

ITEM	RECIPE INGREDIENTS	GLUTEN	PEANUTS	DAIRY	SOY	TREE NUTS	FISH
		contains gluten	contains peanuts	contains dairy	contains soy	contains tree nuts	contains fish
Asian Slaw	Cabbage, Carrots, Red Onions, Soy Sauce, Rice Wine Vinegar, Sugar, Kosher Salt, Ginger	contains gluten			contains soy		
Beans, Black	Black Beans, Spanish Onions, Green Peppers, Celery, Garlic, Cumin, Chili Powder, Thyme, Oregano, Tomato Paste, Kosher Salt, Water						
Beans, Pinto	Pinto Beans, Garlic, Spanish Onion, Cumin, Garlic, Kosher Salt, Water						
Broccoli	Broccoli, Water, Kosher Salt						
Caramelized Onions	Spanish Onions, Canola Oil, Sugar, Kosher Salt						
Carnitas	Pork Butt, Yellow Onion, Chipotle in Adobo, Oregano, Kosher Salt, Cumin						
Carrots	Carrots, Water, Kosher Salt						
Chicken-Grilled	Chicken Thigh or Breast, Canola Oil, Garlic Powder, Onion Powder, Kosher Salt, Black Pepper, Paprika, Celery Seed, White Pepper						
Chipotle Sour Cream	Sour Cream, Chipotle Orange Sauce			contains dairy			
Chips, Tortilla	Corn, Canola Oil and or Soybean Oil, and or Sunflower Oil, Salt				contains soy		
Chorizo	Canola Oil, Chorizo						
Cookies, Chocolate Chunk	Enriched Flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Semi-Sweet Chocolate Chunks (sugar, chocolate liquor, cocoa butter, soya lecithin <an emulsifier>, vanilla extract,salt), Non-Hydrogenated Vegetable Shortening (palm oil), Eggs, Molasses, Unsalted Butter, Natural Vanilla Flavor, Salt, Baking Soda (sodium bicarbonate)	contains gluten		contains dairy			

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Dressing, Blue Cheese	Soybean Oil, Blue Cheese, Water, Sour Cream, Vinegar, Cream Cheese, Egg Yolk, Salt, Corn Syrup, Worcestershire Sauce(Vinegar, Molasses, Corn Syrup, Water, Salt, caramel Color, Garlic Powder, Sugar, Spices, Anchovies, Tamarind, Natural Flavor), Spices, Onion, Garlic, Xanthan Gum, Potassium Sorbate(preservative) and Calcium Disodium Edta to Protect Flavor.			contains dairy	contains soy		contains fish
Dressing, Caesar	Soybean Oil, Water, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Parmesan and Romano Cheese (Milk, Sheep's Milk, Cheese Culture, Salt, Rennet), Anchovy Paste(Anchovies, Salt, Defatted Soy Flour and Water), Worcestershire Sauce (Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind and Natural Flavor), Garlic, Citric Acid, Salt, Onion, Egg Yolk, Spices, Xanthan Gum, Propylene Glycol Alginate and Calcium disodium EDTA to Protect Flavor			contains dairy	contains soy		contains fish
Dressing, Asian Sesame	Safflower Oil, Sesame Oil, Rice Wine Vinegar, Orange Juice, Sugar, Kosher Salt, Pepper						
Dressing, House	Balsamic Vinegar,Olive Oil, Maple Syrup, Dijon Mustard, Kosher Salt, Black Pepper, Shallots, Garlic, Thyme, Rosemary						
Onions, Caramelized	Spanish Onions, Canola Oil, Sugar, Kosher Salt						
Onions,Pickled	Red Onions, Rice Vinegar, Water, Sugar, Kosher Salt, Bay Leaf,						
Enhancer, Whey Protein	Whey Protein Concentrate, Natural and Artificial Flavors, Whey Protein Isolate, Acesulfame Potassium, Sucralose, Lecithin (contains milk)			contains dairy			
Eggs	Liquid Eggs (cage free), Canola Oil, Kosher Salt, Black Pepper,Milk			contains dairy			
Fajita Vegetables	Red Onions, Green Peppers, Kosher Salt, Oregano, Canola Oil						
Guacamole	Hass Avocado, Tomato, Onion, Jalapeno Pepper, Salt, Cilantro, Garlic						
Hummus, Black Bean	Black Beans, Garlic, Tahini, Lemon Juice, Olive/Canola Oil						
Lettuce, Romaine	Romaine Lettuce						
Potatoes	Potatoes, Canola Oil, Kosher Salt, Black Pepper						

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Rice, Boloco	Long Grain Rice, Water, Canola Oil, Lime Juice, Garlic Powder, Onion Powder, Kosher Salt, Black Pepper, Paprika, Celery Seed, White Pepper						
Rice, Brown	Brown Rice, Water, Canola Oil, Kosher Salt						
Salsa, Corn	Corn, Roasted Red Peppers, Red Onion, Cilantro, Kosher Salt, Jalapeno, Lime Juice						
Salsa, Habanero	Tomatoes, Spanish Onion, Habanero Chilis, Cilantro, Kosher Salt, Lime Juice, Garlic						
Salsa, Mango	Mango, Roasted Red Peppers, Red Onion, Cilantro, Kosher Salt, Jalapeno, Lime Juice						
Salsa, Tomato	Tomatoes, Spanish Onion, Jalapeno, Cilantro, Kosher Salt, Lime Juice						
Sauce, Memphis BBQ	Butter, Canola Oil, Garlic, Spanish Onions, Ketchup, Molasses, Vegetable Broth, Worcestershire Sauce (vegan), Dijon Mustard, Franks Red Hot Sauce, Black Pepper, White Vinegar, Mustard, Brown Sugar, Hoison Sauce, Red Pepper Flakes, Kosher Salt	contains gluten		contains dairy			
Sauce, Buffalo	Franks Hot Sauce (cayenne red peppers, vinegar,water,salt and garlic powder), Butter, Lime Juice			contains dairy			
Sauce, Chipotle Orange	Chipotles in Adobo, Oregano, Cumin, Kosher Salt, Orange Juice, Lime Juice, Rice Wine Vinegar						
Sauce, Spicy Mayonnaise	Mayonnaise, Chipotles in Adobo, Oregano, Cumin, Kosher Salt, Orange Juice, Lime Juice, Rice Wine Vinegar						
Sauce, Hot	Jalapeno, Franks Hot Sauce, Lime Juice, Water						
Sauce, Peanut	Canola Oil, Spanish Onions, Garlic, Red Pepper Flakes, Cumin, Coconut Milk, Lime Juice, Peanut Butter, Brown Sugar, Water,		contains peanuts				
Sauce, Tikka Masala	Butter, Garlic, Jalapeno, Coriander, Cumin, Paprika, Garam Masala, Kosher Salt, Tomato Sauce, Heavy Cream			contains dairy			
Sauce, Teriyaki	Soy Sauce, Sake, Sugar, Water, Corn Starch	contains gluten			contains soy		
Sour Cream	Sour Cream, NF Milk			contains dairy			
Steak-Grilled	Sirloin Steak, Canola Oil, Chipotle Chili Powder, Coriander, Cumin, Garlic Powder, Onion Powder, Black Pepper, Kosher Salt, Oregano, Sugar						
Tofu	Tofu, Canola Oil, Cajun Seasoning				contains soy		



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Bacon	Cured with Water, Salt, Sugar, Sodium Diacetate, Dextrose, Sodium Drythorbate, Sodium Nitrite						
Black Beans, Canned	Black Beans, Water, Salt, Calcium Chloride and Ferrous Gluconate						
Base, Vegetable	Sauteed Pureed Carrots, Celery, and Onions (with canola oil) Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch-Modified, Carrot Powder, Turmeric(color), Spice Etractives, Citric Acid.						
Butter	Cream, Salt, Milk			contains dairy			
Celery	Celery						
Cheese, Feta	Cultured Pasteurized Part Skim Milk, Salt, Enzymes			contains dairy			
Cheese, Jack	Pasteurized Whole Milk, Cheese Culture, Salt, Enzymes			contains dairy			
Cilantro	Cilantro						
Chipotles in Adobo	Chipotle Peppers, Tomato Paste, Water, Vinegar, Onions, Sugar, Salt, Garlic, and Spices						
Corn	Corn						
Corn Starch	Corn Starch						
Cream, Half and Half	Grade A Milk, Grade A Cream			contains dairy			
Croutons	Wheat Flour, Soybean Oil, Garlic, Contains less than 2% of the following: Sugar, Salt, Yeast, Rye Meal, Soy Lecithin, Phosphoric Acid, Citric Acid, Acetic Acid, Ascorbic Acid (Contains Wheat and Soy)	NOT GF			contains soy		
Cucumber	Cucumber						
Eggs, Liquid	Whole Eggs, Citric Acid						
Fruit, Blueberry	Blueberry						
Fruit, Cranberry	Cranberry						

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INDIVIDUAL INGREDIENTS		contains gluten	contains peanuts	contains dairy	contains soy	contains tree nuts	contains fish
Fruit, Mango	Mango						
Fruit, Strawberry	Strawberry						
Ginger	Ginger						
Guacamole	Hass Avocado, Tomato, Onion, Jalapeno Pepper, Salt, Cilantro, Garlic						
Jalapeno Pepper	Jalapeno Pepper						
Jelly, Grape	Grapes, High Fructose Corn Syrup, Corn Syrup, Pectin, Citric Acid						
Juice, Apple	Concentrated Apple Juice, Water, Ascorbic Acid, and Citric Acid						
Juice, Lemon	Lemon Juice						
Juice, Lime	Lime Juice						
Juice, Mango	100% Fruit Juice (filtered water sufficient to reconstitute apple juice concentrate, mango puree, passion fruit and pear juice concentrates), Natural Flavors, Citric Acid, Pectin, Ascorbic Acid, Beta Carotene						
Juice, Orange	100% Pure and Natural Orange Juice						
Ketchup	Tomato Concentrate Made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring						
Lettuce	Romaine Lettuce						
Marinade, Chicken	Garlic Powder, Onion Powder, Kosher Salt, Black Pepper, Paprika, Celery Seed, White Pepper						
Marinade, Steak	Chipotle Chili Powder, Coriander, Cumin, Garlic Powder, Onion Powder, Black Pepper, Kosher Salt, Oregano, Sugar						
Mayonnaise	Soybean Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Water, Salt, and Spice				contains soy		
Milk, Coconut	Coconut						
Milk, Nonfat	Grade A Nonfat Milk, Vit. A Palmitate, Vit. D3			contains dairy			
Milk, Soy	Organic Soy Milk (filtered water, whole organic soybeans), Organic Cane Juice, Calcium Carbonate, Vanilla Flavor, Sea Salt, Carrageenan, Vit. A Palmitate, Vit. D2, Riboflavin, Vit. B12				contains soy		
Molasses	100% Natural Sugarcane Juice						

Mustard, Dijon	Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice						
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Nutella	Sugar, Modified Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals from Whey, Soy Lecithin, Vanillin			contains dairy		contains tree nuts	
Oil, Canola	Canola Oil						
Oil, Olive	Canola Oil, Extra Virgin Olive Oil						
Oil, Safflower	Expeller Pressed Refined High Monounsaturated Safflower Oil						
Oil, Sesame	Sesame Oil						
Olives	Ripe Olives, Water, Salt, and ferrous gluconate(added to stabilize color)						
Paste, Tomato	Vine-Ripened Fresh Tomatoes and Naturally Derived Citric Acid						
Peanut Butter	Roasted Peanuts, Salt		contains peanuts				
Peppers, Roasted Red	Red Peppers, Water, Salt, Citric Acid						
Potatoes, Roasted	Red Bliss Potatoes						
Red Onion	Red Onion						
Sake	Rice Wine						
Salt, Kosher	Salt, Yellow Prussiate of Soda (anti-caking agent)						
Sauce, Franks Hot	Aged Cayenne Red Peppers, Vinegar, Water, Salt, and Garlic Powder.						
Sauce, Jellied Cranberry	Cranberries, High Fructose Corn Syrup, Water, Corn Syrup.						
Sauce, Hoison	Sugar, Vinegar, Soya Bean, Water, Salt, Wheat Flour, Garlic, Sesame Seed, Chili, Spices	contains gluten			contains soy		
Sauce, Soy	Water, Wheat, Soybeans, Salt, Sodium Benzoate:less than 1/10 of 1% as a preservative	contains gluten			contains soy		
Sauce, Tomato	Tomato Puree, Water, Less Than 2% of Salt, Citric Acid, Spice, Natural Flavor						
Sauce, Worcestershire	Water, *Apple Cider Vinegar, *Molasses, *Soy Sauce (*soy beans, salt, *wheat, *alcohol), *Sugar, *Tamarind, Sea Salt, *Cornstarch, Xanthan Gum, *Garlic Powder, *Onion Powder, *Clove, *Chili Powder)	contains gluten			contains soy		

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Seasoning, Cajun	Paprika, Kosher Salt, Oregano, Thyme, Black Pepper, Onion Powder, Garlic Powder, Chili Flakes						
Sorbet, Raspberry	Water, Sugar, Red Raspberries, Corn Syrup, Citric Acid, Natural Flavors, Xanthan Gum, Guar Gum and Color (red#40,blue #1)						
Sour Cream	Cultured Pasteurized Light Cream , Whey , Modified Corn Starch, Nonfat Milk , Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Lotus Bean Gum, Natanycin			contains dairy			
Sugar	Sugar						
Sugar, Dark Brown	Brown Sugar, Cane Caramel Color						
Sugar, Light Brown	Brown Sugar						
Syrup, Chocolate	High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Potassium Sorbate, Salt, Mono and Diglycerides, Xanthan Gum, Polysorbate 60, Vanillin						
Tahini Paste	Sesame Seeds						
Tofu	Water, Organic Whole Soybeans , Calcium Sulfate, Magnesium Chloride				contains soy		
Tomatoes	Plum Tomatoes						
Tortilla, GLUTEN FREE	Tapioca Flour, Water, Sorghum Flour, Potato Flour, Sunflower Oil, Contains 2% or less of: Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Sodium Alginate, Citric Acid, Cellulose Gum, Sugar, Cultured Corn Syrup Solids, Monocalcium Phosphate						
Tortilla, Flour	Unbleached Unbromated Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Sunflower Oil, Contains 2% or Less of: Cultured Wheat Flour added with Vinegar, Salt, Lecithin, Guar Gum, Yeast, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Citric Acid	contains gluten					
Tortilla, WholeWheat	Whole Wheat Flour, Water, Unbleached Unbromated Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Sunflower Oil, Contains 2% or Less of: Cultured Wheat Flour added with Vinegar, Salt, Lecithin, Guar Gum, Yeast, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Citric Acid	contains gluten					
Vinegar, Rice Wine	Rice Wine Vinegar (reduced with water to 4.5% acidity by volume)						
Vinegar, Balsamic	Balsamic Vinegar of Modena (contains sulfites)						
Vinegar, White	Reduced to 4% Acidity Made with Distilled Vinegar						
Yogurt, NF Frozen	Cultured Nonfat Milk, Corn Syrup, Sugar, Whey Protein, Concentrated Cellulose, Glucose, Locust Bean Gum, Cellulose Gum, Mono Anidiglycerides, Carrageenan, Vit. A Palmitate,						

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RECIPE INGREDIENTS						
		contains gluten	contains peanuts	contains dairy	contains soy	contains nuts
Sweet Caroline Burrito	Flour Tortilla, Sausage, Peppers & Onions	contains gluten				
Green Monster Smoothie	Skim Milk, Mint Choc Chip Ice Cream			contains dairy		
Boloco Jacks	Popcorn, Spanish Peanuts, Butter, Corn Syrup, Molasses, Brown Sugar, Kosher Salt		contains peanuts	contains dairy		
ITEM		RECIPES				
Tortilla, Flour	Unbleached Unbromated Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Sunflower Oil, Contains 2% or Less of: Cultured Wheat Flour added with Vinegar, Salt, Lecithin, Guar Gum, Yeast, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Citric Acid)	contains gluten				
Sausage	Pork, Water, Spices, Salt, Corn Syrup Solids, Paprika, Flavorings					
Peppers & Onions	Green Peppers, Spanish Onions, Kosher Salt, Red Chili Flakes					
Skim Milk	Grade A Nonfat Milk, Vit. A Palmitate, Vit. D3			contains dairy		
Mint Choc-Chip Ice Cream	MILKFAT AND NONFAT MILK, BUTTERMILK, FUDGE SWIRL (SUGAR, PEANUT OIL, COCOA PROCESSED WITH ALKALI, WHEY POWDER, SALT, SOY LECITHIN), SUGAR, MINT SOCKS (SUGAR, COCONUT OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, NONFAT MILK, MILK, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, OIL OF PEPPERMINT, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5 LAKE, BLUE 1 LAKE, SALT), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, NATURAL FLAVOR, YELLOW 5 AND BLUE 1.			contains dairy	contains soy	
Popcorn	Popcorn, Canola Oil, Salt					
Spanish Peanuts	Spanish Peanuts, Vegetable Oil (cottonseed, soybean and/or sunflower seed), sea salt		contains peanuts			
Butter	Cream, Salt, Milk			contains dairy		
Corn Syrup	Corn Syrup, Salt, Vanilla					
Molasses	100% Natural Sugarcane Juice					
Brown Sugar	Brown Sugar					
Kosher Salt	Salt, Yellow Prussiate of Soda (anti-caking agent)					