

Ingredients by Menu Item



Native Kids

- **Chicken Strips**
 - **Chicken: May vary by region**
 - **Chicken** (Upton's Naturals): water, textured wheat protein, canola oil, methyl cellulose, vital wheat gluten, natural flavor, yeast extract, sugar, salt, wheat starch, granulated onion, soy sauce (water, wheat, soybeans, salt), granulated garlic, ground celery seed
 - Or
 - **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, water, sea salt, unbleached flour, egg replacer (potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose)
- **Lil' Buddha**
 - **Rice, Cilantro:** jasmine rice, cilantro, yellow onion, olive oil, non-GMO canola oil, sea salt, caraway
 - **Sweet Potato**
 - **Teriyaki Sauce:** tamari soy sauce (organic soybeans, salt, organic alcohol-to preserve freshness), organic brown sugar, mirin rice wine vinegar, agave syrup, sesame oil, ginger, corn starch, water
 - **Pineapple**
 - **Gomasio:** black & white sesame seeds, sea salt
 - **Avocado**
 - **Roasted Corn**
 - **Green Onion**
- **Mac & Cheese:**
 - **Cheese Sauce:** cauliflower, carrot, gluten free oats, nutritional yeast, smoked paprika, Applewood sea salt, white ground pepper, garlic powder, sea salt, tahini paste, lemon juice, soy milk, water, American cheese (Follow your Heart® - filtered water, coconut oil, modified food starch, potato starch, sea salt, natural flavor [plant sources], olive extract, paprika extract and beta carotene for color)
 - **Pasta, Elbow (Gluten Free):** corn flour, rice flour, mono and diglycerides

Desserts/Sweet Treats

- **Chocolate Chip Cookie (Native Foods):** wheat flour, malted barley flour, coconut oil, evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter, organic brown sugar, organic granulated sugar, water, pure vanilla extract, baking soda, salt
- **Oatmeal Cream Pie:** water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, non-GMO (soy protein, tofu), nondairy lactic acid, blend of natural gums (locust bean, guar, cellulose, xanthan and carrageenan), organic sugar, vegetable mono and diglycerides, salt, vegan margarine/butter (may contain soy or coconut), powdered sugar, unbleached flour, baking powder, sea salt, cinnamon, baking soda, sugar, brown sugar, vanilla extract, egg replacer (potato starch, tapioca flour, calcium lactate, calcium carbonate, cream of tartar, cellulose gum, modified cellulose), rolled oats
- **Oatmeal Cream Pie - Gluten Free (WICKER PARK, CHICAGO STORE ONLY):** cane sugar, light brown sugar, apple sauce, vegan butter (Earth Balance®), salt, vanilla, baking soda, gluten free oats, white rice, potato starch, tapioca flour, sweet rice flour, xanthan gum, gluten free flour, vegan margarine (Earth Balance®) (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), vegan cream cheese (Tofutti®) (water, expeller processed natural oil blend [soybean, palm fruit and olive], maltodextrin, non-GMO [soy protein, tofu], nondairy lactic acid, blend of natural gums, locust bean, guar, cellulose, xanthan and carrageenan, organic sugar, vegetable mono and diglycerides, salt), organic powdered sugar, vanilla extract
- **Peanut Butter Parfait:** water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, non-GMO (soy protein, tofu), nondairy lactic acid, blend of natural gums (locust bean, guar, cellulose, xanthan and carrageenan) organic sugar, vegetable mono and diglycerides, sea salt, peanut butter (organic peanuts), tofu (baking), agave, chocolate chips (evaporated cane juice, natural chocolate liquor [non-alcoholic], non-dairy cocoa butter), banana bread crumbles, gluten free flour, gluten free oats, xanthan gum, coconut, almonds, evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter, baking powder, maple syrup, agave, bananas, safflower oil, vanilla

Important Advisory: Desserts/Sweet Treats provided by our third party partners are not listed in this guide. Please speak with a Team Member for allergen and ingredient information on these items, as they are region and store specific.