

| MENU ITEM               | NUT | SESAME | MILK | EGG | FISH | SOY | WHEAT | MSG | CORN | MUSTARD | GLUTEN |
|-------------------------|-----|--------|------|-----|------|-----|-------|-----|------|---------|--------|
| <b>BASE</b>             |     |        |      |     |      |     |       |     |      |         |        |
| Salad                   |     |        |      |     |      |     |       |     |      |         |        |
| Grain Bowl              |     |        |      |     |      |     |       |     |      |         |        |
| Pita                    | *   | *      | •    | •   |      | *   | •     |     |      |         | •      |
| Mini Pitas              | *   | *      | •    | •   |      | *   | •     |     |      |         | •      |
| Greens + Grains         |     |        |      |     |      |     |       |     |      |         |        |
| <b>DIPS + SPREADS</b>   |     |        |      |     |      |     |       |     |      |         |        |
| Eggplant + Red Pepper   |     |        |      |     |      |     |       |     |      |         |        |
| Authentic Tzatziki      |     |        | •    |     |      |     |       |     |      |         |        |
| Funky Feta              |     |        | •    |     |      |     |       |     |      |         |        |
| Rustic Hummus           |     | •      |      |     |      |     |       |     |      |         |        |
| Red Pepper Hummus       |     | •      |      |     |      |     |       |     |      |         |        |
| Spicy Harissa           |     |        |      |     |      |     |       |     |      |         |        |
| <b>PROTEIN</b>          |     |        |      |     |      |     |       |     |      |         |        |
| Braised Lamb            |     |        |      |     |      |     |       |     |      | •       |        |
| Spicy Lamb Meatballs    |     |        |      | •   |      |     |       |     |      |         |        |
| Seasonal Vegetables     |     |        |      |     |      |     |       |     |      |         |        |
| Baked Zucchini Cakes    |     |        |      |     |      |     | *     |     |      |         |        |
| Grilled Chicken Breast  |     |        |      |     |      |     |       |     |      |         |        |
| Braised Beef            |     |        |      |     |      |     |       |     |      |         |        |
| Beef Meatballs          |     |        |      | •   |      |     |       |     |      |         |        |
| <b>TOPPINGS</b>         |     |        |      |     |      |     |       |     |      |         |        |
| Shredded Lettuce        |     |        |      |     |      |     |       |     |      |         |        |
| Red Cabbage             |     |        |      |     |      |     |       |     |      |         |        |
| Roasted Red Beet Quinoa |     |        |      |     |      |     |       |     |      |         |        |
| Fresh Mint              |     |        |      |     |      |     |       |     |      |         |        |
| Cucumber                |     |        |      |     |      |     |       |     |      |         |        |
| Pepperoncini Peppers    |     |        |      |     |      |     |       |     |      |         |        |
| Kalamata Olives         |     |        |      |     |      |     |       |     |      |         |        |
| Lemon Wedge             |     |        |      |     |      |     |       |     |      |         |        |
| Tomato + Onion          |     |        |      |     |      |     |       |     |      |         |        |
| Tomato + Cucumber       |     |        |      |     |      |     |       |     |      |         |        |
| Sundried Tomatoes       |     |        |      |     |      |     |       |     |      |         |        |
| Fresh Avocado           |     |        |      |     |      |     |       |     |      |         |        |
| Mama's Pickled Onions   |     |        |      |     |      |     |       |     |      |         |        |
| Watermelon Radish       |     |        |      |     |      |     |       |     |      |         |        |
| Walnuts                 | •   | *      |      |     |      | *   | *     |     |      |         |        |
| Almond Sticks           | •   | *      |      |     |      | *   | *     |     |      |         |        |
| Dried Figs              |     |        |      |     |      |     |       |     |      |         |        |
| Pumpkin Seeds           | *   |        |      |     |      |     |       |     |      |         |        |
| Sunflower Seeds         | *   |        |      |     |      |     |       |     |      |         |        |
| Hemp Hearts             |     |        |      |     |      |     |       |     |      |         |        |
| Crumbled Feta           |     |        | •    |     |      |     |       |     |      |         |        |
| Parmesan                |     |        | •    |     |      |     |       |     |      |         |        |
| Seasoned Pita Crisps    | *   |        | •    | •   |      | *   | •     |     |      |         | •      |
| <b>DRESSINGS</b>        |     |        |      |     |      |     |       |     |      |         |        |
| Sriracha Greek Yogurt   |     |        | •    |     |      |     |       |     |      |         |        |
| Lemon Tahini Thyme      |     | •      |      |     |      |     |       |     |      |         |        |
| Yogurt Dill             |     |        | •    |     |      |     |       |     |      |         |        |
| Greek Vinaigrette       |     |        |      |     |      |     |       |     |      | •       |        |
| Pomegranate + Ginger    |     |        |      |     |      |     |       |     |      | •       |        |

\* =may contain traces of