

# SPYCE

## NUTRITION BINDER

- NUTRITION INFORMATION
- INGREDIENT LIST
- ALLERGEN INFORMATION
- DIETARY PREFERENCE INFORMATION



# CORE MENU ITEMS - NUTRITION SUMMARY

\*Calories include medium dressing

<b>SALADS + BOWLS</b>	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
The All Mi	398	488	266	31	4	0	0	1268	45	8	21	15
The Odyssey	352	609	420	47	10	0	28	465	31	8	11	19
Kale Caesar	344	446	239	40	11	0	132	1338	12	5	4	47
Veggie Caesar	368	428	233	40	10	0	35	1478	33	9	16	24
Buffalo Chicken Bowl	389	496	262	43	10	0	150	1630	23	8	5	38
The Big Biang	435	348	88	10	1	0	0	2455	56	6	13	11
The Bungalow	392	698	305	35	10	0	0	1550	82	15	18	18
The Umami Q	344	509	150	16	2	0	0	2142	77	11	25	16
The Harvest	386	712	301	34	9	0	112	1221	60	9	15	41
Shroomami	426	668	334	37	5	0	0	1130	51	11	6	27

# CORE MENU ITEMS - DETAILED NUTRITION INFORMATION

The All Mi	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>398</b>	<b>561</b>	<b>333</b>	<b>39</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1564</b>	<b>40</b>	<b>6</b>	<b>20</b>
Chopped Romaine + Shredded Kale	117	112	67	8	4	0	0	319	2	2	1	10
Cilantro Mango Dressing	40	150	140	17	3	0	0	170	3	0	1	0
Hoisin Ginger Glaze	28	49	0	0	0	0	0	714	13	0	10	1
Sesame-Roasted Mushrooms	39	24	15	1	0	0	0	273	1	0	1	2
Chilled Rice Noodles	44	53	22	2	0	0	0	35	6	0	0	1
Cucumbers	41	5	0	0	0	0	0	0	1	0	0	0
Mango	36	22	1	0	0	0	0	0	5	1	5	0
Edamame	28	34	13	1	0	0	0	2	2	1	1	3
Chili Lime Cashews	25	113	75	9	1	0	0	50	6	1	1	4

The Odyssey	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>352</b>	<b>609</b>	<b>425</b>	<b>47</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>28</b>	<b>465</b>	<b>31</b>	<b>8</b>	<b>11</b>
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Lemon Tahini Dressing	50	288	263	30	4	0	0	238	3	1	0	4
Pickled Red Onion	37	37	0	0	0	0	0	90	10	1	7	0
Grape Tomatoes	48	9	0	0	0	0	0	2	2	1	1	1
Cucumbers	41	5	0	0	0	0	0	0	1	0	0	0
Scoop of Quinoa	83	57	16	2	0	0	0	114	8	1	1	2
Seared Halloumi Cheese	36	114	78	9	5	0	28	6	1	0	0	8
Roasted Almonds	14	80	63	7	1	0	0	0	3	2	1	3

Kale Caesar	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>344</b>	<b>446</b>	<b>239</b>	<b>40</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>132</b>	<b>1338</b>	<b>12</b>	<b>5</b>	<b>4</b>
Roasted Chicken Breast	97	129	26	3	1	0	97	336	0	0	0	26
Grape Tomatoes	48	9	0	0	0	0	0	2	2	1	1	1
Shaved Parmesan	17	65	52	6	3	0	0	215	0	0	0	6
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	10
Chopped Romaine + Shredded Kale	117	39	0	0	0	0	0	24	7	4	2	3
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Caesar Dressing	30	100	90	24	2	0	10	280	1	0	1	1

## CORE MENU (CONTINUED)

Veggie Caesar	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>368</b>	<b>428</b>	<b>233</b>	<b>40</b>	<b>10</b>	<b>0</b>	<b>35</b>	<b>1478</b>	<b>33</b>	<b>9</b>	<b>16</b>	<b>24</b>
Roasted Sweet Potatoes	41	68	9	1	0	0	0	314	14	2	7	1
Spicy Broccoli	35	27	10	1	0	0	0	128	3	1	1	1
Grape Tomatoes	48	9	0	0	0	0	0	2	2	1	1	1
Raw Beets	45	17	0	0	0	0	0	34	4	1	3	1
Shaved Parmesan	17	65	52	6	3	0	0	215	0	0	0	6
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	10
Chopped Romaine + Shredded Kale	117	39	0	0	0	0	0	24	7	4	2	3
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Caesar Dressing	30	100	90	24	2	0	10	280	1	0	1	1

Buffalo Chicken Bowl	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>389</b>	<b>569</b>	<b>329</b>	<b>51</b>	<b>14</b>	<b>0</b>	<b>150</b>	<b>1925</b>	<b>19</b>	<b>6</b>	<b>4</b>	<b>44</b>
Blackened Chicken	93	162	73	8	2	0	115	387	1	1	0	24
Pickled Carrots + Celery	37	6	0	0	0	0	0	304	1	0	0	0
Grape Tomatoes	48	9	0	0	0	0	0	2	2	1	1	1
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Blue Cheese	30	110	81	9	6	0	25	340	1	0	0	6
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	2
Chopped Romaine + Shredded Kale	117	112	67	8	4	0	0	319	2	2	1	10
Sweetgreen Hot Sauce	15	5	0	0	0	0	0	91	1	1	1	1
Caesar Dressing	30	100	90	24	2	0	10	280	1	0	1	1

The Big Biang	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>435</b>	<b>348</b>	<b>88</b>	<b>10</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>2455</b>	<b>56</b>	<b>6</b>	<b>13</b>	<b>11</b>
Ramen Noodles	180	156	0	1	0	0	0	1,632	32	1	0	5
Chili Garlic Sauce	110	59	22	2	0	0	0	367	8	1	4	1
Roasted Broccolini	64	53	37	4	1	0	0	80	4	1	1	2
Sesame-Roasted Mushrooms	39	24	15	1	0	0	0	273	1	0	1	2
Pickled Red Onion	37	37	0	0	0	0	0	90	10	1	7	0
Sesame Chili Spice Blend	5	18	14	1	0	0	0	14	1	1	0	1

The Bungalow	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>392</b>	<b>698</b>	<b>305</b>	<b>35</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>1550</b>	<b>82</b>	<b>15</b>	<b>18</b>	<b>18</b>
Warm Wild Rice	98	160	9	1	0	0	0	155	31	2	0	3
Madras Coconut Curry Sauce	88	117	94	11	7	0	0	293	5	1	2	1
Spicy Maple Brussels Sprouts	65	150	90	10	2	0	0	670	14	4	6	4
Roasted Sweet Potatoes	41	68	9	1	0	0	0	314	14	2	7	1
Edamame	28	34	13	1	0	0	0	2	2	1	1	3
Corn Poblano Salsa	47	56	14	2	0	0	0	66	10	3	1	2
Chili Lime Cashews	25	113	75	9	1	0	0	50	6	1	1	4

The Umami Q	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>344</b>	<b>509</b>	<b>150</b>	<b>16</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2142</b>	<b>77</b>	<b>11</b>	<b>25</b>
Warm Wild Rice	98	160	9	1	0	0	0	155	31	2	0	3
Hoisin Ginger Glaze	28	49	0	0	0	0	0	714	13	0	10	1
Roasted Sweet Potatoes	41	68	9	1	0	0	0	314	14	2	7	1
Sesame-Roasted Mushrooms	39	24	15	1	0	0	0	273	1	0	1	2
Spicy Maple Brussels Sprouts	65	150	90	10	2	0	0	670	14	4	6	4
Cucumbers	41	5	0	0	0	0	0	0	1	0	0	0
Edamame	28	34	13	1	0	0	0	2	2	1	1	3
Sesame Chili Spice Blend	5	18	14	1	0	0	0	14	1	1	0	1

The Harvest	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>386</b>	<b>712</b>	<b>301</b>	<b>34</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>112</b>	<b>1221</b>	<b>60</b>	<b>9</b>	<b>15</b>
Roasted Chicken Breast	97	129	26	3	1	0	97	336	0	0	0	26
Roasted Sweet Potatoes	41	68	9	1	0	0	0	314	14	2	7	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Roasted Almonds	14	80	63	7	1	0	0	0	3	2	1	3
Warm Wild Rice	98	160	9	1	0	0	0	155	31	2	0	3
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Balsamic Vinaigrette	30	150	130	15	2	0	0	240	4	0	3	0

Shroomami	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	<b>426</b>	<b>668</b>	<b>334</b>	<b>37</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1130</b>	<b>51</b>	<b>11</b>	<b>6</b>
Roasted Sesame Tofu	77	154	92	10	2	0	0	116	1	1	0	12
Warm Portobello Mix	73	123	80	9	1	0	0	556	7	3	0	6
Raw Beets	45	17	0	0	0	0	0	34	4	1	3	1
Cucumbers	41	5	0	0	0	0	0	0	1	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	69	54	6	1	0	0	55	3	1	0	2
Warm Wild Rice	98	160	9	1	0	0	0	155	31	2	0	3
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	1

# PREP RECIPES - NUTRITION INFORMATION

<b>BASES</b>	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Chopped Romaine + Shredded Kale	117	39	0	0	0	0	0	24	7	4	2	3
Steamed Roots + Veg	173	90	45	5	1	0	0	70	11	2	3	2
Warm Wild Rice	98	160	9	1	0	0	0	155	31	2	0	3
Quinoa	166	228	62	7	1	0	0	457	33	4	2	7
Ramen Noodles	180	156	0	1	0	0	0	1632	32	1	0	5
Rice + Steamed Roots + Veg	185	205	32	4	1	0	0	190	37	3	2	4
Quinoa + Steamed Roots + Veg	170	159	54	6	1	0	0	263	22	3	3	5
Ramen + Steamed Roots + Veg	177	123	23	3	1	0	0	851	22	2	2	3

<b>DRESSINGS + SAUCES + FINISHERS</b>	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette	30	150	130	15	2	0	0	240	4	0	3	0
Caesar Dressing	30	100	90	24	2	0	10	280	1	0	1	1
Chili Garlic Sauce	110	59	22	2	0	0	0	367	8	1	4	1
Cilantro Mango Dressing	40	150	140	17	3	0	0	170	3	0	1	0
Hoisin Ginger Glaze	28	49	0	0	0	0	0	714	13	0	10	1
Lemon Dill Dressing	50	175	150	18	3	0	0	488	3	0	0	0
Lemon Tahini Dressing	50	288	263	30	4	0	0	238	3	1	0	4
Madras Coconut Curry Sauce	88	117	94	11	7	0	0	293	5	1	2	1
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	1
Sweetgreen Hot Sauce	15	5	0	0	0	0	0	91	1	1	1	1

<b>PLANCHA SEARED INGREDIENTS</b>	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blackened Chicken	93	162	73	8	2	0	115	387	1	1	0	24
Roasted Broccolini	64	53	37	4	1	0	0	80	4	1	1	2
Roasted Chicken	76	106	9	1	0	0	56	246	0	0	0	20
Roasted Sesame Tofu	77	154	92	10	2	0	0	116	1	1	0	12
Seared Halloumi Cheese	36	114	78	9	5	0	28	6	1	0	0	8
Spicy Maple Brussels Sprouts	65	150	90	10	2	0	0	670	14	4	6	4
Warm Portobello Mix	73	123	80	9	1	0	0	556	7	3	0	6

PREP RECIPES (CONTINUED)

<b>SIGNATURE INGREDIENTS</b>	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Blue Cheese	30	110	81	9	6	0	25	340	1	0	0	6
Chilled Rice Noodles	44	53	22	2	0	0	0	35	6	0	0	1
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Corn Poblano Salsa	47	56	14	2	0	0	0	66	10	3	1	2
Cucumbers	41	5	0	0	0	0	0	0	1	0	0	0
Edamame	28	34	13	1	0	0	0	2	2	1	1	3
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Grape Tomatoes	48	9	0	0	0	0	0	2	2	1	1	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Mango	36	22	1	0	0	0	0	0	5	1	5	0
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	10
Pickled Carrots + Celery	37	6	0	0	0	0	0	304	1	0	0	0
Pickled Red Onion	37	37	0	0	0	0	0	90	10	1	7	0
Raw Beets	45	17	0	0	0	0	0	34	4	1	3	1
Roasted Sweet Potatoes	41	68	9	1	0	0	0	314	14	2	7	1
Scoop of Quinoa	83	114	31	4	1	0	0	228	17	2	1	4
Sesame-Roasted Mushrooms	39	24	15	1	0	0	0	273	1	0	1	2
Shaved Parmesan	17	65	52	6	3	0	0	215	0	0	0	6
Spicy Broccoli	35	27	10	1	0	0	0	128	3	1	1	1

<b>DRY GARNISH + SPRINKLES</b>	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Chili Lime Cashews	25	113	75	9	1	0	0	50	6	1	1	4
Roasted Almonds	14	80	63	7	1	0	0	0	3	2	1	3
Sesame Chili Spice Blend	5	18	14	1	0	0	0	14	1	1	0	1
Spicy Sunflower Seeds	13	69	54	6	1	0	0	55	3	1	0	2
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	2
Whole Wheat Bread	34	80	0	0	0	0	0	200	18	3	0	3

# PREP RECIPES - INGREDIENT LISTS

## DRESSINGS + SAUCES

### BALSAMIC VINAIGRETTE

SUNFLOWER OIL  
BALSAMIC VINEGAR  
DIJON MUSTARD  
HONEY  
SALT  
BLACK PEPPER

### CAESAR DRESSING

PLAIN YOGURT  
MAYONNAISE  
ANCHOVIES  
PARMESAN CHEESE  
LEMON JUICE  
SALT  
BLACK PEPPER  
SUNFLOWER OIL

### CHILI GARLIC SAUCE

EXTRA VIRGIN OLIVE OIL  
RICE WINE VINEGAR  
TAMARI  
SILK CHILI  
XANTHAM GUM  
GARLIC POWDER  
GINGER  
URFA CHILI  
MUSHROOMS  
BLACK LIME  
MISO PASTE  
WATER  
GOCHUJANG

### CHIPOTLE LIME DRESSING

DIJON MUSTARD  
CHIPOTLE IN ADOBO  
CILANTRO  
LIME JUICE  
CUMIN  
SUGAR  
SALT  
SUNFLOWER OLIVE OIL BLEND

### CILANTRO MINT MANGO DRESSING

SAMBAL OELEK  
GOCHUJANG PASTE  
CILANTRO  
MINT  
MANGO PUREE  
RICE WINE VINEGAR  
LIME JUICE  
SALT  
SUNFLOWER OLIVE OIL BLEND

### HOISIN GLAZE

GINGER  
LIME JUICE  
SAMBAL OELEK  
SOY SAUCE  
HOISIN SAUCE

### LEMON TAHINI DRESSING

MISO PASTE  
TAHINI  
PARSLEY  
LEMON JUICE  
SALT  
SUNFLOWER OLIVE OIL BLEND

### MADRAS COCONUT CURRY SAUCE

EXTRA VIRGIN OLIVE OIL  
TOMATOES  
SALT  
ONIONS  
WATER  
JALAPENO  
MADRAS PASTE  
BLACK PEPPER  
COCONUT MILK

### MISO SESAME GINGER DRESSING

SUNFLOWER OIL  
RICE VINEGAR  
MISO PASTE  
YOUNG GINGER  
TAMARI  
MAPLE SYRUP  
GARLIC  
UMAMI SEASONING  
CRUSHED RED PEPPER  
SESAME OIL



**PROTEINS + PLANCHA****BLACKENED CHICKEN**

CHICKEN THIGH  
 SUNFLOWER OIL  
 BALSAMIC VINEGAR  
 CHILI POWDER  
 SALT  
 BLACK PEPPER  
 CUMIN  
 CORIANDER  
 CRUSHED RED PEPPER

**ROASTED SEAME TOFU**

TOFU  
 SUNFLOWER OIL  
 SESAME OIL  
 SCALLIONS  
 HOT SAUCE  
 CRUSHED RED PEPPER  
 UMAMI SEASONING

**WARM PORTOBELLO MIX**

PORTOBELLO MUSHROOMS  
 BUTTON MUSHROOMS  
 UMAMI SEASONING  
 SUNFLOWER OIL

**ROASTED BROCCOLINI**

BROCCOLINI  
 EXTRA VIRGIN OLIVE OIL  
 SALT  
 BLACK PEPPER

**SEARED HALLOUMI**

HALLOUMI CHEESE  
 EXTRA VIRGIN OLIVE OIL

**ROASTED CHICKEN**

CHICKEN BREAST  
 UMAMI SEASONING  
 SUNFLOWER OIL

**SPICY MAPLE BRUSSELS SPROUTS**

BRUSSELS SPROUTS  
 EXTRA VIRGIN OLIVE OIL  
 SALT  
 BLACK PEPPER  
 MAPLE SYRUP  
 SAMBAL OELEK  
 GOCHUJANG  
 LEMON JUICE

**SIGNATURE INGREDIENTS****CORN POBLANO SALSA**

CORN  
 REDD ONIONS  
 POBLANO PEPPER  
 SALT  
 BLACK PEPPER  
 CILANTRO  
 EXTRA VIRGIN OLIVE OIL  
 LIME JUICE

**PICKLED RED ONION**

RED ONION  
 WHITE BALSAMIC VINEGAR  
 WATER  
 SUGAR  
 SALT

**PARMESAN CRISPS**

PASTEURIZED SKIM COW'S MILK  
 CHEESE CULTURES  
 RENNET  
 SALT  
 BLACK PEPPER

**ROASTED SWEET POTATOES**

SWEET POTATOES  
 UMAMI SEASONING  
 SUNFLOWER OIL

**PICKLED CARROTS + CELERY**

CARROTS  
 CELERY  
 SALT  
 WHITE WINE VINEGAR

**SESAME-ROASTED MUSHROOMS**

MUSHROOMS  
 GARLIC  
 EXTRA VIRGIN OLIVE OIL  
 SESAME OIL  
 SOY SAUCE  
 SALT  
 SESAME SEEDS

**SPICY BROCCOLI**

BROCCOLI  
KALE STEMS  
UMAMI SEASONING  
CRUSHED RED PEPPER  
SUNFLOWER OIL

**STEAMED ROOTS + VEG**

CELERIAC  
KOHLRABI  
CARROT  
LIME JUICE  
EXTRA VIRGIN OLIVE OIL

**VERMICELLI NOODLES**

VERMICELLI NOODLES  
EXTRA VIRGIN OLIVE OIL  
SESAME OIL  
SILK CHILI  
SALT

**DRY GARNISH + SPRINKLES**

**CHILI LIME CASHEWS**

CASHEWS  
SALT  
BLACK URFA CHILI  
BLACK LIME  
SILK CHILI  
CHIA SEEDS  
WATER

**SESAME CHILI SPICE BLEND**

SESAME SEEDS  
ICELANDIC KELP BLEND  
SILK CHILI  
BLACK URFA CHILI

**SPICY SUNFLOWER SEEDS**

SUNFLOWER SEEDS  
SUNFLOWER OIL  
UMAMI SEASONING  
CRUSHED RED PEPPER  
CUMIN  
OREGANO  
PAPRIKA  
MUSHROOMS  
TOMATO  
SUMAC  
BLACK PEPPER  
CRYSTALIZED LIME

**ZA'ATAR BREAD CRUMBS**

WHOLE WHEAT BREAD  
EXTRA VIRGIN OLIVE OIL  
UMAMI SEASONING  
OREGANO  
THYME  
SESAME SEEDS  
SUMAC  
HYSSOP  
SALT  
SOY BEAN OIL

**BREAD**

ORGANIC WHOLE WHEAT FLOUR  
MALTED BARLEY FLOUR  
FILTERED WATER  
NATURAL WHOLE WHEAT STARTER  
SEA SALT

# ALLERGEN INFORMATION

While we do not have a separate prep kitchen to handle allergens, we take extra precautions in labeling, storage and sanitization of surfaces whenever an allergen is present. Spyce does not guarantee that cross-contact with allergens will not occur in this part of the kitchen. Our Infinite Kitchen, which prepares and plates your meal, is specifically designed to keep every ingredient separate during meal service, ensuring that cross contact does not happen when preparing your cooked to order meal. When ordering on our kiosk or app, you can identify your allergies, ensuring the menu shown is safe for you.

## X = CONTAINS ALLERGEN

SALADS + WARM BOWLS	DAIRY	EGGS	NUTS	FISH + SHELFISH	GLUTEN + WHEAT	SOY	SESAME
The All Mi			X		X	X	X
The Odyssey	X		X			X	X
Kale Caesar	X						
Veggie Caesar	X						
Buffalo Chicken Bowl	X				X		
The Big Biang					X	X	X
The Bungalow			X			X	
The Umami Q					X	X	X
The Harvest	X		X				
Shroomami						X	X

*This chart reflects the composition of our pre-set salads and bowls. All of the above can be personalized to accommodate your allergies.*

BASES	DAIRY	EGGS	NUTS	FISH + SHELFISH	GLUTEN + WHEAT	SOY	SESAME
Shredded Kale							
Chopped Romaine + Shredded Kale							
Steamed Roots + Veg							
Warm Wild Rice							
Quinoa							
Ramen Noodles					X		
Rice + Steamed Roots + Veg							
Quinoa + Steamed Roots + Veg							
Ramen + Steamed Roots + Veg					X		

DRESSINGS + SAUCES + FINISHERS	DAIRY	EGGS	NUTS	FISH + SHELFISH	GLUTEN + WHEAT	SOY	SESAME
Balsamic Vinaigrette							
Caesar Dressing	X	X		X			
Chili Garlic Sauce						X	X
Cilantro Mango Dressing						X	
Hoisin Ginger Glaze					X	X	X
Lemon Dill Dressing							
Lemon Tahini Dressing						X	X
Madras Coconut Curry Sauce							
Miso Sesame Ginger Dressing						X	X
Sweetgreen Hot Sauce							

**X = CONTAINS ALLERGEN**

PLANCHA SEARED INGREDIENTS	DAIRY	EGGS	NUTS	FISH + SHELFISH	GLUTEN + WHEAT	SOY	SESAME
Blackened Chicken							
Roasted Broccoli							
Roasted Chicken							
Roasted Sesame Tofu						X	X
Seared Halloumi Cheese	X						
Spicy Maple Brussels Sprouts						X	
Warm Portobello Mix							

SIGNATURE INGREDIENTS	DAIRY	EGGS	NUTS	FISH + SHELFISH	GLUTEN + WHEAT	SOY	SESAME
Apples							
Avocado							
Basil							
Blue Cheese	X						
Chilled Rice Noodles							X
Cilantro							
Corn Poblano Salsa							
Cucumber							
Edamame						X	
Goat Cheese	X						
Grape Tomatoes							
Lime Squeeze							
Mango							
Parmesan Crisps	X						
Pickled Carrots + Celery							
Pickled Red Onion							
Raw Beets							
Roasted Sweet Potatoes							
Scoop of Quinoa							
Sesame-Roasted Mushrooms					X	X	X
Shaved Parmesan	X						
Spicy Broccoli							

DRY GARNISH + SPRINKLES	DAIRY	EGGS	NUTS	FISH + SHELFISH	GLUTEN + WHEAT	SOY	SESAME
Chili Lime Cashews			X				
Roasted Almonds			X				
Sesame Chili Spice Blend							X
Spicy Sunflower Seeds							
Za'atar Breadcrumbs					X	X	X
Whole Wheat Bread					X		

# DIETARY PREFERENCE INFORMATION

X = the corresponding salad or bowl can be made to satisfy the corresponding diet

SALADS + WARM BOWLS	VEGETARIAN	VEGAN	PESCATARIAN	LOW CARB	KETO	PALEO	WHOLE30	LOW FODMAP
The All Mi	X	X	X	X	X	X	X	X
The Odyssey	X	X	X	X	X	X	X	X
Kale Caesar	X	X	X	X	X			
Veggie Caesar	X	X	X	X	X			X
Buffalo Chicken Bowl	X	X	X	X	X			
The Big Biang	X	X	X	X				
The Bungalow	X	X	X	X	X	X	X	
The Umami Q	X	X	X	X	X			X
The Harvest	X	X	X	X	X			
Shroomami	X	X	X	X	X			X

## Dietary Preferences explained by Spyce

DIET	AT-A-GLANCE	COMMON REASONS TO PRACTICE	INCLUDES	EXCLUDES
<b>VEGETARIAN</b>	everything but animal protein	respect for living organisms; positive health benefits from excluding animal products; moral and religious reasons	fruits, vegetables, grains, nuts, legumes, dairy, eggs	meat, poultry, fish, shellfish
<b>VEGAN</b>	everything but animal proteins and animal by-products		fruits, vegetables, grains, nuts, legumes	all animal proteins and animal by-products (meat, poultry, fish, shellfish, dairy, eggs, honey, etc.)
<b>PESCATARIAN</b>	everything but animal meat and poultry "pesce" means fish in Italian		vegetarian diet + fish and shellfish	meat and poultry
<b>LOW CARB</b>	limits the body's intake of carbohydrates carbs -> sugar -> fat	primarily to lose weight and reduce risk factors for disease and chronic conditions	high-fat and high-protein foods	limits carbohydrates found in grains, starchy vegetables, fruits, legumes, nuts, seeds, dairy
<b>KETO</b>	low-carb, high-fat intake which forces the body into "ketosis" which burns fat instead of carbs and fuel		high-fat and high-protein foods	all high-carb foods, grains, starchy vegetables, sugar, etc.
<b>PALEO</b>	includes unprocessed foods which come directly from the Earth <i>anything a caveman would eat</i>		lean meats, fish, nuts and seeds, fruits, vegetables	dairy, legumes, grains, artificial sugars, processed foods
<b>WHOLE30</b>	30-day elimination diet	primarily to cleanse the body and to identify food sensitivities	meat and poultry, seafood, eggs, fruit, vegetables, natural fats	grains, dairy, sugar, baked goods, alcohol carrageenan, MSG, sulfites
<b>LOW FODMAP</b>	elimination diet where you remove certain foods and slowly reintroduce them over time	primarily to identify gastrointestinal issues and other food sensitivities	specific lists of fruits, vegetables, proteins, grains and dairy	limits FODMAP foods: Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols in other words, carbs and sugars found in certain fruits, vegetables, proteins, grains and dairy