

# Allergen Chart

Our restaurants contain nuts, peanuts, soy, egg, milk, wheat, fish, mustard, & sesame that are not individually packaged. Meals at all Chopped Leaf restaurants may come into contact with any or all of these allergens. We have chosen the term “gluten-friendly” as opposed to gluten-free because we cannot guarantee that cross-contamination with a gluten product in our restaurants will not occur. Although our dressings and soups are gluten-friendly, they are made in a facility that may come in contact with all allergens previously listed. If you are unsure of any products, please ask a staff member or contact [info@choppedleaf.ca](mailto:info@choppedleaf.ca) for more information.

Menu	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Treenuts	Fish	Shellfish	Sesame	Mustard	Sulphites
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## Bowls

Goddess		✓		✓					✓		
Cobb	✓	✓	✓	✓							
Bangkok	✓		✓	✓	✓				✓		✓
Harvest				✓		✓			✓		
Mediterranean		✓								✓	✓
Santa Fe	✓	✓	✓	✓							
Southwest	✓	✓								✓	✓
Sunshine		✓		✓					✓		

## Salads

\*All salads are served with an optional pita chip\*

Goddess		✓		✓					✓		
Cobb		✓	✓	✓							✓
Bangkok	✓		✓	✓	✓				✓		✓
Caesar	✓	✓	✓	✓							✓
Mediterranean		✓								✓	✓
Santa Fe	✓	✓									✓
Signature	✓	✓				✓				✓	✓
Sunshine		✓		✓					✓		

## Wraps

\*All wraps are served in a whole wheat tortilla\*

Bangkok	✓		✓	✓	✓				✓		✓
Bold Buffalo	✓	✓	✓	✓							
Caesar	✓	✓	✓	✓							✓
Mediterranean	✓	✓		✓						✓	✓
Santa Fe	✓	✓		✓							✓
Signature	✓	✓		✓		✓			✓		✓
Southwest	✓	✓		✓						✓	✓
Sunshine	✓	✓		✓					✓		

## Sandwiches

Spicy Chipotle Chicken	✓	✓	✓	✓							
Cranberry Pesto	✓	✓									
Chicken Club	✓	✓	✓								
Southwest Steak	✓	✓	✓	✓							
Jalapeño Popper	✓	✓									
Tuna Melt	✓	✓	✓	✓			✓				

## Quesadillas

Baja	✓	✓	✓	✓							✓
BBQ	✓	✓	✓	✓						✓	✓
Pesto	✓	✓	✓	✓							
Veggie	✓	✓	✓	✓							

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### Soup

Spicy Creamy Tomato	✓	✓									✓
Chicken Noodle	✓			✓							✓
Curried Butternut Squash	✓	✓								✓	✓
Broccoli Cheddar	✓	✓								✓	✓

### Kids Menu

Chickie Bowl		✓									
Chickie Caesar Salad	✓	✓	✓	✓			✓			✓	✓
Chickie Caesar Wrap	✓	✓	✓	✓			✓			✓	✓
Chickie Quesadilla	✓	✓									
Chickie Ranch Wrap	✓	✓	✓	✓					✓		
Grilled Cheese - Multigrain	✓	✓	✓	✓							
Grilled Cheese - Sourdough	✓	✓									

### Dressings

Balsamic Vinaigrette	MC	MC	MC	MC	MC	MC	MC		MC	✓	✓
Buffalo Sauce											
Caesar Dressing	MC	✓	✓	✓	MC	MC	✓		MC	✓	✓
Chipotle Lime Citrus	MC	MC	MC	MC	MC		MC		MC	✓	✓
Chipotle Ranch	MC	MC	✓	✓	MC	MC	MC		MC	MC	MC
Evil Peanut	MC	MC	MC	✓	✓	MC	MC		✓	MC	✓
Goddess	MC	MC	MC	✓	MC	MC	MC		✓	MC	MC
Greek Vinaigrette	MC	✓	MC	MC	MC	MC	MC		MC	✓	✓
Ranch dressing	MC	MC	✓	✓	MC	MC	MC		MC	MC	MC
Salsa											
Sour Cream		✓									
Tzatziki		✓									
Pesto		✓									

### Proteins

Chicken											
Steak											
Tuna			✓	✓			✓				
Tofu											
Falafel			✓								
Eggs								✓			✓
Shrimp	✓			✓							

#### MC - May Contain

We use the term “may contain” for our dressings and soups because they are made in a facility that contains nuts, peanuts, soy, egg, milk, wheat, fish, mustard, and sesame. Therefore, we cannot guarantee that cross-contamination with these allergens will not occur in our manufacturing facility.