

ALLERGEN AWARENESS: YOUR HEALTH, OUR PRIORITY

We are committed to providing you with a safe and enjoyable dining experience. To ensure your well-being, we have carefully curated this allergen chart to assist you in making informed choices about your meal.

GLUTEN

While the majority of our offerings are gluten free, Veg'n Out is not a certified, gluten-free facility. We do use products that are produced in facilities that also process gluten items. **Those with Celiac must dine at their own risk.**

- Crispy onions on Buffalo Chickpea salad/grain bowl/wrap
- Dave's Killer Bread used on avocado toast (GF bread available). Cross-contamination does occur in toaster
- Maria's Wraps

Note: The oats that we use for our oatmeal bowls and housemade granola are certified gluten free.

LEGUMES

- Chickpea crouton
- Buffalo chickpeas
- Housemade hummus
- Roasted red pepper soup
- Lasagna soup
- Walnut chili

TREE NUTS

- Brazil-nut crumble
- Walnut chili
- Walnut chorizo
- Wild Blueberry Boost (walnut)
- Creamy Cashew dressing
- Broccoli cheddar soup (cashew)
- Tomato bisque soup (cashew)
- Housemade almond milk
- Housemade granola comes standard on most smoothie bowls (almond)
- Slivered almond topping in Four Seasons smoothie bowl
- Almond butter drizzle
- Slivered almond topping on Harvest and Cauli-spice salad/grain bowl/wrap
- Almond butter sriracha dressing
- Chia pudding (almond)
- Mango chia pudding cups (almond & coconut)
- Tofu roll dipping sauce (almond)
- Roasted red pepper soup (almond)
- Lasagna soup (almond)

PEANUT

- Peanut butter drizzle
- As selected in smoothies

COCONUT

- Coconut bacon
- Housemade granola
- Vegan cheddar shreds
- Shredded coconut on Pretty in Pitaya, Blue Heaven & Four Seasons smoothie bowl
- Cobb salad
- BLT & Buffalo BLT salad/grain bowl/wrap
- Almond sriracha dressing
- Tofu roll dipping sauce
- Coconut whipped cream smoothie bowl topping
- Chia pudding smoothie bowl layer
- Mango chia pudding cup
- Creamsicle smoothie
- Strawberry Shortcake smoothie bowl
- Chocolate mousse

SESAME

- Almond butter sriracha dressing
- Sriracha cauliflower
- Everything Bagel seasoning used on avocado toast
- Housemade hummus
- Tofu Roll dipping sauce

CEYENNE PEPPER

GARLIC

- Minted tomato
- Sunflower seeds
- Chickpea croutons
- Almond Sriracha dressing
- Lime jalapeno dressing
- Housemade hummus
- Tofu roll dipping sauce
- Walnut chili
- Broccoli cheddar soup
- Lasagna soup
- Everything Bagel Seasoning

SOY

- Coconut bacon
- Tofu rolls

CINNAMON

- Housemade granola
- Walnut chorizo
- Plant Protein smoothie
- Green Vanilla Bean smoothie
- Seasonal smoothies

- Walnut chili
- Performance juice shot

Veg'n Out
fresh, feel good food.

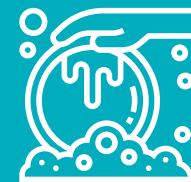
**our allergy
protocol**

1



COMMUNICATE
ALLERGY

2



WASH & SANITIZE
SURFACES & UTENSILS

3



WASH HANDS
& REGLOVE