

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: Kimchi*

Dressings: Caesar, Sesame Caesar



EGGS

Ingredients: Hard-boiled Egg

Dressings: Caesar, Sesame Caesar



SHELLFISH

Ingredients: Kimchi*



SOY

Ingredients: Honey Sesame Sticks, Red Chili Miso Tofu, BBQ Tofu, Korean BBQ Chicken

Dressings: Miso Ginger, Lemon Tahini, Sesame Caesar



TREE NUTS

Ingredients: Toasted Almonds

Dressings: None



PEANUTS

We have no foods that contain peanuts.



WHEAT (GLUTEN)

Ingredients: Bulgur (base), Pita Chips, Kimchi*, Honey Sesame Sticks, Korean BBQ Chicken

Dressings: Sesame Caesar



DAIRY (LACTOSE)

Ingredients: Goat, Feta, Parmesan, Cheddar

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

- OTHER COMMON ALLERGENS -

GARLIC: Trace amounts in our rices; Kimchi, Greek Feta, Lemon Tahini, Caesar, Pesto Vinaigrette, Basil Balsamic, Miso Ginger, Sesame Caesar, Tabasco, Sriracha, BBQ Tofu, Red Chili Miso Tofu, Mushrooms, Adobo Chicken, Korean BBQ Chicken

SESAME: Honey Sesame Sticks, Red Chili Miso Tofu, Miso Ginger, Lemon Tahini, Lemon Za'atar, Sesame Caesar, Korean BBQ Chicken

SHALLOTS: Cilantro Lime, Basil Balsamic, Pesto Vinaigrette

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

CILANTRO: Black beans, Cilantro Lime, Mushrooms

PITTED FRUIT: 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)

ONIONS: Chickpeas, Black Beans, Red Onions, Pickled Onions, Kimchi, Sesame Caesar, Adobo Chicken, Korean BBQ Chicken

*Kimchi backup supplier brand (Lucky Foods) contains gluten, fish and shellfish. Usual brand (Cleveland Kitchen) is vegan and free of gluten, fish and shellfish.

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!