

NATIVE

ALLERGY & INGREDIENT INFORMATION

Native Foods uses nuts, soy and wheat in our kitchens. We always use non-GMO soy, and organic ingredients whenever possible.

Please be aware that many of our ingredients share common cooking equipment and utensils, including common oils.



NUTS

Native Foods uses cashews, peanuts, almonds, and other nuts in our kitchen and shares common kitchen equipment, utensils, and oils.

For options without nut ingredients, see page 2



SOY

Native Foods uses soy in our kitchen and shares common kitchen equipment, utensils, and oils.

For options without soy ingredients, see page 5



WHEAT AND GLUTEN FREE

Native Foods uses wheat and gluten in our kitchen and shares common kitchen equipment, utensils and oils.

For options without wheat or gluten ingredients, see page 6



MENU INGREDIENT LIST

For a full list of ingredients, see page 8



LIST PER MENU ITEM

For a full list of ingredients, see page 14

NUT ALLERGIES

Native Foods uses cashews, peanuts, almonds, and other nuts in our kitchen and shares common kitchen equipment, utensils, and oils. If you have any questions or concerns, please ask to see a manager.



When ordered according to given instructions, the following menu items contain no nut ingredients, but may share common equipment, utensils and oils:

Starters

- Chicken Wings (Crispy version contains Native Batter with coconut)
- Native Nachos
 - Order without Cashew Cheese (contains cashews)
 - Chips are cooked in oil with items that contain coconut
- Thai Chili Brussels Sprouts (contains Native Batter with coconut)
 - Sprouts are cooked in oil with items that contain coconut
- Spicy Fried Cauliflower (contains Native Batter with coconut)
 - Cauliflower is cooked in oil with items that contain coconut

Seasonal Soups *Note: soup selection may vary by location and season. Ask a Team Member for today's selection.*

- Tortilla
 - Tortilla strips are cooked in oil with items that contain coconut
- Organic Lentil & Chick Pea

Entrée Salads

- Ensalada Azteca
- BBQ Chicken Salad
- Taco Salad
 - Tortilla Strips are cooked in oil with items that contain coconut
- OC Raw Chopper
 - Order without almonds

Burgers

- Native Southwestern Burger
- Big 'Ol BBQ Burger
- Portobello & Sausage Burger
- Native Scorpion Burger

NUT ALLEGIES: Continued page 3

NUT ALLERGIES

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When ordered according to given instructions, the following menu items contain no nut ingredients, but may share common equipment, utensils and oils:

Handholds and Sandwiches

- Native Chicken Run Ranch (Native Batter contains coconut)
- Native Chicken, Bacon & Avo Club (Native Batter contains coconut)
- Meatball Sub
 - Order without Parmesan (contains cashews)
 - Meatballs are cooked in oil with items that contain coconut
- Native Oklahoma Classic (Daiya™ Cheddar contains coconut)
- Tacos
- Twister Wrap (Crispy Chicken option: Native Batter contains coconut)
- BBQ Pulled Jackfruit Sandwich
 - Shallots are cooked in oil with items that contain coconut
- Bistro Steak Sandwich
 - Shallots are cooked in oil with items that contain coconut

Earth Bowls

- Bangkok Curry Bowl (red curry sauce contains coconut)
- Sesame Kale Macro Bowl
- Moroccan
 - Order without almonds
- Soul Bowl (Crispy Native Chicken contains Native Batter with coconut)
- Thai Meatball
 - Meatballs are cooked in oil with items that contain coconut
- Paella
 - Order without almonds
- Chickpea Tikka Masala
 - Contains coconut
- Poke Bowl
- Chicken & Waffles (Crispy Native Chicken contains Native Batter with coconut)
 - (select locations only)

Kids' Meals

- Chicken Strips (Native Batter contains coconut)
- Lil' Buddha

Regular Sides

- Lemon Dill Potato Salad
- Seasoned Fries
 - Fries are cooked in oil with items that contain coconut
- Side Salad
- Steamed Kale

NUT ALLERGIES: Continued page 4

NUT ALLERGIES

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When ordered according to given instructions, the following menu items contain no nut ingredients, but may share common equipment, utensils and oils:

Premium Sides

- Crispy Sweet Potato Fries
 - Fries are cooked in oil with items that contain coconut
- Lemongrass Broccoli

Sweet Treats

- Chocolate Chip Cookie (contains coconut oil)
- Oatmeal Crème Pie
- Carrot-Caramel Cupcake
- Chocolate Ganache Cupcake
- Pineapple Upside Down Cake

Sauces, Dressings, Salsas & Cheeses: *All sauces, dressings, and salsas are nut-free EXCEPT the Red Curry Sauce, which contains coconut.*

The following cheeses CONTAIN CASHEWS:

- Cheese Sauce on Mac & Cheese
- Native Cashew Cheese
- Horseradish Cheese
- Parmesan Cheese
- Daiya Cheddar does not contain cashews, but DOES CONTAIN COCONUT

SOY ALLERGIES

Native Foods uses soy in our kitchen and shares common kitchen equipment, utensils, and oils. If you have any questions or concerns, please ask to see a manager.



When ordered according to given instructions, the following menu items contain no soy ingredients, but may share common equipment, utensils and oils:

Starters

- Native Nachos
 - Order without Black Beans, Chipotle Sauce, Taco Meat, or BBQ Chicken
 - Chips are cooked in oil with items that contain soy

Seasonal Soups *Note: soup selection may vary by location and season. Ask a Team Member for today's selection.*

- Organic Lentil & Chickpea

Entrée Salads

- Ensalada Azteca
- OC Raw Chopper

Bowls

- Smoothie Bowl

Regular Sides

- Lemon Dill Potato Salad
- Seasoned Fries
 - Fries are cooked in oil with items that contain soy
- Side Salad
- Steamed Kale

Premium Sides

- Lemongrass Broccoli
 - Heated on a surface with items that contain soy
- Sweet Potato Fries
 - Fries are cooked in oil with items that contain soy
- Super Slaw

Kids' Meals

- Mac & Cheese

Sauces, Dressings, Salsas & Cheeses

- Soy-free sauces include: Buffalo Sauce, Moroccan Sauce, Pesto, Marinara Sauce
- Soy-free dressings include: Lemon Garlic, Mango Lime Vinaigrette, Balsamic Vinaigrette
- Soy-free salsas include: Salsa Fresca, Salsa Pomodoro
- Soy-free cheeses include: Native Cashew Cheese, Parmesan, Daiya™ Sliced Cheddar

WHEAT/GLUTEN ALLERGIES

Native Foods uses wheat/gluten in our kitchen and shares common kitchen equipment, utensils, and oils. If you have any questions or concerns, please ask to see a manager

Please be aware that many of our ingredients share common cooking equipment and utensils, including common oils.



When ordered according to given instructions, the following menu items contain no wheat or gluten ingredients, but may share common equipment, utensils and oils:

Starters

- Native Nachos
 - Order without Taco Meat or BBQ Chicken
 - Chips are cooked in oil with items that contain wheat/gluten

Seasonal Soups *Note: soup selection may vary by location and season. Ask a Team Member for today's selection.*

- Tortilla
 - Tortilla strips are cooked in oil with items that contain wheat/gluten
- Organic Lentil & Chickpea

Entrée Salads

- Ensalada Azteca
- Taco Salad
 - Tortilla Strips are cooked in oil with items that contain wheat/gluten
 - Order without Taco Meat
 - Chef's recommended substitute: Black Beans
- OC Raw Chopper

Earth Bowls

- Bangkok Curry
 - Tofu is cooked in oil with items that contain wheat/gluten
- Moroccan
 - Tofu is heated on a surface with items that contain wheat/gluten
- Sesame Kale Macro Bowl
 - Tempeh is heated on a surface with items that contain wheat/gluten
- Thai Meatball
 - Order without Meatballs
 - Chef's recommended substitute: Tempeh
- Paella
- Chickpea Tikka Masala
- Poke Bowl
- Smoothie Bowl

WHEAT AND GLUTEN FREE: Continued page 7

WHEAT/GLUTEN ALLERGIES

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Handholds

- Scorpion Burger
 - Order with lettuce cups/no hamburger bun
- Tacos
 - Tempeh and tortillas are heated on a surface with other items that contain wheat/gluten

Regular Sides

- Lemon Dill Potato Salad
- Side Salad
 - Order without Croutons
- Steamed Kale

Premium Sides

- Lemongrass Broccoli
 - Heated on a surface with other items that contain wheat/gluten
- Roasted Vegetables
 - Heated on a surface with other items that contain wheat/gluten
- Super Slaw

Sweet Treats

- Peanut Butter Parfait

INGREDIENTS

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Sauces and Dressings

- **1000 Island:** Native Mayo, ketchup, relish, lemon juice
- **Balsamic Vinaigrette:** olive oil, non-GMO canola, oil, balsamic vinegar, lemon juice, garlic, Dijon mustard, Italian spice blend, organic unrefined sugar, parsley, basil, crushed chili, sea salt, pomegranate molasses
- **BBQ Sauce:** Tomato puree (water, tomato paste), sugar, vinegar, brown sugar, salt, molasses, contains less than 2% of modified food starch, soybean oil, hydrolyzed soy protein, mustard flour, natural hickory smoke flavor, spice, dried onion, potassium sorbate (to preserve freshness), caramel color, dried garlic
- **Buffalo Sauce:** Aged cayenne red peppers, distilled vinegar, water, salt and garlic powder (Frank's)
 - **Or:** Aged red cayenne peppers, distilled vinegar, salt (Crystal)
- **Chipotle Sauce:** Native Mayo, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
- **Gochujang Sauce: (will vary)** Glutinous rice, red pepper powder, corn syrup, wheat flour, koji, soybean oil, potassium sorbate, salt, rice
- **Jalapeno Cilantro Lime (Green Goddess) Dressing:** Avocado, Native Mayo, garlic, lime juice, sea salt, jalapenos, lime zest, agave, cilantro
- **Lemon Garlic Dressing:** olive oil, non-GMO canola, oil, lemon juice, garlic, sea salt
- **Mango Lime Dressing:** olive oil, non-GMO canola oil, lime juice, rice vinegar, agave, mango, ginger, sea salt
- **Marinara Sauce:** olive oil, non-GMO canola oil, shallots, crushed tomatoes, sea salt, black pepper, agave
- **Moroccan Sauce:** orange juice, ginger, garlic, safflower oil, olive oil, non-GMO canola oil, lemon juice, maple syrup, paprika, thyme, crushed red pepper flakes, oregano, turmeric, cinnamon, sea salt
- **Pesto Sauce:** olive oil, non-GMO canola oil, basil, garlic, pumpkin seeds, sea salt
- **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
- **Red Curry:** lemongrass, ginger, garlic, olive oil, canola oil, red curry paste (red chili pepper, garlic, lemongrass, galangal (Thai ginger), salt, shallots, spices, kaffir lime, soybean oil), coconut milk, cilantro
- **Roasted Carrot Hummus:** garbanzo beans, carrots, olive oil, non-GMO canola oil, garlic, lemon juice, tahini, turmeric, sea salt
- **Tahini Sauce:** Tahini paste, olive oil, non-GMO canola oil, lemon juice, tamari soy sauce, apple cider vinegar, garlic, ginger
- **Thai Chili Cilantro Sauce:** Sweet Thai Chili (sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum), Native Mayo, cilantro, sea salt
- **Native Mayo:** (soy bean oil, vinegar, water, maltodextrin, modified food starch, contains less than 2% of: sugar, salt, spice, polysorbate 60, xanthan gum, propylene glycol alginate, calcium disodium edta to protect flavor, beta carotene, paprika (color))

MENU INGREDIENTS: Continued page 9

INGREDIENTS

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Sides

- **Lemon-Dill Potato Salad:** potato, green onion, parsley, dill, Lemon Garlic Dressing, sea salt
- **Lemongrass Broccoli:** broccoli, ginger, garlic, lemongrass, safflower oil, sesame oil, salt, crushed red chili
- **Mac & Cheese:** Fusilli pasta, cashews, Yukon Gold potatoes, carrots, onion, coconut milk, nutritional yeast, lemon juice, sea salt, smoked paprika, garlic powder
- **Roasted Veggies:** zucchini, carrot, red onion, cauliflower, broccoli, yam, roasted garlic oil, sea salt
- **Seasoned Fries:** potatoes, French Fry Seasoning
- **Side Salad:** Baby greens, carrots, croutons
- **Steamed Kale:** kale, lemon wedge, red bell pepper, gomasio
- **Super Slaw:** green and red cabbage, kale, carrots, red pepper, chia seeds, flax seeds, sesame seeds, hemp seeds, olive oil blend, lemon juice, agave, salt
- **Sweet Potato Fries:** sweet potatoes, Sweet Potato Fry Seasoning

Salsas

- **Salsa Fresca:** roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
- **Salsa Pomodoro:** tomato, garlic, basil, sea salt, black pepper, olive oil, canola oil

Vegan Cheese

- **Daiya™ Cheddar Cheese:** filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, natural flavors (derived from plants), inactive yeast, vegetable glycerin, xanthan gum, citric acid, titanium dioxide (a naturally occurring mineral)
- **Native Cashew Cheese:** cashews, sunflower seeds, lemon juice, nutritional yeast, tahini (sesame seed paste), sea salt, onion powder, garlic powder
- **Horseradish Cheese:** cashews, olive oil, canola oil, horseradish, tahini paste, sea salt
- **Parmesan Cheese:** cashews, nutritional yeast, sea salt
- **Cheese Sauce:** Cashews, Yukon Gold potatoes, carrots, onion, coconut milk, nutritional yeast, lemon juice, sea salt, smoked paprika, garlic powder

Drinks

- **Chai:** cinnamon sticks, cloves, ginger, cardamom, black peppercorns, black tea, earl grey tea, organic sugar
- **Lavender Lemonade:** lemons, organic sugar, lavender, sea salt
- **Iced Teas:** teas vary by location (tea and water)
- **Watermelon Fresca:** watermelon, mint, organic sugar

MENU INGREDIENTS: Continued page 10

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Misc.

- **Beans, Black:** Black beans, vegetable base (blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids.), onion, garlic, olive oil, bay leaf, sea salt
- **Beans, Red:** Kidney beans, vegetable base (blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids.), onion, garlic, bay leaf, sea salt, coriander
- **Caramelized Onions:** onions, olive oil, canola oil, sea salt, white pepper, maple syrup
- **Chipotle Peppers with Adobo Sauce:** chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil
- **Chocolate Chips:** evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter.
- **Croutons:** bread, olive oil, canola oil, garlic, paprika, sea salt
- **Deglaze for Tempeh:** tamari, garlic, peppercorn, ginger, yellow onion
- **Dijon Mustard:** water,
- mustard seed, vinegar, citric acid, Sulphur dioxide (preservative)
- **Egg Replacer:** potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, cream of tartar), cellulose gum, modified cellulose
- **Gomasio:** toasted sesame seeds, sea salt
- **Granola, Superfood:** Oats (gluten free), quinoa, almonds, peanut butter, agave syrup, maple syrup, cinnamon, sea salt
- **Guacamole:** avocado, red onion, tomato, jalapeño, cilantro, sea salt and lemon juice
- **Ketchup:** (Annie's) Tomato paste, distilled white vinegar, water, cane sugar, sea salt, onion, allspice, clove (all organic)
- **Margarine – Earth Balance Soy Free:** palm fruit, canola, safflower flax and olive oils, water, less than 2% salt, natural flavor, pea protein, sunflower lecithin, lactic acid (plant-based), annatto extract
- **Margarine – Earth Balance (Oregon only):** palm fruit, canola, soybean, flax and olive oils, water, less than 2% salt, natural flavor, pea protein, sunflower lecithin, lactic acid (plant based), annatto extract
- **Milk, Soy:** filtered water, whole soybeans, cane sugar, sea salt, carrageenan, natural flavor, calcium carbonate, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12
- **Milk, Rice:** filtered water, brown rice, expeller pressed high oleic safflower oil, tricalcium phosphate, sea salt, vitamin A, vitamin D2, vitamin B12.
- **Native Batter:** coconut milk, garlic, coriander, sea salt, unbleached flour, egg replacer
- **Pickling Brine:** apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic

MENU INGREDIENTS: Continued page 11

INGREDIENTS

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- **Red Curry Paste:** red chili pepper, garlic, lemongrass, galangal (Thai ginger), salt, shallots, spices, kaffir lime, soybean oil
- **Relish:** organic cured cucumbers, organic sugar, organic white distilled vinegar, water, salt, calcium chloride, organic dried red bell peppers, xanthan gum, organic natural flavor spice
- **Rice, Brown:** brown rice, sea salt, olive oil, canola oil
- **Rice, Brown Sticky:** brown rice, sea salt, olive oil, canola oil, rice vinegar, sesame oil, organic sugar
- **Rice, Cilantro:** jasmine rice, cilantro, yellow onion, olive oil, canola oil, sea salt, caraway
- **Rice, Paella:** Arborio rice, yellow onion, garlic, roma tomato, tomato paste, apple cider vinegar, smoked paprika, bay leaf, sea salt, thyme, olive oil, canola oil, vegetable base (blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids), turmeric, parsley, black pepper
- **Roasted Garlic:** garlic, safflower oil, sea salt, black pepper
- **Roasted Red Peppers:** red bell peppers, garlic, safflower oil, sea salt, black pepper
- **Sauerkraut:** organic cabbage, yellow onion, olive oil, canola oil, sea salt, caraway seed
- **Sesame Chicken Breading:** black and white sesame seeds, Spicy Chicken Breading
- **Smoothie Mix, Mango:** mango, banana, coconut water
- **Smoothie Mix, Raspberry:** raspberries, banana, coconut milk, chia seeds
- **Soy Free Earth Balance™ Margarine:** natural oil blend (palm fruit, canola, safflower, flax and olive oil), filtered water, salt, natural flavor (from corn – no MSG/alcohol/gluten), pea protein, sunflower lecithin, lactic acid (non-dairy), annatto
- **Soy Sauce:** water, wheat, soybeans (non-GMO), salt, sodium benzoate
- **Spicy Chicken Breading:** bread crumbs, unbleached organic flour, blackening seasoning, salt, parsley, Native Batter
- **Sriracha:** chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum
- **Sweet Thai Chili:** sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum
- **Tamari (gluten-free soy sauce):** water, organic soybeans, salt, organic alcohol (to preserve freshness)
- **Tofu (extra firm/baking) (Mori-Nu brand):** Filtered water, soybeans, isolated soy protein, gluconolactone (non-GMO), calcium chloride
- **Tofu (firm):** organic soybeans, calcium sulfate, calcium chloride
- **Tofutti™ Cream Cheese:** water, partially hydrogenated soy bean oil, non-GMO (isolated soy protein), maltodextrin, tofu, nondairy lactic acid, sugar, locust bean, guar and carrageenan gums, sugar, salt, vegetable mono and diglycerides, and potassium sorbet (added as preservative)
- **Vegetable Base:** blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids

MENU INGREDIENTS: Continued page 12

INGREDIENTS

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- **Veggies Grilled:** zucchini, carrot, red onion, cauliflower, broccoli, yam, roasted garlic oil (garlic, olive oil, canola oil, safflower oil, sea salt, black pepper), sea salt
- **Veggies Steamed:** zucchini, carrot, cauliflower, broccoli
- **Yellow Mustard:** water, org. vinegar, org. mustard seed, salt, org. turmeric, org. paprika

Soups

- **Organic Lentil & Chickpea Soup:** water, vegetable base (organic carrots, organic celery, organic onion, sea salt), organic lentils, organic tomatoes, organic tomato puree, organic chick peas, organic onions. Contains 2% or less of: organic garlic, organic cilantro, organic canola oil, organic sugar, organic turmeric, sea salt, organic spices and organic corn starch.
- **Tortilla Soup:** corn tortillas, crushed tomato, yellow onion, garlic, jalapeno, salsa fresca, olive oil, canola oil, cumin, smoked paprika, sea salt

Seasonings

- **Blackening Seasoning:** paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper
- **French Fries Seasoning:** sea salt, chili powder, paprika, cumin, coriander, fennel seed, garlic powder, onion powder
- **Sweet Potato Fries Seasoning:** tarragon, organic sugar, sea salt

Proteins

- **BBQ Chicken:** Native Chicken, BBQ sauce
- **Meatballs:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, tapioca starch, canola oil, fennel, garlic powder, black pepper, oregano, crushed red chili
- **Mexican Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, cumin, garlic powder, coriander, paprika, black pepper, crushed red pepper, oregano.
- **Moroccan Tofu:** tofu (firm), Moroccan sauce
- **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat)
- **Peppered Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, black pepper, garlic powder, oregano
- **Peppered Steak Seitan (prepared):** peppered seitan, olive oil, olive oil, canola oil, shallots, deglaze sauce
- **Sausage Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, tapioca starch, canola oil, fennel, garlic powder, black pepper, oregano
- **Bacon Seitan:** Water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
- **Signature Savory Burger Patty:** Vital wheat gluten, water, all-purpose flour, mushrooms, tamari, canola oil, tapioca starch, soy sauce, sea salt, onion powder, black pepper, garlic powder, oregano
- **Taco Meat:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, cumin, garlic powder, coriander, paprika, black pepper, crushed red pepper, oregano, olive oil, canola oil

MENU INGREDIENTS: Continued page 13

INGREDIENTS

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- **Tempeh:** organic soybeans, millet, water, rice vinegar, tempeh starter, deglaze (tamari, garlic, peppercorn, ginger, yellow onion)
- **Tofu Steak:** Tofu (firm), Dijon mustard, Brown Sugar, Nutritional Yeast, Tamari Soy Sauce, Rice Wine Vinegar, Olive Oil, Canola Oil, Cumin, Chili Powder, Oregano, Onion Powder, Garlic Powder, Sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum)

Breads

- **Ciabatta Roll:** unbleached/untreated enriched wheat flour, water, sea salt, yeast, malted barley
- **Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
- **French Baguette:** unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, salt, yeast
- **Cornbread:** corn flour, unbleached flour, baking powder, baking soda, sea salt, orange juice, water, safflower oil, tofu (baking), orange zest, agave
- **Rye Bread:** unbleached enriched wheat flour, rye flour, enriched semolina flour, salt, caraway seeds, yeast
- **Corn Tortilla:** organic yellow corn, water and traces of lime
- **Wheat Tortilla:** unbleached whole wheat flour, unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, palm oil, cultured wheat, sea salt, sodium acid pyrophosphate (baking powder), sodium bicarbonate, sugar, citric acid, enzyme, guar gum, yeast, mono and diglycerides.

INGREDIENTS

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Ingredients Per Menu Item

Starters

- **Spicy Fried Cauliflower**
 - **Breaded Cauliflower:** cauliflower, panko bread crumbs, unbleached flour, coconut milk, garlic, coriander, sea salt
 - **Gochujang Sauce: (will vary)** Glutinous rice, red pepper powder, corn syrup, wheat flour, koji, soybean oil, potassium sorbate, salt, rice
 - **Pickled Beets, Carrots, Cucumbers:** apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic
 - **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Gomasio:** Black & white sesame seeds, sea salt
- **Thai Chili Brussels Sprouts**
 - **Breaded Brussel Sprouts:** Brussel sprouts, panko bread crumbs, unbleached flour, egg replacer (potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, cream of tartar), cellulose gum, modified cellulose), Native batter (coconut milk, garlic, coriander, sea salt)
 - **Thai Chili Cilantro Sauce:** Sweet Thai Chili (sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum), Native Mayo, cilantro, sea salt
 - **Gomasio:** Black & white sesame seeds, sea salt
 - **Cilantro**
- **Nachos**
 - **Tortilla Chips:** organic yellow corn, water and traces of lime, non-GMO canola oil
 - **Salsa Fresca:** roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Beans, Black:** Black beans, vegetable base (blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids.), onion, garlic, olive oil, bay leaf, sea salt
 - **Native Cashew Cheese:** cashews, sunflower seeds, lemon juice, nutritional yeast, tahini (sesame seed paste), sea salt, onion powder, garlic powder
 - **Chipotle Sauce:** Native Mayo, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Jalapeno, Roasted Corn, Green Onion, Cilantro**
- **Native Chicken Wings**
 - **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat)
 - **Breading:** coconut milk, garlic, coriander, sea salt, unbleached flour, egg replacer, non-GMO canola oil
 - **If Buffalo:** Aged cayenne red peppers, distilled vinegar, water, salt and garlic powder
 - **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Romaine Hearts, Carrots**

INGREDIENTS

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Salads

- **Ensalada Azteca**
 - **Romaine Hearts**
 - **Quinoa:** white quinoa, water
 - **Mango Lime Dressing:** mango, olive oil, non-GMO canola oil, lime juice, rice vinegar, agave, ginger, sea salt
 - **Cucumber Salsa:** roma tomato, cucumber, red onion, cilantro, lime juice, sea salt, black pepper
 - **Chili con Limon:** salt, chili peppers, citric acid, red pepper, lemon juice powder, silicon dioxide
 - **Jicama, Avocado, Raisins, Toasted Pumpkin Seeds, Cilantro**
- **Taco Salad**
 - **Romaine Hearts**
 - **Cabbage:** green & red
 - **Salsa Fresca:** roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Chipotle Sauce:** Native Mayo, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Taco Meat:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, cumin, garlic powder, coriander, paprika, black pepper, crushed red pepper, oregano, olive oil, non-GMO canola oil
 - **Tortilla Strips:** organic yellow corn, water and traces of lime, non-GMO canola oil
 - **Roasted Corn, Green Onion, Cilantro**
- **BBQ Chicken Salad**
 - **Romaine Hearts**
 - **Green Goddess Dressing:** Avocado, Native Mayo, garlic, lime juice, sea salt, jalapenos, lime zest, agave, cilantro
 - **Salsa Fresca:** roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Beans, Black:** Black beans, vegetable base (blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids.), onion, garlic, olive oil, bay leaf, sea salt
 - **Bacon Seitan:** Water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
 - **BBQ Chicken**
 - **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat) **BBQ Sauce:** Tomato puree (water, tomato paste), sugar, vinegar, brown sugar, salt, molasses, contains less than 2% of modified food starch, soybean oil, hydrolyzed soy protein, mustard flour, natural hickory smoke flavor, spice, dried onion, potassium sorbate (to preserve freshness), caramel color, dried garlic
 - **Jicama, Roasted Corn, Avocado, Toasted Pumpkin Seeds, Cilantro**

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- **OC Raw Chopper**
 - **Spring Mix:** mixed greens
 - **Raw Vegetables:** broccoli, cauliflower, carrots, zucchini
 - **Lemon Garlic Dressing:** olive oil, non-GMO canola, oil, lemon juice, garlic, sea salt
 - **Salsa Pomodoro:** tomato, garlic, basil, sea salt, black pepper, olive oil, non-GMO canola oil
 - **Avocado, Almonds, Daikon Sprouts**

Handhelds

- **Native Chicken Bacon Avo Club**
 - **Spicy Native Chicken Patty**
 - **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat)
 - **Breading:** Panko bread crumbs, paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper, parsley, coconut milk, garlic, coriander, sea salt, egg replacer, unbleached flour, non-GMO canola oil
 - **Ciabatta Roll:** unbleached/untreated enriched wheat flour, water, sea salt, yeast, malted barley
 - **Chipotle Sauce:** Native Mayo, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Bacon Seitan:** Water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
 - **Avocado, Romaine Hearts, Carrots, Red Onion. Roma Tomato**
- **Chicken Run Ranch**
 - **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat)
 - **Breading:** coconut milk, garlic, coriander, sea salt, unbleached flour, egg replacer, non-GMO canola oil
 - **Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Romaine Hearts, Carrots, Red Onion**

INGREDIENTS

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- **Oklahoma Classic**

- **Peppered Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, black pepper, garlic powder, oregano, olive oil, non-GMO canola oil
- **Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
- **Daiya™ Cheddar Cheese:** filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, natural flavors (derived from plants), inactive yeast, vegetable glycerin, xanthan gum, citric acid, titanium dioxide (a naturally occurring mineral)
- **Caramelized Onions:** onions, olive oil, non-GMO canola oil, sea salt, white pepper, maple syrup
- **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
- **BBQ Sauce:** Tomato puree (water, tomato paste), sugar, vinegar, brown sugar, salt, molasses, contains less than 2% of modified food starch, soybean oil, hydrolyzed soy protein, mustard flour, natural hickory smoke flavor, spice, dried onion, potassium sorbate (to preserve freshness), caramel color, dried garlic
- **Bacon Seitan:** Water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
- **Romaine Hearts, Carrots, Red Onion, Roma Tomato**

- **Twister Wrap**

- **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat), olive oil, non-GMO canola oil
 - **If Breaded:** coconut milk, garlic, coriander, sea salt, egg replacer, unbleached flour, non-GMO canola oil
 - **If Buffalo:** Aged cayenne red peppers, distilled vinegar, water, salt and garlic powder
- **Wheat Tortilla:** unbleached whole wheat flour, unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, palm oil, cultured wheat, sea salt, sodium acid pyrophosphate (baking powder), sodium bicarbonate, sugar, citric acid, enzyme, guar gum, yeast, mono and diglycerides.
- **Chipotle Sauce:** Native Mayo, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
- **OR Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
- **Cucumber Salsa:** roma tomato, cucumber, red onion, cilantro, lime juice, sea salt, black pepper
- **Avocado, Spring Mix** (mixed greens)

INGREDIENTS

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- **BBQ Pulled Jackfruit**
 - **Jackfruit**
 - **BBQ Sauce:** Tomato puree (water, tomato paste), sugar, vinegar, brown sugar, salt, molasses, contains less than 2% of modified food starch, soybean oil, hydrolyzed soy protein, mustard flour, natural hickory smoke flavor, spice, dried onion, potassium sorbate (to preserve freshness), caramel color, dried garlic
 - **Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Sriracha Coleslaw:** green cabbage, red cabbage, Native Mayo (soy bean oil, vinegar, water, maltodextrin, modified food starch, contains less than 2% of: sugar, salt, spice, polysorbate 60, xanthan gum, propylene glycol alginate, calcium disodium edta to protect flavor, beta carotene, paprika (color), Sriracha Sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum)
 - **Crispy Shallots:** shallots, unbleached flour, soy milk, garlic powder, sea salt, black pepper
 - **Pickle Chips:** cucumber, apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic
- **Grilled Veggie Power Sandwich**
 - **Feta & Vegetables:** Tofu firm (organic soybeans, calcium sulfate, calcium chloride), Kalamata olives, olive oil, lemon juice, cucumber, red onion, oregano, sea salt, black pepper
 - **Ciabatta Roll:** unbleached/untreated enriched wheat flour, water, sea salt, yeast, malted barley
 - **Roasted Carrot Hummus:** garbanzo beans, carrots, olive oil, non-GMO canola oil, garlic, lemon juice, tahini, turmeric, sea salt
 - **Grilled Zucchini:** zucchini, olive oil, non-GMO canola oil, black pepper, sea salt
 - **Marinated Portobello:** Portobello mushroom, balsamic vinegar, Dijon mustard, black pepper
 - **Roasted Red Peppers:** red bell peppers, garlic, safflower oil, sea salt, black pepper
 - **Spring Mix (mixed greens), Roma Tomato**
- **Meatball Sub**
 - **Meatballs:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, tapioca starch, canola oil, fennel, garlic powder, black pepper, oregano, crushed red chili
 - **French Baguette:** unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, salt, yeast
 - **Caramelized Onions:** onions, olive oil, non-GMO canola oil, sea salt, white pepper, maple syrup
 - **Marinara Sauce:** olive oil, non-GMO canola oil, shallots, crushed tomatoes, sea salt, black pepper, agave
 - **Pesto Sauce:** olive oil, non-GMO canola oil, basil, garlic, pumpkin seeds, sea salt
 - **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Pickle Spear (if applicable):** cucumber, apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic
 - **Parmesan Cheese:** cashews, nutritional yeast, sea salt

INGREDIENTS

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- **Reuben**
 - **Reuben Seitan**
 - **Peppered Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, black pepper, garlic powder, oregano, olive oil, non-GMO canola oil
 - **Marinade:** water, beet powder, black pepper, juniper berries, allspice, paprika, thyme, sea salt, cloves, bay leaf
 - **Rye Bread:** unbleached enriched wheat flour, rye flour, enriched semolina flour, salt, caraway seeds, yeast
 - **Sauerkraut:** organic cabbage, yellow onion, olive oil, non-GMO canola oil, sea salt, caraway seed
 - **1000 Island:** Native Mayo, ketchup, relish, lemon juice
 - **Horseradish Cheese:** cashews, olive oil, non-GMO canola oil, horseradish, tahini paste, sea salt
 - **Pickle Chips:** cucumber, apple cider vinegar, organic sugar, sea salt, mustard seed, black pepper, garlic
- **Avocado Crunch Wrap**
 - **Breaded Avocado:** avocado, coconut, coconut milk, garlic, coriander, sea salt, unbleached flour, egg replacer, non-GMO canola oil
 - **Wheat Tortilla:** unbleached whole wheat flour, unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, palm oil, cultured wheat, sea salt, sodium acid pyrophosphate (baking powder), sodium bicarbonate, sugar, citric acid, enzyme, guar gum, yeast, mono and diglycerides.
 - **Mango Slaw:** green cabbage, red cabbage, mango, red bell pepper, onion powder, thyme, allspice, black pepper, cinnamon, cayenne pepper, sea salt
 - **Green Goddess Dressing:** Avocado, Native Mayo, garlic, lime juice, sea salt, jalapenos, lime zest, agave, cilantro
 - **Mango Lime Dressing:** olive oil, non-GMO canola oil, lime juice, rice vinegar, agave, mango, ginger, sea salt
 - **Native Mayo:** (soy bean oil, vinegar, water, maltodextrin, modified food starch, contains less than 2% of: sugar, salt, spice, polysorbate 60, xanthan gum, propylene glycol alginate, calcium disodium edta to protect flavor, beta carotene, paprika (color
 - **Cilantro**
- **Baja Tacos**
 - **Tempeh:** organic soybeans, millet, water, rice vinegar, tempeh starter, deglaze (tamari, garlic, peppercorn, ginger, yellow onion), olive oil, non-GMO canola oil
 - **Blackening Seasoning:** paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper
 - **Corn Tortilla:** organic yellow corn, water and traces of lime
 - **Chipotle Sauce:** Native Mayo, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Salsa Fresca:** roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Guacamole:** avocado, red onion, tomato, jalapeño, cilantro, sea salt and lemon juice
 - **Green and Red Cabbage**

INGREDIENTS

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Burgers

- **Big Ol' BBQ Burger**
 - **Signature Savory Burger Patty:** Vital wheat gluten, water, all-purpose flour, mushrooms, tamari, canola oil, tapioca starch, soy sauce, sea salt, onion powder, black pepper, garlic powder, oregano, olive oil
 - **Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Native Mayo:** (soy bean oil, vinegar, water, maltodextrin, modified food starch, contains less than 2% of: sugar, salt, spice, polysorbate 60, xanthan gum, propylene glycol alginate, calcium disodium edta to protect flavor, beta carotene, paprika (color))
 - **BBQ Sauce:** Tomato puree (water, tomato paste), sugar, vinegar, brown sugar, salt, molasses, contains less than 2% of modified food starch, soybean oil, hydrolyzed soy protein, mustard flour, natural hickory smoke flavor, spice, dried onion, potassium sorbate (to preserve freshness), caramel color, dried garlic
 - **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **Bacon Seitan:** Water, vital wheat gluten, soy sauce (water, wheat, soybeans, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion
 - **Daiya™ Cheddar Cheese:** filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, natural flavors (derived from plants), inactive yeast, vegetable glycerin, xanthan gum, citric acid, titanium dioxide (a naturally occurring mineral)
 - **Crispy Shallots:** shallots, unbleached flour, soy milk, garlic powder, sea salt, black pepper
 - **Bibb/Butter Lettuce**
- **Southwest Burger:**
 - **Signature Savory Burger Patty:** Vital wheat gluten, water, all-purpose flour, mushrooms, tamari, canola oil, tapioca starch, soy sauce, sea salt, onion powder, black pepper, garlic powder, oregano, olive oil
 - **Ciabatta Roll:** unbleached/untreated enriched wheat flour, water, sea salt, yeast, malted barley
 - **Chipotle Sauce:** Native Mayo, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Salsa Fresca:** roma tomato, red onion, cilantro, lime juice, sea salt, black pepper
 - **Guacamole:** avocado, red onion, tomato, jalapeño, cilantro, sea salt and lemon juice
 - **Romaine Hearts, Roasted Corn, Jalapeno**
- **Portobello & Sausage Burger**
 - **Sausage Seitan:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, tapioca starch, canola oil, fennel, garlic powder, black pepper, oregano
 - **Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Marinated Portobello:** Portobello mushroom, balsamic vinegar, Dijon mustard, black pepper
 - **Caramelized Onions:** onions, olive oil, non-GMO canola oil, sea salt, white pepper, maple syrup
 - **Salsa Pomodoro:** tomato, garlic, basil, sea salt, black pepper, olive oil, non-GMO canola oil

INGREDIENTS

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- **Pesto Sauce:** olive oil, non-GMO canola oil, basil, garlic, pumpkin seeds, sea salt
- **Native Mayo:** (soy bean oil, vinegar, water, maltodextrin, modified food starch, contains less than 2% of: sugar, salt, spice, polysorbate 60, xanthan gum, propylene glycol alginate, calcium disodium edta to protect flavor, beta carotene, paprika (color))
- **Roasted Garlic:** garlic, safflower oil, sea salt, black pep
- **Romaine Hearts, Basil**
- **Scorpion Burger**
 - **Tempeh:** organic soybeans, millet, water, rice vinegar, tempeh starter, deglaze (tamari, garlic, peppercorn, ginger, yellow onion), olive oil, non-GMO canola oil
 - **Blackening Seasoning:** paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper
 - **Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
 - **Chipotle Sauce:** Native Mayo, chipotle peppers (chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil), agave, onion powder, garlic powder
 - **Avocado, Romaine Hearts, Carrots, Red Onion**

Bowls

- **Buddha:**
 - **Rice, Cilantro:** jasmine rice, cilantro, yellow onion, olive oil, non-GMO canola oil, sea salt, caraway
 - **Sweet Potatoes: Teriyaki Sauce:** Tamari soy sauce, organic brown sugar, mirin rice wine vinegar, agave syrup, sesame oil, ginger, corn starch, water
 - **Thai Pineapple:** pineapple, Sweet Thai Chili (sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum)
 - **Crispy Shiitake:** shiitake mushrooms, sea salt, non-GMO canola oil
 - **Gomasio:** Black & white sesame seeds, sea salt
 - **Avocado, Roasted Corn, Green Onion, Daikon Sprouts**
- **Bangkok Curry:**
 - **Tofu Steak:** Tofu firm (organic soybeans, calcium sulfate, calcium chloride) Dijon mustard, brown sugar, nutritional yeast, tamari soy sauce, rice wine vinegar, olive oil, non-GMO canola oil, cumin, chili powder, oregano, onion powder, garlic powder, Sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum)
 - **Rice, Brown:** brown rice, sea salt, olive oil, non-GMO canola oil
 - **Veggies Steamed:** zucchini, carrot, cauliflower, broccoli, kale
 - **Red Curry:** lemongrass, ginger, garlic, olive oil, non-GMO canola oil, red curry paste (red chili pepper, garlic, lemongrass, galangal (Thai ginger), salt, shallots, spices, kaffir lime, soybean oil), coconut milk, cilantro
 - **Gomasio:** Black & white sesame seeds, sea salt

INGREDIENTS

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- **Soul:**
 - **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat)
 - **Native Batter:** coconut milk, garlic, coriander, sea salt, unbleached flour, egg replacer
 - **Beans, Red:** Kidney beans, vegetable base (blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids.), onion, garlic, bay leaf, sea salt, coriander
 - **Rice, Brown:** brown rice, sea salt, olive oil, non-GMO canola oil
 - **Veggies Steamed:** zucchini, carrot, cauliflower, broccoli, kale
 - **Ranch:** Native Mayo, soy milk, garlic powder, celery salt, black pepper, onion powder
 - **BBQ Sauce:** Tomato puree (water, tomato paste), sugar, vinegar, brown sugar, salt, molasses, contains less than 2% of modified food starch, soybean oil, hydrolyzed soy protein, mustard flour, natural hickory smoke flavor, spice, dried onion, potassium sorbate (to preserve freshness), caramel color, dried garlic
- **Moroccan:**
 - **Moroccan Tofu:** tofu (firm), Moroccan sauce
 - **Tofu (firm):** organic soybeans, calcium sulfate, calcium chloride
 - **Moroccan Sauce:** orange juice, ginger, garlic, safflower oil, olive oil, non-GMO canola oil, lemon juice, maple syrup, paprika, thyme, crushed red pepper flakes, oregano, turmeric, cinnamon, sea salt
 - **Quinoa:** white quinoa, water
 - **Veggies Grilled:** zucchini, carrot, red onion, cauliflower, broccoli, yam, roasted garlic oil (garlic, olive oil, non-GMO canola oil, safflower oil, sea salt, black pepper), sea salt
 - **Toasted, sliced almonds, Raisins**
- **Sesame Kale Macro:**
 - **Tempeh:** organic soybeans, millet, water, rice vinegar, tempeh starter, deglaze (tamari, garlic, peppercorn, ginger, yellow onion)
 - **Rice, Brown:** brown rice, sea salt, olive oil, non-GMO canola oil
 - **Steamed Kale**
 - **Sauerkraut:** organic cabbage, yellow onion, olive oil, non-GMO canola oil, sea salt, caraway seed
 - **Tahini Sauce:** Tahini paste, olive oil, non-GMO canola oil, lemon juice, tamari soy sauce, apple cider vinegar, garlic, ginger
 - **Gomasio:** Black & white sesame seeds, sea salt
 - **Cucumber Salad:** cucumbers, wakame flakes, apple cider vinegar, maple syrup, sesame oil, toasted black and white sesame seeds. Sea salt

INGREDIENTS

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- **Thai Meatball:**
 - **Meatballs:** Vital wheat gluten, water, all-purpose flour, soy sauce, sea salt, onion powder, tapioca starch, canola oil, fennel, garlic powder, black pepper, oregano, crushed red chili
 - **Quinoa:** white quinoa, water
 - **Roasted Red Peppers:** red bell peppers, garlic, safflower oil, sea salt, black pepper
 - **Lemongrass Broccoli:** broccoli, ginger, garlic, lemongrass, safflower oil, sesame oil, salt, crushed red chili
 - **Super Slaw:** green and red cabbage, kale, carrots, red pepper, chia seeds, flax seeds, sesame seeds, hemp seeds, olive oil blend, lemon juice, agave, salt
 - **Thai Chili Cilantro Sauce:** Sweet Thai Chili (sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum), Native Mayo, cilantro, sea salt
- **Paella:**
 - **Rice, Paella:** Arborio rice, yellow onion, garlic, roma tomato, tomato paste, apple cider vinegar, smoked paprika, bay leaf, sea salt, thyme, olive oil, non-GMO canola oil, vegetable base (blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids), turmeric, parsley, black pepper, olive oil
 - **Paella Vegetables:** yellow onion, red bell peppers, roma tomato, grilled zucchini (zucchini, olive oil, non-GMO canola oil, black pepper, sea salt), green peas, sea salt
 - **Oranges, Kalamata Olives, Toasted, sliced almonds, Parsley, Lemon**
- **Chickpea Tikka Masala**
 - **Rice, Cilantro:** jasmine rice, cilantro, yellow onion, olive oil, non-GMO canola oil, sea salt, caraway
 - **Tikka Masala:** garbanzo beans, yellow onion, red bell peppers, coconut milk, roma tomato, jalapeno, garlic, vegetable base (blend of vegetables (Puree: carrot, celery, onion, sautéed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot), sugar, salt, yeast extract, hydrolyzed corn protein, contains 2% or less of the following: maltodextrin, canola oil, natural flavor, disodium inosinate, disodium guanylate, modified food starch, spice, hydrolyzed soy protein, burgundy wine solids), safflower oil, yellow curry powder, black pepper, sea salt, kafir lime leaf
 - **Pineapple, Cilantro**
- **Smoothie Bowl**
 - **Smoothie Mix, Mango:** mango, banana, coconut water
 - **Smoothie Mix, Raspberry:** raspberries, banana, coconut milk, chia seeds
 - **Granola, Superfood:** Oats (gluten free), quinoa, almonds, peanut butter, agave syrup, maple syrup, cinnamon, sea salt
 - **Cocoa Nibs:** cocoa beans
 - **Blueberries, Strawberries, Coconut, Dried Cherries**

INGREDIENTS

Native Foods uses nuts, non-GMO soy, and wheat in our kitchens, and organic ingredients whenever possible. Please be aware that many of our ingredients share common cooking equipment and utensils, including common oils.



- **Chicken & Waffles**

- **Roasted Corn Waffles:** unbleached flour, roasted corn, soy milk, green onion, egg replacer, margarine – (Earth Balance Soy Free), organic sugar, baking powder, vanilla extract, paprika, black pepper, sea salt
- **Spicy Native Chicken Patty**
 - **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat)
 - **Breading:** Panko bread crumbs, paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper, parsley, coconut milk, garlic, coriander, sea salt, egg replacer, unbleached flour, non-GMO canola oil
- **Sriracha Maple Syrup:** maple syrup, Sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum), Louisiana Hot Sauce (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), corn starch, water
- **Caramelized Onions:** onions, olive oil, non-GMO canola oil, sea salt, white pepper, maple syrup
- **Steamed Kale, Roasted Corn, Green Onion, Black Pepper, Sea Salt**

Native Kids

- **Lil' Buddha:**
 - **Rice, Cilantro:** jasmine rice, cilantro, yellow onion, olive oil, non-GMO canola oil, sea salt, caraway
 - **Sweet Potatoes: Teriyaki Sauce:** Tamari soy sauce, organic brown sugar, mirin rice wine vinegar, agave syrup, sesame oil, ginger, corn starch, water
 - **Thai Pineapple:** pineapple, Sweet Thai Chili (sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum)
 - **Gomasio:** Black & white sesame seeds, sea salt
 - **Avocado, Roasted Corn, Green Onion**
- **Mac & Cheese:** Fusilli pasta, cashews, Yukon Gold potatoes, carrots, onion, coconut milk, nutritional yeast, lemon juice, sea salt, smoked paprika, garlic powder
- **Chicken Strips:**
 - **Native Chicken: (Gardein™):** water, soy protein isolate*, vital wheat gluten*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (*non-genetically engineered soybeans & wheat)
 - **Native Batter:** coconut milk, garlic, coriander, sea salt, unbleached flour, egg replacer
- ****ALL Kids meals come with a side of seasoned fries, steamed vegetables or brown rice.**

INGREDIENTS

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Desserts/Sweet Treats

- **Carrot Caramel Cupcake:**
 - **Cupcake Batter:** unbleached flour, baking powder, baking soda, organic brown sugar, sea salt, cinnamon, safflower oil, rice milk, orange juice, carrot, vanilla extract
- **Frosting:** Tofutti™ Cream Cheese (water, partially hydrogenated soy bean oil, non-GMO (isolated soy protein), maltodextrin, tofu, nondairy lactic acid, sugar, locust bean, guar and carrageenan gums, sugar, salt, vegetable mono and diglycerides, and potassium sorbet (added as preservative)), Soy Free Earth Balance™ Margarine, powdered sugar, vanilla extract, caramel extract, vanilla bean paste
- **Chocolate Chip Cookie:** wheat flour, malted barley flour, coconut oil, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin), brown sugar, sugar, water, vanilla extract, baking soda, salt
- **Chocolate Ganache Cupcake:**
 - **Cupcake Batter:** unbleached flour, baking powder, baking soda, cocoa powder, sea salt, organic sugar, apple cider vinegar, vanilla extract, safflower oil, rice milk
 - **Frosting:** Tofutti™ Cream Cheese, Soy Free Earth Balance™ Margarine, powdered sugar, cocoa powder, vanilla extract
 - **Ganache:** coconut milk, Soy Free Earth Balance™ Margarine, chocolate chips
- **Oatmeal Crème Pie:** Tofutti™ Cream Cheese (water, partially hydrogenated soy bean oil, non-GMO (isolated soy protein), maltodextrin, tofu, nondairy lactic acid, sugar, locust bean, guar and carrageenan gums, sugar, salt, vegetable mono and diglycerides, and potassium sorbet (added as preservative)), Soy Free Earth Balance™ Margarine, powdered sugar, unbleached flour, baking powder, sea salt, cinnamon, baking soda, sugar, brown sugar, vanilla extract, egg replacer, rolled oats
- **Peanut Butter Parfait:** Tofutti™ Cream Cheese, peanut butter (organic peanuts), tofu (baking), agave, chocolate chips, banana bread crumbles (gluten-free flour, gluten-free oats, xanthan gum, coconut, almonds, chocolate chips, baking powder, sea salt, tofu (baking), maple syrup, agave, bananas, safflower oil, vanilla)
- **Apple Cider Doughnut:** unbleached flour, apple cider, organic sugar, organic brown sugar, cinnamon, baking powder, baking soda, sea salt, egg replacer, margarine – (Earth Balance Soy Free), *almond milk*, vanilla extract