

# ROOTS ALLERGEN GUIDE

There are 8 **COMMON** food allergens. While we have foods that contain, or are exposed to 6 of these allergens, we take various precautions to avoid any cross contamination or potential allergen risk in our food. If you have allergies not listed on this guide, let us know—we are happy to help.



## FISH

**Ingredients:** None

**Dressings:** Caesar



## TREE NUTS

**Ingredients:** Toasted Almonds

**Dressings:** None



## EGGS

**Ingredients:** Hard-boiled Egg

**Dressings:** Caesar



## PEANUTS

We have no foods that contain or are exposed to peanuts.



## SHELLFISH

We have no foods that contain or are exposed to shellfish nor crustaceans.



## WHEAT (GLUTEN)

**Ingredients:** Bulgur (base), Pita Chips

**Dressings:** None



## DAIRY (LACTOSE)

**Ingredients:** Parmesan, Goat, Feta, White Cheddar, Sharp Cheddar

**Dressings:** Pesto Vinaigrette, Greek Feta, Caesar



## SOY

**Ingredients:** Red Chili Miso Tofu, BBQ Tofu

**Dressings:** Miso Ginger, Lemon Tahini

## - OTHER COMMON ALLERGENS -

**GARLIC:** Trace amounts in our rices; Greek Feta, Lemon Tahini, Caesar, Pesto Vinaigrette, Basil Balsamic, Miso Ginger, Roast Red Pepper, Tabasco, Sriracha, Mushrooms, Red Chili Miso Tofu, BBQ Tofu, Adobo Chicken, Hot Honey Chicken

**CILANTRO:** Black beans, Cilantro Lime, Mushrooms

**PITTED FRUITS:** Avocado

**CANOLA OIL:** Roasted Broccoli, Beets, Sweet Potatoes; All Dressings; All Grilled Items

**SUNFLOWER OIL:** Trace amounts in our rices; Dried Cranberries, Stacy's Pita Chips (contain a blended oil)

**SESAME:** Red Chili Miso Tofu, Miso Ginger, Lemon Tahini, Lemon Za'atar

**SHALLOTS:** Cilantro Lime, Basil Balsamic, Pesto Vinaigrette, Roasted Red Pepper

**ONIONS:** Chickpeas, Black Beans, Red Onions, Pickled Onions, Adobo Chicken, Hot Honey Chicken

**PARSLEY:** Brown Rice, Cannellini Beans, Pesto Vinaigrette, Greek Feta, Mushrooms

Let the crew know if you have a severe allergen, and they will take the proper precautions when making your bowl. Please ask our crew about any allergies or dietary restrictions not listed, and we will do our best to assist!