

ALLERGENS

This allergen document is based on the full ingredient list.

May Contain: Facilities that produce some of our ingredients may use equipment that has come into contact with an allergen. The allergen is not an ingredient in the dish.

Onion and garlic: Refer to the menu boards and ingredient lists to identify whole pieces of onion in dishes. Many spice mixes and dressings contain imperceptible amounts of ground onion and garlic.

HEARTY BOWLS & SALADS	Coriander/ Cilantro	Egg	Fish	Garlic	Legumes	Milk	Mustard	Nuts	Onion	Peanuts	Sesame	Shellfish	Soy	Sulphites	Wheat/ Gluten
PIRI-PIRI BOWL	X			X	X		X		X					X	
THE SANTA FE	X			X	X	X		May contain	X						
MAD CAESAR				X	X	May contain	X	May contain	X	May contain	May contain		X	X	May contain
SMOKY CHIPOTLE BOWL	X				X	X	X	May contain	X					X	
BIBIMBOWL				X	X		X		X		X		X		X
THAI CHILI BOWL	X		X	X	X			X		X				X	
MAPLE FARM BOWL				X	X	X	X	May contain	X	May contain	May contain		May contain	X	May contain
BOMBAY SPICE BOWL	X			X	X	X	X		X					X	

PROTEINS	Coriander/ Cilantro	Egg	Fish	Garlic	Legumes	Milk	Mustard	Nuts	Onion	Peanuts	Sesame	Shellfish	Soy	Sulphites	Wheat/ Gluten
LUISA'S CHICKEN				X					X						
PIRI-PIRI CHICKEN				X					X					X	
LEMON-HERB CHICKEN				X					X						
CILANTRO-LIME TOFU	X				X				X				X	X	
PIRI-PIRI TOFU				X	X				X				X	X	
BEEF BARBACOA				X					X				X		
PANEER SABZI	X			X		X			X					X	

BURRITO BOWLS	Coriander/ Cilantro	Egg	Fish	Garlic	Legumes	Milk	Mustard	Nuts	Onion	Peanuts	Sesame	Shellfish	Soy	Sulphites	Wheat/ Gluten
THE SMOKING GUN - CHICKEN	X			X	X	X			X					X	
THE SMOKING GUN - TOFU	X			X	X	X			X				X	X	
THE BARRANQUILLA	X			X	X	X	X		X						
THE EL DORADO	X			X	X	X			X				X	X	
THE FLAMING BATATA	X			X	X	X		May contain	X					X	
THE VIDA VERDE	X			X	X		X	May contain	X				X	X	
THE SPICY SATAY - CHICKEN				X	X				X	X	X		X	X	X
THE SPICY SATAY - TOFU	X			X	X				X	X	X		X	X	X
BURRITOS															
THE SMOKING GUN - CHICKEN	X			X	X	X			X					X	X
THE SMOKING GUN - TOFU	X			X	X	X			X				X	X	X
THE BARRANQUILLA	X			X	X	X	X		X						X
THE EL DORADO	X			X	X	X			X				X	X	X
THE FLAMING BATATA	X			X	X	X		May contain	X					X	X
THE VIDA VERDE	X			X	X		X	May contain	X				X	X	X
THE SPICY SATAY - CHICKEN				X	X				X	X	X		X	X	X
THE SPICY SATAY - TOFU	X			X	X				X	X	X		X	X	X

LIL' BOWL	Coriander/ Cilantro	Egg	Fish	Garlic	Legumes	Milk	Mustard	Nuts	Onion	Peanuts	Sesame	Shellfish	Soy	Sulphites	Wheat/ Gluten
LIL' PIRI-PIRI BOWL				X	X				X					X	
LIL' BUDDHA BOWL				X			X		X		X		X	X	
LIL' TACO BOWL	X			X	X	X			X					X	
LIL' KID BOWL				X					X						

SOUPS & SANDWICHES	Coriander/ Cilantro	Egg	Fish	Garlic	Legumes	Milk	Mustard	Nuts	Onion	Peanuts	Sesame	Shellfish	Soy	Sulphites	Wheat/ Gluten
COCONUT CURRY CHOWDER	X			X					X				X		
MOROCCAN CHICKEN SOUP	X			X	X		X		X					X	
PIRI-PIRI CHICKEN	X			X	X		X	May contain	X		May contain		May contain	X	X
TOFU BANH MI	X			X	X			May contain	X	X	X		X	X	X
FAJITA BARBACOA				X		X		May contain	X		May contain		X	X	X
SMASHED CHICKPEA					X		X	May contain	X		X		May contain	X	X

SMOOTHIES	Coriander/ Cilantro	Egg	Fish	Garlic	Legumes	Milk	Mustard	Nuts	Onion	Peanuts	Sesame	Shellfish	Soy	Sulphites	Wheat/ Gluten
VERY BERRY	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
GREEN MACHINE	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
NUTTY BY NATURE								X		X					

DESSERTS & BREAD	Coriander/ Cilantro	Egg	Fish	Garlic	Legumes	Milk	Mustard	Nuts	Onion	Peanuts	Sesame	Shellfish	Soy	Sulphites	Wheat/ Gluten
PORTUGUESE CUSTARD TART		X				X		May contain		May contain			X	May contain	X
CAKE POPS		X				X							X		X
GINGER MOLASSES		X				May contain		May contain		May contain			May contain		X
SEA SALT CHOCOLATE CHIP		X				May contain		May contain		May contain			X		X
OATMEAL RAISIN		X				X		May contain		May contain			May contain		X
ROSEMARY FOCACCIA								May contain			May contain		May contain		X