



# INGREDIENTS AND ALLERGENS

For allergens, more information, or assistance when ordering, please ask our guides. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs, may increase your risk of foodborne illness.

ALL BOWLS INGREDIENTS		CATEGORIES
<b>KALE</b>	• Kale, Lemon Juice, Lime Juice, Canola Oil, Salt + Pepper	• Vegan, Gluten-Free
<b>FREEKEH</b>	• Cracked Freekeh, Onion, Garlic, Canola Oil, Salt + Pepper	• Vegan
<b>BROWN RICE</b>	• Brown Rice, Onion, Garlic, Canola Oil, Salt + Pepper	• Vegan, Gluten-Free
<b>CHICKEN</b>	• Chicken Thigh, Salt + Pepper, Canola Oil	• Gluten-Free
<b>CITRUS JUICE</b>	• Lemon + Lime Juice <b>*This goes on our Latin, Chicken + Rice, Indian, Thai, and Lebanese bowls*</b>	• Vegan, Gluten-Free
THAI INGREDIENTS		CATEGORIES
<b>BOWL BASE</b>	• Sweet Potatoes, Bok Choy, Massaman Curry Paste ((Garlic, Sugar, Soybean Oil, Dried Red Chili, Tamarind Juice, Shallot, Lemongrass, Coriander, Cumin, Cardamom, Cinnamon, Bay Leaves, Lesser Galangal, Cloves, Kaffir Lime Leaves, Galangal, Star Anise)), Canola Oil, Salt + Pepper	• Vegan, Gluten-Free
<b>SAUCE</b>	• Canned Coconut Milk, Massaman Curry Paste ((SEE INGREDIENTS ABOVE)), Salt, Lime Juice, Fish Sauce ((Anchovies, Sugar, Water)), Xanthan Gum	• Vegetarian, Gluten-Free
<b>GARNISH</b>	• Summer Carrots = Daikon Radish, Carrots, Red Cabbage, Cilantro, White Rice Vinegar	• Vegan, Gluten-Free
<b>GARNISH</b>	• Fried Shallots = Fried Garlic, Fried Shallots, Coconut Flakes	• Vegan, Gluten-Free
<b>GARNISH</b>	• Herb Salad = Basil, Mint, Scallions	• Vegan, Gluten-Free
CHX + RICE INGREDIENTS		CATEGORIES
<b>BOWL BASE</b>	• Chicken Thigh, Salt + Pepper, Canola Oil, Brown Rice, Onion, Garlic, Canola Oil, Salt + Pepper, Kale, Lemon Juice, Lime Juice, Canola Oil, Salt + Pepper	• Gluten-Free
<b>SAUCE</b>	• White Sauce = Yogurt, Mayonnaise, Garlic Powder, Onion Powder, Turmeric, Sumac, Salt + Pepper, Lemon Juice	• Vegetarian, Gluten-Free
<b>GARNISH</b>	• Cucumber Salad = Red Onion, Cucumbers, Tomatoes, Dill, Salt + Pepper, Lemon Juice	• Vegan, Gluten-Free
<b>GARNISH</b>	• Cranberry Chutney = Cranberries, Orange Juice, Ginger, Sugar	• Vegan, Gluten-Free
LATIN INGREDIENTS		CATEGORIES
<b>BOWL BASE</b>	• Red Bell Peppers, Green Chillies, Tomatoes, Black Beans, Corn, Onion, Salt + Pepper, Canola Oil, Garlic, Oregano, Cumin, Coriander, Chipotle Powder	• Vegan, Gluten-Free
<b>GARNISH</b>	• Avocado Crema = Avocado Pulp, Salt, Lemon Juice, Lime Juice	• Vegan, Gluten-Free
<b>GARNISH</b>	• Cabbage Slaw = Green Cabbage, Red Onion, Mayonnaise, Salt + Pepper, Lime Juice	• Vegetarian, Gluten-Free
<b>GARNISH</b>	• Radish	• Vegan, Gluten-Free

<b>LEBANESE</b>	<b>INGREDIENTS</b>	<b>CATEGORIES</b>
<b>BOWL BASE</b>	• Lentils, Salt + Pepper, Canola Oil, Cumin, Cinnamon, Turmeric, Coriander, Sugar, Sliced White Onions, Cherry Tomatoes, White Mushrooms, Garlic, Sun-dried Tomatoes, Fresh Dill	• Vegan, Gluten-Free
<b>GARNISH</b>	• Tahini = Tahini Paste ((Organic Dry Roasted Hulled Sesame Seeds)), Lemon Juice, Peeled Garlic, Salt	• Vegan, Gluten-Free
<b>GARNISH</b>	• Feta = Cultured Pasteurized Milk, Salt, Enzymes	• Vegetarian, Gluten-Free
<b>GARNISH</b>	• Cucumber Salad = Red Onion, Cucumbers, Tomatoes, Dill, Salt + Pepper, Lemon Juice	• Vegan, Gluten-Free
<b>KOREAN</b>	<b>INGREDIENTS</b>	<b>CATEGORIES</b>
<b>BOWL BASE</b>	• Brown Rice, Onion, Garlic, Kale, Lemon Juice, Lime Juice, Salt, Black Pepper	• Vegan, Gluten-Free
<b>SAUCE</b>	• Bulgolgi Sauce = Apple Juice, Water, Brown Sugar, Soy Sauce, Rice Vinegar, Garlic, Ginger, Sesame Oil, Chopped Onions, Xanthan Gum	• Vegan
<b>SAUCE</b>	• Gochujang Sauce = Tapioca Syrup, Water, Brown Rice, Red Pepper Powder, Salt, Alcohol (to preserve freshness), Soybean, Garlic, Onion, Mayonaise, Kewpie-Soybean Oil, Egg Yolk, Distilled Vinegar, Water, Mustard, Plavour Enhancer	• Vegetarian
<b>GARNISH</b>	• Kimchi = Napa Cabbage, Onion, Garlic, Ginger, Scallion, Red Pepper Powder, Sugar, Anchovy Sauce (Anchovy, Salt)	• Pescatarian/ Vegan, Gluten-Free • No MSG, No Artificial Flavor, All Natural
<b>GARNISH</b>	• Sesame Seeds = Hulled and Toasted White Sesame Seeds, Hulled Black Sesame Seeds	• Vegan, Gluten-Free
<b>GARNISH</b>	• Scallions	• Vegan
<b>GARNISH</b>	• Soy Sauce Braised Black Beans = Black Beans, Low Sodium Soy Sauce, Sugar, Ginger, Garlic	• Vegan
<b>ROMA</b>	<b>INGREDIENTS</b>	<b>CATEGORIES</b>
<b>BOWL BASE</b>	• Cavatappi Pasta, Parsley, Vegetable Oil,	• Vegan
<b>SAUCE</b>	• Roasted Garlic Sauce = Tomatoes, Basil, Garlic, Olive Oil, Carrots, Salt, Pepper	• Vegan, Gluten-Free
<b>GARNISH</b>	• Ricotta + Lemon Zest = Pasteurized Milk, Pasteurized Whey, Vinegar, Guar Gum, Carrageenan, Salt	• Vegetarian, Gluten-Free
<b>GARNISH</b>	• Roasted Tomato Bruschetta = Tomatoes, Vegetable Oil, White Balsamic Vinegar, Garlic, Sea Salt, Basil	• Vegan, Gluten-Free
<b>GARNISH</b>	• Bread Crumbs = Ciabatta Bread, Lemon Zest, Vegetable Oil, Salt, Black Pepper, Garlic, Thyme, Parsley	• Vegan
<b>INDIAN</b>	<b>INGREDIENTS</b>	<b>CATEGORIES</b>
<b>BOWL BASE</b>	• Russet Potatoes, Green Peas, Garam Masala ((Cumin, Coriander, Cardamom, Cinnamon, Cloves, Ground Nutmeg)), Salt + Pepper, Canola Oil	• Vegan, Gluten-Free
<b>SAUCE</b>	• Coconut Milk, Tikka Paste ((Tomato Paste, Onions, Canola Oil, Ginger, Curry Paste [Garlic, Onions, Salt, Spices], Vinegar, Garlic, Salt + Pepper, Cane Juice, Spices, Cardamom, Jalapeno, Lentil Flour, Garlic Powder, Cayenne Pepper, Fruitrim [Fruit Juice, Natural Grain Dextrin], Citric Acid, Lemon Juice, Fenugreek Leaf, Glucono Delta Lactone, Oleoresin of Paprika, Celery Seeds, Ginger Powder, Onion Powder, Bay Leaf)), Salt, Xanthan Gum, Water	• Vegan, Gluten-Free
<b>GARNISH</b>	• Cilantro	• Vegan, Gluten-Free
<b>GARNISH</b>	• Puffed Rice = Puffed White Rice, Ratlami Sev ((Chickpea Flour, Corn Oil, Canola Oil, Salt + Pepper, Black Salt, Spices)), Curry Leaves, Oil, Raisins, Paprika, Turmeric, Fennel Seeds, Citric Acid, Sugar, Chili Powder, Garlic Powder, Onion Powder	• Vegan, Gluten-Free
<b>GARNISH</b>	• Tamarind Chutney = Tamarind Pulp, Sugar, Water, Ginger, Spices, Mango Powder, Salt	• Vegan, Gluten-Free
<b>GARNISH</b>	• Yogurt = Non-Fat Milk Yogurt, Mint, Garlic, Lemon Juice, Salt + Pepper	• Vegetarian, Gluten-Free

SALADS	INGREDIENTS	CATEGORIES
<b>KASUNDI DRESSING</b>	• CANNED WHOLE TOMATOES, SALT, GARLIC, FRESH GINGER, GROUND CORIANDER, GROUND CUMIN, GARAM MAS-ALA, FRESH TURMERIC, APPLE CIDER VINEGAR, SPANISH ONION, GALA APPLES, NIGELLA SEEDS, CHILI POWDER, DARK BROWN SUGAR, OIL.	• Vegan
<b>ROMESCO DRESSING</b>	• ALMONDS, CANNED ROASTED RED PEPPERS, SPANISH ONION, GARLIC, SHERRY VINEGAR, SALT, PEPPER, OIL, PAPRIKA, CANNED TOMATOES	• Vegan
<b>HONEY LIME CHARRED-CORN VINAIGRETTE</b>	• CANNED CHIPOTLE PASTE(WATER, TOMATO PASTE, DRY CHIPOTLE PEPPERS, DISTILLED VINEGAR, CORN OIL, CORN STARCH, ONION POWDER, GARLIC POWDER), DRIED OREGANO, CORN, LIME JUICE, VEGETABLE OIL, RED WINE VINEGAR, GROUND CUMIN, GROUND CORIANDER, SALT, PEPPER, HONEY	• Vegetarian
<b>TOM YUM DRESSING</b>	• TOM YUM PASTE (chili, galangal, lemon grass, citrus leaf's, salt, vegetable oil, sugar, MSG and citric acid.) LIME JUICE, WATER, FISH SAUCE, VEGETABLE OIL	• Pescatarian, MSG
<b>WAFU DRESSING</b>	• Low sodium soy sauce, sesame oil, black sesame seeds, rice vinegar, sugar, ginger, garlic	• Vegan

ADDITIONAL GARNISHES	INGREDIENTS	CATEGORIES
<b>Almonds</b>	• Almonds	• Vegan, Gluten-Free
<b>Goat Cheese</b>	• Crumbled Goat Cheese	• Vegetarian, Gluten-Free
<b>Jalapenos</b>	• Green Jalapeños	• Vegan, Gluten-Free
<b>Pumpkin Seeds</b>	• Pumpkin Seeds	• Vegan, Gluten-Free
<b>Smoked Salmon</b>	• Smoked Salmon	• Gluten-Free
<b>Soft-Boiled Eggs</b>	• Eggs	• Gluten-Free
<b>Sunflower Seeds</b>	• Sunflower Seeds	• Vegan, Gluten-Free
<b>Ricotta</b>	• Ricotta	• Vegan, Gluten-Free
<b>Bread Crumbs</b>	• Bread Crumbs	• Vegetarian

DRINKS	INGREDIENTS	CATEGORIES
<b>Kiwi Limeade</b>	• Water, Kiwi Puree ((Kiwi, Cane Sugar, Malic Acid, Spiraling extract, Turmeric, Ascorbic Acid)), Kiwi Lime Puree ((Filtered Water, Key Lime Juice Concentrate, Natural Lime Flavor))	• Sweetened, cane sugar less than 0.001g/cup
<b>Hibiscus Ginger</b>	• Water, Simple Syrup ((Sugar, Water)), Hibiscus Puree ((Water, Cane Sugar, Hibiscus, Flower Extract, Malic Acid, Fruit and Vegetable Juice)), Ginger Puree (Ginger, Cane Sugar, Water)	• Sweetened, cane sugar less than 0.001g/cup
<b>Iced Tea</b>	• Water, Ice, Organic Black Tea Leaves	• Unsweetened

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## ALLERGENS

### NOTE TO CUSTOMERS

Since we prepare everything for our restaurant in an open commissary kitchen, we cannot guarantee that any menu item will be completely free of a certain ingredient. That being said, we take allergies very seriously. We have a dedicated gluten-free wok to prevent cross-contact of gluten within the robotic kitchen, and many other common allergenic items (milk, eggs, and tree nuts), are only ever stocked in the garnish bar.

#### Milk

- The white sauce in our Chicken and Rice bowl contains mayo but this can be easily substituted
- We offer yogurt as an optional garnish. It typically comes in our Indian bowls, but can be easily substituted.
- We offer feta cheese as an optional garnish. It typically comes in our Lebanese bowl but can be easily substituted.
- We offer ricotta as an optional garnish. It typically comes in our Roma bowl but can be easily substituted.

#### Eggs

- We offer soft-boiled eggs as an optional garnish
- We offer cabbage slaw as an optional garnish. It typically comes in our Latin bowl but can be easily substituted

#### Fish

- We offer smoked salmon as an optional garnish
- We prepare the Massaman Curry Sauce in our Thai bowl with fish sauce. This cannot be removed from the dish.

#### Shellfish

- We do not have shellfish on our menu

#### Tree Nuts

- We offer almonds as an optional garnish
- The Thai Curry sauce in our Thai bowl contains coconut milk. This cannot be removed from the dish.
- The Indian sauce in our Indian bowl contains coconut milk. This cannot be removed from the dish.
- We offer fried garlic + shallots as an optional garnish which contains coconut flakes
- We offer candied walnuts as an optional garnish for our Thanksgiving bowl
- There are tree nuts (sesame) in the Kasundi dressing which typically comes in our Indian salad bowl
- There are tree nuts in the Romesco dressing which typically comes in our Lebanese salad bowl

#### Peanuts

- We do not have peanuts on the menu

#### Wheat

- Cavatappi pasta, which is in our Roma bowl, contains wheat. This cannot be substituted.
  - We offer bread crumbs as an optional garnish. It typically comes in our Roma bowl but can be easily substituted.
  - Freekeh, which is a customizable grain option, but can be easily substituted for brown rice
  - There is gluten present in the Wafu dressing which typically comes in our Korean salad bowl
  - We have a dedicated gluten free wok to prevent cross-contact with gluten
- \*If you order through the gluten-free menu, your meal will be cooked on a dedicated gluten-free wok. All other meals will be cooked on any of the other woks and sprayed with high pressure jets to be cleaned in between meals to remove all particulate and sanitize.**

#### Soy

- The Massaman Curry paste used in our Thai bowl contains soybean oil
- There is soy present in the Wafu dressing which typically comes in our Korean salad bowl

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