

CoreLife Eatery - Common Allergens, Gluten, Vegetarian and Vegan

October 3, 2017

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	Vegetarian	Vegan
Beverages											
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
Bone Broth Bowls											
Chicken and Rice Noodle Broth Bowl						X					
Grilled Chicken Tortilla Broth Bowl						X	CC				
Spicy Ginger and Steak Rice Noodle Broth Bowl	CC		CC			X	X				
Bread											
1/2 Slice of Bread	CC		CC			CC	CC	X	X	X	
Create Your Own – Bone Broth											
Beef Bone Broth											
Chicken Bone Broth											
Vegetable Broth										X	X
Create Your Own – Grain Bowl											
Brown and Forbidden Rice Blend										X	X
Quinoa										X	X
Rice Noodles										X	X
Create Your Own – Green Bowl											
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
Create Your Own – Ingredients											
Almonds	CC		CC			CC	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	CC		CC	CC		CC	CC	CC	CC	X	X
Shiitake Mushrooms										X	X
Tortilla Chips							CC			X	X
Walnuts							X			X	X
White Kidney Beans										X	X

X - Indicates that the menu item contains that specific allergen. CC - Indicates that there is a potential for cross-contact with that allergen in the manufacturing process and/or facility.

The information above details which of the Top 8 allergens are present in each menu item, based on our suppliers' ingredient statements. It is possible these ingredients may come into contact with or are produced at facilities that handle common allergens, including egg, fish, milk, peanuts, shellfish, soy, tree nuts and/or wheat.

Additionally, normal kitchen operations and vendor production methods may present cross-contact opportunities for otherwise vegan or vegetarian ingredients.

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten		Vegetarian	Vegan
Create Your Own - Premiums continued												
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					
Dressings												
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
Grain Bowls (No Dressing)												
Ginger Steak and Rice Noodles Bowl						X						
Greens and Ancient Grains Bowl			X									
Southwest Grilled Chicken and Forbidden 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	CC		CC			X	X					
Tuna Poke Grain Bowl	CC	X	CC			X	X					
Green Bowls (No Dressing)												
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	X					
Soup												
Broccoli Cheddar Soup - Full Portion			X									
Butternut Squash Soup												
Tomato Basil Soup - Full Portion			X									
Vegetarian Chili - Full Portion											X	X
Vegetable Broth Bowl												
Shiitake Mushrooms and Roasted Tofu Broth Bowl	CC		CC			X	X				X	X
Veggies												
Chilled Grain Salad	X										X	
Roasted Root Vegetable Medley											X	X
Seasonal Brussels Sprouts											X	
Seasonal Squash Medley											X	

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