGNATURE:**  brown basmati rice, romaine, sun-dried cranberries, roasted pecans, red onion, feta, croutons & balsamic dressing \*CONTAINS: **gluten, dairy, treenuts, mustard, sulphites.**

**SOUTHWEST:**  brown basmati rice, romaine, grape tomatoes, black bean corn salsa, red & yellow peppers, cheddar, crushed pita chip & chipotle lime dressing \*CONTAINS: **gluten, dairy, mustard, sulphites.**

**SUNSHINE:**   brown basmati rice, chopped mix, avocado, cucumber, mozzarella, apples & goddess dressing \*CONTAINS: **dairy, soy, sesame.**

**SANTA FE:**  brown basmati rice, romaine, black bean corn salsa, avocado, cheddar, crushed pita chip, sour cream & salsa \*CONTAINS: **gluten, dairy, sulphites.**

**GODDESS:**   brown basmati rice, romaine, roasted sweet potato, roasted pumpkin seeds, avocado, feta & chickpeas, goddess dressing \*CONTAINS: **dairy, soy, sesame.**


## Salads


**BOLD BUFFALO:** romaine, red and yellow peppers, carrots, red onion, parmesan, bacon bits, croutons, ranch dressing & buffalo sauce \*CONTAINS: **gluten, dairy, eggs, soy.**


**BANGKOK:**  romaine, red & yellow peppers, edamame, red onion, chow mein noodles, peanuts & evil peanut dressing \*CONTAINS: **gluten, eggs, soy, peanuts, sesame, sulphites.**


**CAESAR:** romaine, bacon bits, parmesan, croutons & caesar dressing \*CONTAINS: **gluten, dairy, eggs, soy, sulphites.**


**COBB:** romaine, cheddar, egg, avocado, bacon bits, grape tomatoes & red onion, chipotle ranch dressing \*CONTAINS: **gluten, dairy, eggs, soy, sulphites.**


**HARVEST:**  spinach, roasted pecans, chickpeas, sun-dried cranberries, carrots, cucumber & goddess dressing \*CONTAINS: **gluten, soy, treenuts, sesame.**


**MEDITERRANEAN:**  romaine, feta, kalamata olives, cucumber, grape tomatoes, red onion, crushed pita chip, tzatziki & greek vinaigrette dressing \*CONTAINS: **gluten, dairy, mustard, sulphites.**

**SIGNATURE:**  romaine, sun-dried cranberries, roasted pecans, red onion, feta, croutons & balsamic dressing \*CONTAINS: **gluten, dairy, treenuts, mustard, sulphites.**

**SOUTHWEST:**  romaine, grape tomatoes, black bean corn salsa, red & yellow peppers, cheddar, crushed pita chip & chipotle lime dressing \*CONTAINS: **gluten, dairy, mustard, sulphites.**

**SUNSHINE:**  chopped mix, avocado, cucumber, mozzarella, apples & goddess dressing \*CONTAINS: **gluten, dairy, soy, sesame.**

**SANTA FE:**  romaine, black bean corn salsa, avocado, cheddar, crushed pita chip, sour cream & salsa \*CONTAINS: **gluten, dairy, sulphites.**

**GODDESS:**  romaine, roasted sweet potato, roasted pumpkin seeds, avocado, feta & chickpeas, goddess dressing \*CONTAINS: **gluten, dairy, soy, sesame.**

**ANTIPASTO:** romaine, genoa salami, grape tomatoes, kalamata olives, pickled red onion, roasted red peppers, artichoke hearts, parmesan, italian dressing, crostini and a pepperoncini pepper \*CONTAINS: **gluten, dairy, sulphites.**

**PEACH CAPRESE:** Chopped mix, basil, peaches, grape tomatoes, pickled red onion, feta, mini bocconcini, balsamic glaze, balsamic dressing, and crostini \*CONTAINS: **gluten, dairy, mustard, sulphites.**

## Wraps

**BOLD BUFFALO:** romaine, red and yellow peppers, carrots, red onion, parmesan, bacon bits, croutons, ranch dressing & buffalo sauce \*CONTAINS: **gluten, dairy, eggs, soy.**

**BANGKOK:** (V) romaine, red & yellow peppers, edamame, red onion, chow mein noodles, peanuts & evil peanut dressing \*CONTAINS: **gluten, eggs, soy, peanuts, sesame, sulphites.**

**CAESAR:** romaine, bacon bits, parmesan, croutons & caesar dressing \*CONTAINS: **gluten, dairy, eggs, soy, sulphites.**

**COBB:** romaine, cheddar, egg, avocado, bacon bits, grape tomatoes & red onion, chipotle ranch dressing, \*CONTAINS: **gluten, dairy, eggs, soy, sulphites.**

**HARVEST:** (V) spinach, roasted pecans, chickpeas, sun-dried cranberries, carrots, cucumber & goddess dressing \*CONTAINS: **gluten, soy, tree nuts, sesame.**

**MEDITERRANEAN:** (V) romaine, feta, kalamata olives, cucumber, grape tomatoes, red onion, crushed pita chip, tzatziki & greek vinaigrette dressing \*CONTAINS: **gluten, dairy, soy, mustard, sulphites.**

**SIGNATURE:** (V) romaine, sun-dried cranberries, roasted pecans, red onion, feta, croutons & balsamic dressing \*CONTAINS: **gluten, dairy, soy, tree nuts, mustard, sulphites.**

**SOUTHWEST:** (V) romaine, grape tomatoes, black bean corn salsa, red & yellow peppers, cheddar, crushed pita chip & chipotle lime dressing \*CONTAINS: **gluten, dairy, soy, mustard, sulphites.**

**SUNSHINE:** (V) chopped mix, avocado, cucumber, mozzarella, apples & goddess dressing \*CONTAINS: **gluten, dairy, soy, sesame.**

**SANTA FE:** (V) romaine, black bean corn salsa, avocado, cheddar, crushed pita chip, sour cream & salsa \*CONTAINS: **gluten, dairy, soy, sulphites.**

**GODDESS:** (V) romaine, roasted sweet potato, roasted pumpkin seeds, avocado, feta & chickpeas, goddess dressing \*CONTAINS: **gluten, dairy, soy, sesame.**

## Sandwiches

### Multigrain

**BOLD BUFFALO:** buffalo grilled chicken, romaine, bacon bits, red & yellow peppers, red onions, parmesan, carrots \*CONTAINS: **gluten, dairy, eggs, soy, sesame.**

**CRANBERRY PESTO:** grilled chicken, cranberry sauce, pesto, red & yellow peppers, cheddar, mozzarella & romaine \*CONTAINS: **gluten, dairy, eggs, soy, sesame.**

**SPICY CHICKEN:** grilled chicken, chipotle aioli, mushrooms, red onions, cheddar & romaine \*CONTAINS: **gluten, dairy, eggs, soy, sesame.**

**TUNA MELT:** lemon dill tuna, cheddar, cucumbers, carrots & romaine \*CONTAINS: **gluten, dairy, eggs, soy, fish, sesame.**

**JALAPEÑO POPPER GRILLED CHEESE:** cream cheese, cheddar cheese, mozzarella cheese, bacon bits, sliced jalapeños. \*CONTAINS: **gluten, dairy, eggs, soy, sesame.**

### Sourdough

**BOLD BUFFALO:** buffalo grilled chicken, romaine, bacon bits, red & yellow peppers, red onions, parmesan, carrots \*CONTAINS: **gluten, dairy, eggs, soy.**

**CRANBERRY PESTO:** grilled chicken, cranberry sauce, pesto, red & yellow peppers, cheddar, mozzarella & romaine \*CONTAINS: **gluten, dairy, eggs, soy.**

**SPICY CHICKEN:** grilled chicken, chipotle aioli, mushrooms, red onions, cheddar & romaine \*CONTAINS: **gluten, dairy, eggs, soy.**

**TUNA MELT:** lemon dill tuna, cheddar, cucumbers, carrots & romaine \*CONTAINS: **gluten, dairy, eggs, soy, fish.**

**JALAPEÑO POPPER GRILLED CHEESE:** cream cheese, cheddar cheese, mozzarella cheese, bacon bits, sliced jalapeños. \*CONTAINS: **gluten, dairy, eggs, soy.**

## Quesadillas


**BAJA:** grilled chicken, red & yellow peppers, black bean corn salsa & cheddar \*CONTAINS: **gluten, dairy, eggs, soy, sulphites.**

**BBQ:** grilled chicken, banana peppers, cheddar, red onions, mushrooms & bbq sauce \*CONTAINS: **gluten, dairy, eggs, soy, mustard, sulphites.**

**PESTO:** grilled chicken, red & yellow peppers, cheddar & pesto \*CONTAINS: **gluten, dairy, eggs, soy.**

**VEGGIE:** (V) red & yellow peppers, mushrooms, red onions, sun-dried cranberries, mozzarella & cheddar \*CONTAINS: **gluten, dairy, eggs, soy.**

# Kids Menu

**CHICKIE BOWL:**  seasoned brown rice, grilled chicken & cheddar **\*CONTAINS: dairy. (May contain: sulphites)**

**CHICKIE CAESAR SALAD:** grilled chicken, romaine, croutons, parmesan & caesar dressing **\*CONTAINS: gluten, dairy, eggs, fish, mustard, sulphites.**


**CHICKIE CAESAR WRAP:** whole wheat tortilla, grilled chicken, romaine, croutons, parmesan & caesar dressing **\*CONTAINS: gluten, dairy, eggs, fish, mustard, sulphites.**

**CHICKIE QUESADILLA:** whole wheat tortilla, grilled chicken, cheddar & ranch **\*CONTAINS: gluten, dairy.**

**CHICKIE RANCH WRAP:** whole wheat tortilla, romaine, grilled chicken, cheddar & ranch dressing **\*CONTAINS: gluten, dairy, eggs, soy, mustard. (May contain: sulphites)**

**GRILLED CHEESE:**  mozzarella, cheddar **\*CONTAINS: gluten, dairy, eggs, soy, sesame.**

Multigrain



**GRILLED CHEESE:**  mozzarella, cheddar **\*CONTAINS: gluten, dairy.**

Sourough

# Soups

**AFRICAN SPICED LENTIL:**   a fiery stew base made from red lentils, packed with full ethnic flavours and hearty vegetables (mild spice)

water, diced tomatoes, red lentils, carrots, onions, concentrated vegetable base, canola oil, garlic, ginger, paprika, turmeric, coriander, sea salt, ground ginger, cayenne pepper, black pepper **\*Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites**

**THAI CURRY:**   made with a red lentil base, this smooth velvet soup is paired with coconut milk and eastern flavours water, coconut milk, onions, carrots, red lentils, canola oil, garlic, curry powder, ginger, sea salt, black pepper **\*Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites**

**WILD MUSHROOM CHOWDER:**  comforting, rich and creamy soup flavoured with celery, onions, sautéed mushrooms and rice

water, onions, celery, sliced mushrooms, concentrated chicken base, butter, rice, fresh garlic, sea salt, ground ginger, marjoram, white pepper, black pepper, whipping cream, thyme **\*CONTAINS: dairy. \*Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites**

**SPICY CREAMY TOMATO:**  spicy, smooth & creamy tomato soup

water, crushed tomatoes, onions, potatoes, concentrated vegetable base, canola oil, garlic, sea salt, black pepper, chili flakes, thyme, oregano, basil, whipping cream **\*CONTAINS: dairy. \*Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites**

**MOROCCAN CHICKPEA:**   a medley of legumes with layers of aromatics & spices like fresh ginger, coriander leaves, cumin & paprika

beans, liquid from stewed kidney beans, water, potatoes, diced tomatoes, onions, carrots, soup liquid concentrated vegetable base, canola oil, spinach, garlic puree, fresh ginger, paprika, fresh coriander leaves, ground cumin, salt, ground cayenne pepper, black pepper, ground cinnamon, white pepper, ground ginger **\*Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites**

**LOADED POTATO:** classic baked potato toppings flavours like bacon, chives, parmesan & butter

onion, potato, dehydrated potato, celery, garlic, green onion, parsley, granulated garlic, thyme, sea salt, chives, parmesan, black pepper, white pepper, water, chicken concentrate, heavy cream, bacon, butter **\*CONTAINS: dairy. \*Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites**

**CHICKEN NOODLE:** chicken, noodles & vegetables come together in a flavourful broth

chicken broth (water, chicken stock), carrots, seasoned chicken (contains soy), egg noodles (wheat flour, whole egg, egg white), celery, onions, salt, modified corn starch, yeast extract, chicken fat, garlic, garlic powder, onion powder, dried parsley, flavour, spices, beta carotene **\*CONTAINS: gluten, eggs, soy, sulphites.**

**BROCCOLI & CHEDDAR:** made with loads of broccoli & real cheese for a smooth, velvety soup

water, broccoli, milk, processed cheese food, modified corn starch, cheddar cheese, cream, salt, yeast extract (barley), dijon mustard (vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spice), dried garlic, onion powder, annatto, paprika extract, spice **\*CONTAINS: dairy, gluten, sulphites.**

## Dressings/Sauces

### **CHOPPED BALSAMIC:** a neutral balsamic vinaigrette

100% olive/pomace oil, balsamic vinegar, dijon mustard, garlic, sea salt, black pepper **\*CONTAINS: mustard, sulphites**

### **GODDESS:** creamy combination of sesame and soy with a hint of lemon


canola oil, wheat free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives **\*CONTAINS: soy, sesame, sulphites**

### **GREEK VINAIGRETTE:** light, flavourful vinaigrette with feta

canola oil, red wine vinegar, olive/pomace oil, dijon mustard, garlic powder, feta, onion powder, black pepper, basil, oregano, sea salt, xanthan gum **\*CONTAINS: mustard, dairy, sulphites**

### **EVIL PEANUT:** spicy peanut dressing with a hint of lime

Gluten-friendly hoisin sauce, canola oil, sesame oil, lemon juice, lime juice (fresh), peanut butter (organic peanuts), brown sugar, chili garlic sauce, sambal oelek, garlic, sea salt **\*CONTAINS: soy, peanuts, sulphites, sesame**

**PESTO:**  canola oil, cheese, basil, parsley, garlic, water, concentrated lemon juice, spices, salt **\*MAY CONTAIN: other tree nuts, peanuts, dairy**

### **CAESAR:** creamy garlic dressing

mayonnaise, garlic, dijon mustard, lemon juice, parmesan cheese, worcestershire sauce, anchovies, black pepper, sea salt **\*CONTAINS: eggs, soy, mustard, dairy, seafood, sulphites**

### **RANCH:** a homestyle ranch dressing with hints of garlic & dill

mayonnaise, water, cayenne sauce (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), lemon juice (lemon juice, sulphites, lemon oil), garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives **\*CONTAINS: eggs, soy, sulphites, mustard**

### **CHIPOTLE LIME CITRUS:** spicier lime dressing with a hint of chipotle flavour

canola oil, olive/pomace oil, lime juice, chipotle jelly, chipotle peppers, chipotle seasoning mix (garlic powder, onion powder, coriander, paprika, black pepper, dijon mustard, cumin, sea salt, xanthan gum **\*CONTAINS: mustard, sulphites**

### **CHIPOTLE RANCH:** spicy creamy chipotle ranch

mayonnaise, water, cayenne sauce, lemon juice, chipotle peppers, ground chipotle chili peppers, garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives **\*CONTAINS: eggs, soy, sulphites, mustard**



**SALSA:** Fire Roasted Diced Tomatoes, Tomato Puree, Diced Jalapeno Peppers, Diced Anaheim Peppers, Salt, Dehydrated Onions, Citric Acid, Spices, Acetic Acid, Dehydrated Garlic, Calcium Chloride

**SOUR CREAM:** milk ingredients, modified corn starch, guar, gum, sodium citrate, carrageenan, disodium phosphate, bacterial cultures **\*CONTAINS: dairy**



**BBQ SAUCE:** water, sugar/glucose-fructose, vinegar, modified corn starch, salt, tomato paste, spices and seasonings, canola oil, cooking molasses, natural flavour, mustard, colour, ugar, gum (thickener) **\*CONTAINS: mustard**


**TZATZIKI:**  cream, pasteurized ultra-filtered milk, milk protein concentrate, canola oil, salt, garlic puree, cucumber, white vinegar, white pepper, dill, bacterial culture **\*CONTAINS: milk/dairy, whey and yogurt powder**

## Choppings

**RICE:**   brown basmati rice, cumin, chili powder, salt, pepper, olive oil

**QUINOA:**   cumin, chili powder, salt, pepper, olive oil

**BLACK BEAN CORN SALSA:**   corn, black beans, green onions, olive oil, balsamic vinegar, lime juice, cumin, chili powder

**PITA CHIPS:**  pita bread (whole wheat flour, water, yeast, salt, calcium propionate), canola oil, rosemary, salt **\*CONTAINS: wheat**

**CHOW MEIN NOODLES:** flour, water, frozen albumen, whole liquid eggs (may contain citric acid), salt, sodium propionate, sodium benzoate, sodium bicarbonate, beta carotene, corn starch **\*MAY CONTAIN: citric acid, egg**

**WHOLE WHEAT CROUTON:** bread (whole wheat flour, water, yeast, glucose-fructose/sugar, wheat gluten, dehydrated potato flakes (mono and diglycerides, sodium acid pyrophosphate, citric acid), vegetable oil (canola or soybean), salt, vinegar, sodium stearoyl-2-lactylate, calcium, propionate, acetylated tartaric acid esters of mono and diglycerides, monoglycerides, sorbic acid) butter, canola oil, garlic salt **\*MAY CONTAIN: potassium sorbate, soybeans, sesame seeds, wheat**

## Tortillas/Bread

**12" WHOLE WHEAT TORTILLA:** whole wheat flour, enriched unbleached wheat flour (wheat flour, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (contains one or more of the following: canola oil, corn oil, soybean oil, safflower oil). Contains less than 2% of each of the following: leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, food starch-modified, calcium propionate (preservative), yeast.

**\*CONTAINS: wheat**

**10" WHOLE GRAIN HOMESTYLE TORTILLA:** whole grain flour, water, palm oil, expeller pressed canola oil. Contains less than 2% of each of the following: non-gmo leavening (wheat starch, sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), powdered evaporated cane juice (cane sugar), salt, yeast, sodium bicarbonate. **\*CONTAINS: wheat**

**SOURDOUGH BREAD:** enriched wheat flour (wheat flour, ascorbic acid, malted barley flour, amylase, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, durum wheat semolina flour, yeast, sea salt, dough conditioner (wheat flour, malted barley flour, ascorbic acid, amylase, lipase), natural preservative (cultured corn syrup solids, citric acid), soya lecithin


**\*CONTAINS: wheat \*MAY CONTAIN: sulphites, soy, tree nuts and/or sesame seeds**

**MULTIGRAIN BREAD:** enriched wheat flour, water, sunflower seeds, wheat flakes, rye meal, rolled oats, wheat bran, flax seeds, corn flakes, sugar, salt, molasses, yeast, oat flakes, rye flour, soya grits, millet seeds, sesame seeds, flaked rye, vegetable oil, malted barley flour, ascorbic acid, amylase, dextrose, acetylated tartaric acid esters of mono and diglycerides, calcium carbonate, sea salt, calcium propionate, mono-diglycerides, guar gum, corn syrup solids, lipase, soya lecithin **CONTAINS: wheat \*MAY CONTAIN: sulphites, soy, tree nuts lecithin and/or sesame seeds**

## Protein

**SHRIMP:**  shrimp, salt, sodium phosphate, sulphites



**TUNA:**  mixed with lemon dill dressing

**BACON BITS:**  pork water salt sugars (sugar brown sugar) cultured celery extract sodium phosphate flavour sodium erythorbate potassium chloride smoke flavour sodium nitrite spice extract smoke. ingredient proportions indicated are subject to change. **\*MAY CONTAIN: sodium ascorbate and/or sodium erythorbate, sodium nitrite**


**MARINATED TOFU:** water, soybeans (non-gmo), soy sauce (water, wheat, soybeans, salt, less than 0.1% sodium benzoate as a preservative, brewing starter (aspergillus sojae)), sugar, salt, calcium sulphate, caramel colour **\*MAY CONTAIN: sulphites**

**SMOKED TOFU:** water, organic soybeans (non-gmo), calcium sulphate, salt, smoke

**EXTRA FIRM TOFU:** water, soybeans (non-gmo), magnesium chloride, calcium sulphate

**FALAFEL:**   chickpeas, water, canola/sunflower oil, chickpea flour, potato flakes (potatoes, mono & diglycerides, sodium acid pyrophosphate, citric acid), baking powder, salt, garlic, onion powder, dextrose, dextrin, chicory root (inulin), powdered cellulose, spices **\*MAY CONTAIN: sesame**

**GRILLED CHICKEN:**  chicken breast, water, chicken broth, salt, spices

**SIRLOIN STEAK:**  beef, water, modified corn starch, canola oil, salt, sodium phosphates, dehydrated garlic, dehydrated onion, spices.

## Dietary Restriction Menu Suggestions

### Vegetarian

A diet which does not include meat, and occasionally other animal byproducts.

- Sante Fe\*\* (contains Cheddar & Sour Cream)
- Harvest
- Bangkok\*\* (remove Chow Mein Noodles)
- Mediterranean\*\* (contains Feta, Tzatziki, Greek Vinaigrette Dressing)
- Southwest\*\* (contains Cheddar Cheese)
- Sunshine \*\* (contains Mozzarella Cheese)
- Signature\*\* (contains Feta Cheese)
- Vegetarian Proteins/Add ons: Falafel, Tofu, Avocado, Quinoa, Brown Basmati Rice

## Gluten Friendly

**A diet that excludes the protein gluten.**

Any Salad or bowl can be made gluten friendly with the removal of Pita Chips, Croutons & Chow Mein Noodles.

**Examples:**

Bangkok Salad - Remove Chow Mein Noodles and Pita Chip

Signature Salad - Remove Pita Chip and Croutons

Caesar Salad - Remove Croutons and Pita Chip

**Gluten-friendly Protein/Add ons:** Chicken, Sirloin Steak, Tuna, Falafel, Eggs, Shrimp, Quinoa, Brown Basmati Rice

## Keto

**A diet that is high-fat, adequate-protein, and low-carbohydrate and low sugar.**

Any Salad can be made Keto with the removal of Pita Chips, Croutons, and Chow Mien Noodles.

**Examples:**

Sunshine Salad - remove Pita Chip, add double Chicken

Harvest Salad - remove Pita Chip, add double Chicken

## Vegan

**A diet that does not include meat, eggs, dairy products and other animal-derived substances.**

- Harvest Salad
- Southwest Salad - Remove Cheddar
- Signature Salad - Remove Feta & Croutons
- Sunshine Salad - Remove Mozzarella
- Bangkok Salad - Remove Chow Mein Noodles

**\*\*\* Croutons contain butter, wraps contain yeast**