

# CoreLife Eatery - Common Allergens, Gluten, Vegetarian and Vegan

May 3, 2017

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	Vegetarian	Vegan
<b>Beverages</b>											
Beet Lemonade										X	X
Blueberry Mint Lemonade										X	X
Cranberry Lemonade										X	X
Apple Cider Green Tea										X	X
Cucumber Basil Lemonade										X	X
Cold-Brew Ice Coffee										X	X
Classic Lemonade										X	X
Iced Tea										X	X
Fruit Punch							X			X	X
<b>Bone Broth Bowls</b>											
Chicken and Rice Noodle Broth Bowl						X					
Grilled Chicken Tortilla Broth Bowl						X	X				
Spicy Ginger and Steak Rice Noodle Broth Bowl						X	X				
<b>Bread</b>											
1/2 Slice of Bread	CC		CC			CC	CC	X	X	X	
<b>Create Your Own – Bone Broth</b>											
Beef Bone Broth											
Chicken Bone Broth											
Vegetable Broth										X	X
<b>Create Your Own – Grain Bowl</b>											
Brown and Wild Rice Blend										X	X
Quinoa										X	X
Rice Noodles										X	X
<b>Create Your Own – Green Bowl</b>											
Arugula Base										X	X
Baby Spinach Base										X	X
Cabbage Base										X	X
Kale Base										X	X
Mesclun Base										X	X
Romaine Base										X	X
<b>Create Your Own – Ingredients</b>											
Almonds							X			X	X
Bacon Topping											
Black Beans										X	X
Broccoli										X	X
Carrots										X	X
Cauliflower										X	X
Celery Stalks										X	X
Corn										X	X
Cucumbers										X	X
Dried Cranberries										X	X
Edamame						X				X	X
Garbanzo Beans {Chickpeas}										X	X
Grape Tomatoes										X	X
Green Peppers										X	X
Jalapeño Peppers										X	X
Kalamata Olives										X	X
Mandarin Oranges										X	X
Red Cabbage										X	X
Red Onions										X	X
Red Peppers										X	X
Savoy Cabbage										X	X
Scallions										X	X
Sesame Seeds										X	X
Shiitake Mushrooms										X	X
Tortilla Chips							CC			X	X
Walnuts							X			X	X

X - Allergen present.

CC - Cross-contact with this allergen may have occurred.

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<b>Create Your Own - Premiums continued</b>											
Avocado										X	X
Fried Falafel				CC		CC	CC			X	X
Gorgonzola Cheese			X								
Grass-fed Steak						X					
Grilled Chicken						X					
Hard Boiled Egg	X									X	
Housemade Hummus				CC		CC	CC			X	X
Local Feta			X								
Parmesan Crisp			X								
Roasted Organic Tofu						X				X	X
Shaved Parmesan			X								
Shredded White Cheddar			X								
Tuna Poke		X		CC		X	CC				
<b>Dressings</b>											
Balsamic Vinaigrette										X	X
Carrot Chili Vinaigrette										X	X
Citrus Poppyseed Dressing	X									X	
Cranberry Vinaigrette										X	
Cucumber Basil Dressing			X	CC		CC	CC			X	
Extra Virgin Olive Oil										X	X
Fresh Lemon Squeeze										X	X
Fresh Lime Squeeze										X	X
Greek Yogurt Bleu Cheese Dressing	X	X	X								
Greek Yogurt Caesar Dressing	X	X	X								
Lime Cilantro Jalapeño Vinaigrette										X	
Miso Sesame Ginger Dressing				CC		X	CC			X	X
Sriracha										X	X
Thai Cashew Dressing							X			X	X
<b>Grain Bowls (No Dressing)</b>											
Ginger Steak and Rice Noodles Bowl						X					
Greens and Ancient Grains Bowl			X								
Southwest Grilled Chicken and Wild Rice Blend Bowl			X			X		X			
Spicy Chicken and Ancient Grains Bowl						X					
Sriracha Ginger Tofu and Ancient Grains Bowl						X				X	X
Thai Chicken and Rice Noodles Bowl						X		X			
Tuna Poke Grain Bowl		X		X		X		X			
<b>Green Bowls (No Dressing)</b>											
Chicken Cobb Greens Bowl	X					X					
Kale Caesar Chicken Greens Bowl			X			X					
Mediterranean Greens Bowl			X	CC		CC	CC				
Spicy Ginger Steak Greens Bowl						X					
Sriracha Ginger Roasted Tofu Greens						X				X	X
Steak, Bacon and Bleu Greens Bowl						X	X				
<b>Soup</b>											
Broccoli Cheddar Soup - Full Portion			X								
Broccoli Cheddar Soup - Side Portion			X								
Butternut Squash Soup											
Tomato Basil Soup - Full Portion			X								
Tomato Basil Soup - Side Portion			X								
Vegetarian Chili - Full Portion										X	X
Vegetarian Chili - Side Portion										X	X
<b>Vegetable Broth Bowl</b>											
Shiitake Mushrooms and Roasted Tofu Broth Bowl						X	X			X	X
<b>Veggies</b>											
Basil Roasted Green Beans										X	X
Honey Roasted Sweet Potatoes										X	X
Lemon Garlic Brussel Sprouts										X	X
Roasted Curried Cauliflower										X	X
Smoked Paprika Roasted Butternut Squash										X	X
Thyme Roasted Asparagus										X	X

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