



# Allergen Guide





## Are you looking to avoid gluten?

Our  **Beef** and  **Black Bean** patties are both gluten-free. You can make any of our signature hamburgers gluten-free (except The Rambler) by ordering without the bun and choosing our gluten-free bun option or cabbage wrap!

*\*Our Onion Rings contain gluten.*

Some of our other gluten-free offerings include but are not limited to:

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- *Voodoo Fries*
  - *Chili Cheese Fries*
  - *Chili*
  - *Kaleslaw*
  - *French Fries*  
*(Cooked in their very own gluten-free fryer)*
  - *Avocado Kale Quinoa Salad*
  - *Chicken Caesar Salad*  
*(Order with no 'chicken' and substitute our  Black Bean patty)*
  - *BBQ Chicken Salad*  
*(Order with no 'chicken' and substitute our  Black Bean patty)*
  - *Garden Salad*
  - *Raw Tacos*
  - *Raw Burgers*
  - *Breakfast Burrito*  
*(Order with gluten-free sausage and no tortilla, we'll serve it in a bowl!)*
  - *Sausage Egg Muffin*  
*(Order with gluten-free bun and gluten-free sausage)*
  - *Waffle Jammer*
  - *Yogurt Parfait*
  - *Green Dream Smoothie*
  - *Berry Flax Smoothie*
  - *Pure Greens Juice*
  - *New York Cheesecake*
  - *Raw Berries and Cream Tart*
  - *All of our award winning Old Fashioned Milkshakes*
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Burgers, fries, shakes, wraps, salads, smoothies and other tasty treats made entirely without the use of animal products, GMO's and other weird stuff

# Looking to avoid soy? Order these things!

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- **Garden Salad**

(Order with Lime Cilantro or Berry Vinaigrette dressings)

- **Raw Burger**

- **Raw Tacos**

- **Jumbo Veggie Wrap**

- **Classic Burger**

(Order with our ↓ **Black Bean Patty** and no mayo)

- **Classic Cheeseburger**

(Order with our ↓ **Black Bean Patty** and no mayo)

- **Holy Guacamole**

(Order with our ↓ **Black Bean Patty** and no chipotle)

- **Rambler**

(Order with our ↓ **Black Bean Patty** and no BBQ)

- **Big Zac**

(Order with our ↓ **Black Bean Patty** and no Big Zac sauce)

- **Kid's Burger**

(Order with our ↓ **Black Bean Patty**)

- **French Fries**

- **Berry Flax Smoothie**

- **Green Dream Smoothie**

- **Pure Greens Juice**

- **Raw Berries 'n' Cream Tart**

- **Yogurt Parfait**

### Other soy free add-ons

- **Guacamole**

- **Salsa**

- **Lime Cilantro Dressing**

- **Berry Vinaigrette Dressing**

- **Onion Rings**

- **Cheese Slices**

- **Ketchup**

- **Yellow Mustard**

- **Gluten Free Buns**

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## Do we use peanuts?

**Yes**, but only for the Peanut Butter Milkshake.

## Which items have nuts?

**Raw Tacos** contain walnuts, pecans and cashews.

**Raw Burgers** contain walnuts, pecans and cashews.

**Chocolate & New York Cheesecakes** contain cashews.

**Raw Berries and Cream Tart** contain cashews, pecans and walnuts.

**Jumbo Veggie Wrap** contains cashews.

**Our Milkshakes** contain almonds.