

Hugo's For Healthy Living

Healthy Living is an on-going conscious choice which requires constant re-evaluation. We strive to bring you a selection of healthy choices so you can make your own decisions about what supports your health.

The following is an update of our current choices:

- Sustainability rests on the principle that we must meet the needs of the present without compromising the ability of future generations to meet their own needs. Hugo's is committed to sustainability: a comprehensive program of sustaining the environment, natural resources, profitability, our workforce and community.
- We start from scratch with whole, vital ingredients, making an effort to preserve freshness and quality throughout the cooking process.
- We have eliminated gluten from our cooking, except for obvious wheat-based products (bread, tortillas, and some pancakes & pastries), by substituting rice or potato flour, Tamari Soy Sauce, and Bragg Liquid Aminos.
- We continue to add to the variety of organic products we use.

We exclusively use:

- Organic coffee, tea, herbal infusions, grains, beans, ketchup, mustard, sugar, soy milk, rice milk and tofu.
- Vegan pasta made here with organic semolina and flax seed.
- Organic free-range eggs grown locally.
- Hormone and antibiotic-free steaks and hamburgers, from pasture-grazed cattle.
- California fresh chicken.
- Zero trans-fats for deep frying.
- Seafood from sustainable sources, harvested in a manner that does not harm the environment. We proudly follow the guidelines of the Monterey Bay Aquarium Seafood Watch program.
- Filtered water for drinking, all beverages, ice and cooking. We have bottled water available; however we encourage you to take advantage of our free filtered and sparkling water. Recent reports on bottled water have indicated that transporting bottles and bottle waste negatively affect the environment.

To Those With Allergies -

Our food is prepared in a kitchen which also prepares foods made with flour, as well as milk products and tree nuts. We can not guarantee that kitchen equipment will not have had some contact with any of these ingredients. We have a commitment to higher awareness and aspire to constantly refine our methods.

Dishes Containing Nuts and Seeds -

Oatmeal Frittata, Fruit & Yogurt, Fruit & Cottage Cheese, Granola, Gorgonzola Salad, Quinoa Beet Salad, Almond Granola Pancakes, Turmeric Rice, Breakfast Salad, Bulgarian Omelet, Mango Sundae, Scharffen Berger Sundae, Chicken Kalamata, Mole Sauce, Veggie Burger, Sesame Chili Sauce, Stir Fry, Hemp Hummus, Avocado Hummus Wrap, Power of Green Salad, Spring Roll Sauce, Kelp Noodle Salad

Dishes Containing Soy -

Soy Sauce, Tamari Sauce, Tofu, Tofu Scramble, Pancakes, Flour Tortillas, Chocolate Cake, Vegan Mozzarella, Veggie Bacon, Caesar Dressing, Breakfast Salad, Mushroom Gravy, Stir Fry, Sesame Chili Sauce, Sesame Chicken Salad, Pesto Sauce, Tuna Salad, English Muffins, Vegenaïse, Santa Fe Vegenaïse, Fries

Hidden Sources of Dairy -

Many of our Breakfasts are cooked in butter. Upon request eggs can be cooked in olive oil. Many of our dishes can be made dairy-free except Mashed Potatoes and Turkey Meatloaf.

To our Vegetarian and Vegan Friends -

We strive to answer any questions with prompt and accurate attention. Substitutions and alterations are subject to extra charge and are at your own risk. We will always strive to thoroughly isolate animal products from your menu choices, however we can not guarantee that kitchen equipment will not have had some contact with any of these common ingredients. We have a commitment to higher awareness combined with an ongoing training of our kitchen and service staff.

Commitment to Lower Sodium -

We strive to lower the levels of sodium (salt) in all of our foods. by using Bragg Liquid Aminos blended with gluten-free tamari. All salt used in our kitchens and on the table is natural mineral rich sea salt.

Packaging for Take-out Orders -

We continue to evaluate all sustainable options for packaging. We have determined that the best current choice is recycled and recyclable packaging. Please do your part to recycle cups, boxes and bags.

18% gratuity on parties of 6 or more • 10% packing fee on take out orders over \$75

Visit hugosrestaurant.com for more information or to subscribe to our newsletter for updates.