

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, Sriracha Peas*

Dressings: None



DAIRY (LACTOSE)

Ingredients: Goat, Feta, Parmesan, Cheddar

Dressings: Pesto Vinaigrette, Greek Feta, Caesar



SOY

Ingredients: Red Chili Miso Tofu, BBQ Tofu

Dressings: Miso Ginger, Lemon Tahini, Green Goddess**

- OTHER COMMON ALLERGENS -

GARLIC: Trace amounts in our rices; Greek Feta, Lemon Tahini, Caesar, Pesto Vinaigrette, Basil Balsamic, Miso Ginger, Tabasco, Sriracha, Green Goddess, Sriracha Peas, BBQ Tofu, Red Chili Miso Tofu, Mushrooms, Adobo Chicken, Garlic Herb Chicken

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

PITTED FRUIT: Avocado

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

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

ONIONS: Chickpeas, Black Beans, Red Onions, Pickled Onions, Sriracha Peas, Adobo Chicken, Garlic Herb Chicken

SHALLOTS: Cilantro Lime, Basil Balsamic, Pesto Vinaigrette, Green Goddess

PARSLEY: Brown Rice, Cannellini Beans, Pesto Vinaigrette, Greek Feta, Green Goddess, Mushrooms, Garlic Herb Chicken

CILANTRO: Black beans, Cilantro Lime, Green Goddess, Mushrooms, Garlic Herb Chicken

*Sriracha Pea backup supplier brand (HapiSnacks) contains gluten. Usual brand (Nuts.com) is gluten free.

**Green Goddess dressing contains Soybean Oil, which contains minimal soy protein. May be safe depending on individual's allergies.

Let the Greeter know if you have a severe allergy so we can safely prepare your bowl. Have a dietary restriction or allergy not listed? Let us know and we will do our best to assist!