

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 for more information.

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

Bold Buffalo	✓	✓	✓	✓							
Bangkok	✓		✓	✓	✓				✓	✓	✓
Caesar	✓	✓	✓	✓			✓				✓
Cobb	✓	✓	✓	✓							
Harvest	✓			✓		✓			✓		
Mediterranean	✓	✓								✓	✓
Signature	✓	✓				✓				✓	✓
Southwest	✓	✓								✓	✓
Sunshine	✓	✓		✓					✓		
Santa Fe	✓	✓									✓
Goddess	✓	✓		✓					✓		

Bowls

Bold Buffalo	✓	✓	✓	✓							
Bangkok	✓		✓	✓	✓				✓		✓
Caesar	✓	✓	✓	✓			✓			✓	✓
Cobb	✓	✓	✓	✓							
Harvest				✓		✓			✓	✓	
Mediterranean	✓	✓								✓	✓
Signature	✓	✓				✓				✓	✓
Southwest	✓	✓									✓
Sunshine		✓		✓					✓		
Santa Fe	✓	✓									✓
Goddess		✓		✓					✓		

Wraps

Bold Buffalo	✓	✓	✓	✓							
Bangkok	✓		✓	✓	✓				✓	✓	✓
Caesar	✓	✓	✓	✓			✓				✓
Cobb	✓	✓	✓	✓							
Harvest	✓			✓		✓			✓	✓	
Mediterranean	✓	✓								✓	✓
Signature	✓	✓				✓				✓	✓
Southwest	✓	✓		✓					✓		✓
Sunshine	✓	✓		✓							
Santa Fe	✓	✓		✓					✓		✓
Goddess	✓	✓		✓							

Sandwiches

Multigrain

Bold Buffalo	✓	✓	✓	✓					✓		
Cranberry Pesto	✓	✓	✓	✓					✓		
Spicy Chicken	✓	✓	✓	✓					✓		
Tuna Melt	✓	✓	✓	✓			✓		✓		
Jalapeño Popper	✓	✓	✓	✓					✓		

Sourdough

Bold Buffalo	✓	✓	✓	✓							
Cranberry Pesto	✓	✓	✓	✓							
Spicy Chicken	✓	✓	✓	✓							
Tuna Melt	✓	✓	✓	✓			✓				
Jalapeño Popper	✓	✓	✓	✓							

Menu Category	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Treenuts	Fish	Shellfish	Sesame	Mustard	Sulphites
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Quesadillas

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

Soups

African Spiced Lentil	MC	MC	MC	MC	MC	MC	MC		MC	MC	MC
Chicken Noodle	✓		✓	✓							
Loaded Potato	MC	✓	MC	MC	MC	MC	MC		MC	MC	MC
Moroccan Chickpea	MC	MC	MC	MC	MC	MC	MC		MC	MC	MC
Spicy Creamy Tomato	MC	✓	MC	MC	MC	MC	MC		MC	MC	MC
Thai Curry Soup	MC	MC	MC	MC	MC	MC	MC		MC	MC	✓
Wild Mushroom Chowder	MC	✓	MC	MC	MC	MC	MC		MC	MC	MC

Kids Menu

Chickie Bowl		✓									
Chickie Caesar Salad	✓	✓	✓	✓			✓			✓	✓
Chickie Caesar Wrap	✓	✓	✓	✓			✓			✓	✓
Chickie Quesadilla	✓	✓									
Chickie Ranch Wrap	✓	✓	✓	✓							
Grilled Cheese <small>Multi-grain</small>	✓	✓	✓	✓					✓		
Grilled Cheese <small>Sourdough</small>	✓	✓									

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		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	X	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			✓	✓			✓				
Falafel											
Eggs			✓								
Shrimp								✓			✓
Tofu	✓			✓							

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.