

Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
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BREAKFAST

Almond Energy Pancakes	v vt gf n	no	granola	granola	no	no	no	yes	gluten free pancake flour, *cane syrup, baking powder, baking soda, cinnamon, rice milk, polenta, vanilla bean, pistachio, walnut, quinoa, pecan, pumpkin seeds, sunflower seeds, cashew, almond, rice puff, cinnamon, cardamom, ginger, black pepper, kosher salt, maple syrup, cherries, cranberries, golden raisins, coconut
Avocado Toast	vt (gf)	yes	no	multi grain	yes	no	multi grain	yes	Multi-Grain Deli Sliced bread, Eggs, Avocado, radish, Micro Rainbow Mix, Bulk Vegetables Escabeche (Carrot, Celery, Cauliflower, Red Bell Pepper, Green Bell Pepper, Yellow Onion, Thyme, Unrefined Sugar, Kosher Salt [Real], Onion Powder, Garlic, Bay Leaf, Oregano, White Vinegar, Water), Table Salt [Real], Black Pepper
Breakfast Burrito	(v) (vt)	yes	no	no	yes	no	yes	yes	Bulk Egg Liquid (Eggs), Cheddar Cheese, Bulk Potato Cakes Vegan (White Rose Potato, Italian Parsley, Bulk Hugo's Seasoning (Seasoning Salt, Garlic Pepper, Italian Seasoning, Paprika, Onion Powder, Black Pepper), Kosher Salt [Real], Black Pepper, Potato Flour, Roasted Garlic, Onion Powder), Whole Wheat Tortilla [Organic], Bacon
Breakfast Salad	(v) vt gf	butter	no	no	yes	tamari	no	yes	ginger, garlic, egg whites, tamari soy sauce, spinach, turmeric, basmati rice, baby mix lettuce, balsamic vinegar, oyster mushrooms, shiitake mushrooms, cumin, kosher salt, olive oil, black pepper
Buttermilk Pancakes	vt	buttrmlk	no	no	yes	no	flour	yes	buttermilk pancake flour, eggs, buttermilk
Chilaquiles	(v) (vt) gf	butter, sour cream	no	no	yes	no	no	yes	yellow onion, tortilla chips, egg, *tomato chipotle sauce, sour cream, *turkey sausage, garnished with orange slice
Chipotle Scramble	(vt) gf	butter, cheddar, mozz chz	no	no	yes	no	no	yes	chicken breast, red bell pepper, yellow onion, green onion, egg, mild cheddar cheese, mozzarella cheese, sour cream, corn tortilla, *honey chipotle sauce, garnished with orange slice
Cinnamon Swirl French Toast	v vt gf	no	no	no	no	no	no	yes	gluten free flour, rice milk, yeast, vegan butter, sugar, kosher salt, cinnamon, currants, orange, vanilla beans, brown rice
Create Your Own Omelette Or Scramble	(v) (vt) gf							yes	garnished with orange slice
Desayuno Fuerte	(v) vt gf	butter, parm	no	no	yes	no	no	yes	*potato cakes, egg, garlic, yellow onion, tomatoes, spinach, parmesan cheese, kosher salt, black pepper
Eggs Any Style	(vt) gf	butter	no	no	yes	no	no	butter	garnished with orange slice
Eggs Benedict	(vt) (gf)	butter	no	no	yes	English muffin	English muffin	yes	english muffin, pork loin boneless, *hollandaise sauce, egg, garnished with orange slice

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Fresh Fruit Salad	v vt gf	no	no	no	no	no	no	no	
Good Morning Energy Cereal	(v) vt gf n	no	granola	granola	no	no	no	no	pistachio, walnut, quinoa, pecan, pumpkin seeds, sunflower seeds, cashew, almond, rice puff, cinnamon, cardamom, ginger, black pepper, kosher salt, maple syrup, cherries, cranberries, golden raisins, coconut
Herbed Omelette	(v) vt gf	butter	no	no	yes	no	no	yes	egg whites, mushrooms, tomatoes, spinach, red bell pepper, sage, tarragon, thyme, garnished with orange slice
Pasta Mama	(v) vt (gf)	butter, parm	no	flax in pasta	yes	no	semolina	yes	*linguini pasta, garlic, black pepper, parsley, parmesan cheese, egg, kosher salt, garlic pepper, italian seasoning, paprika, onion powder, seasoning salt
Pasta Papa	(gf)	butter, parm	no	flax in pasta	yes	no	semolina	yes	*linguini pasta, garlic, black pepper, parsley, parmesan cheese, egg, green onion, bacon, *turkey sausage, *hugos seasoning
Protein Scramble	gf	butter	no	no	yes	no	no	yes	chicken breast, oyster mushrooms, shiitake mushrooms, broccoli, asparagus, yellow onion, egg whites, garlic, kosher salt, black pepper, sage, tarragon, thyme, garnished with orange slice
Shakshuka	(v) vt gf	goat chz	no	no	yes	marina	no	yes	egg, zucchini, yellow onion, roasted red peppers, grape tomato, green pepper, red pepper, garlic, Bulk marinara (tomatoes, Braggs amino acids, Italian seasoning, oregano, garlic, basic, black pepper), kosher salt, black pepper, Italian parsley, green onion, chili flakes, goat cheese, Extra Virgin olive oil, Bulk empanada & tortilla dough (gluten free flour, Extra Virgin olive oil, yeast, Unrefined sugar, kosher salt)
Steel Cut Oatmeal	16 oz soup	no	no	no	no	no	no	no	Bulk Steel Cut Oats (Steel Cut Oats, Water), Whole Milk, Banana, Strawberries, Blueberries

STARTERS

Asian Spring Rolls	v vt gf	no	no	sesame seeds	no	in sauce	no	in sauce	rice paper wrappers, basil, mint, kelp noodles, cucumber, carrot, snow peas, avocados, baby mix lettuce
Bacon Brussels Sprouts	(v) (vt) gf n	no	walnut	no	no	no	no	yes	Brussel Sprouts, Table Salt [Real], Bacon, Prosciutto, Cranberries, Apple Juice, Ginger, Garlic, Kosher Salt [Real], Black Pepper, Cinnamon [saigon], Cloves, Nutmeg, Star Anise, Brown Sugar, Cornstarch, Walnut, Grape Tomato, Shallots, ZTF Oil [non-gmo], Dijon Mustard, Balsamic Vinegar, , Extra Virgin Olive Oil, Italian Parsley.
Falafel Balls	v vt gf	no	no	tahini	no	no	no	yes	Bulk garbanzos (garbanzo beans, Kosher salt, water), garlic, yellow onion, ground cumin, cayenne pepper, black pepper, coriander, cardamom, gluten free flour, potato flour, Kosher salt, Italian parsley.
Four Cheese Mac & Cheese (Half Order)	vt (gf)	cream, cheese mix	no	flax in pasta	no	no	semolina	yes	*fusilli pasta, mild cheddar cheese, gorgonzola cheese, mozzarella cheese, manufacturing cream, kosher salt, parmesan cheese, black pepper

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Fried Pickles	v vt gf	no	no	no	no	bbq sauce	no	yes	dill pickle chips, baby mixed lettuce, red lentil, water, salt, black pepper, cayenne pepper, xanthan gum, celery salt, onion, garlic, gluten free flour, olive oil, oregano, paprika, potato.
Vegan Mac & Cheese (Half Order)	v vt (gf) n	no	cashews	sunflwr seeds in sauce, flax in pasta	no	no	pasta	yes	*fusilli pasta, mushroom, peas, garlic, kosher salt, black pepper, yellow onion, rice milk, cornstarch, polenta, cayenne pepper, seasoning salt, garlic pepper, Italian seasoning, paprika, onion powder, sunflower seeds, cashew nuts, rice milk, nutritional yeast, garlic powder, white pepper, turmeric, all purpose flour (gluten free)

SOUPS

Chicken & Rice Soup	gf								chicken breast, celery, yellow onion, carrots, black pepper, salt, italian seasoning, thyme, garlic, bay leaf, vegetable base, water, olive oil, brown rice
French Onion Soup	16 oz soup	yes	Croutons	no	no	no	Croutons	yes	Yellow Onion, Garlic, Thyme, Tub Base Vegetable, Marsala Wine, Arrowroot Powder, Extra Virgin Olive Oil, Baking Soda, Black Pepper, Water, Sunflower Seeds, Cashew Nuts, Rice Milk [organic], Nutritional Yeast, Kosher Salt [Real], Onion Powder, Garlic Pepper, White Pepper, Turmeric Paste, Oregano, Italian Seasoning, Seasoning Salt, Italian Seasoning, Paprika, Italian Parsley
Tomato Basil Bisque	v vt gf	no	no	no	no	tofu	no	no	yellow onion, garlic, tomato, tofu, kosher salt, black pepper, unrefined sugar, rice milk, basil

SALADS

Create Your Salad	(v) vt (gf)	no	no	no	no	no	no	dressing	
Caesar Salad	(v) vt (gf) n	yes	croutons	croutons, mustard in dressing	no	dressing	croutons	dressing	romaine lettuce, parmesan cheese, *croutons, *caesar dressing
Grilled Chipotle Salad	(v) (vt) gf	no	no	no	no	no	no	yes	romaine lettuce, chicken breast, red pepper, green pepper, corn, red onion, avocado, Bulk pico de gallo (cilantro, yellow onion, jalapeno, roma tomato, lemon juice, oregano, black pepper, Kosher salt), Bulk black beans (black beans, water, Kosher salt), Bulk tortilla strips (corn tortilla), Bulk honey chipotle sauce (cilantro, Bulk chipotle adobados [chipotle chile, water, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, cumin, oregano, Kosher salt], honey, ZTF oil, Kosher salt, Extra Virgin olive oil), Bulk sherry vinaigrette (shallots, dijon mustard, black pepper, Table salt, sherry vinegar, ZTF oil), Kosher salt, black pepper
House Salad	v vt gf	no	no	mustard in dressing	no	no	no	dressing	baby mix lettuce, tomatoe, carrot, smow peas, *balsamic dressing

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Mexican Salad	(v) (vt) gf	parmesan chz.	no	mustard in dressing	no	dressing	no	dressing	romaine lettuce, avocados, kalamata olives, parmesan cheese, black beans, kosher salt, *pico de gallo, *caesar dressing
Power Of Green Salad	v vt gf	no	no	sunflwr seeds, mustard in dressing	no	no	no	dressing	euro greens, cherries, avocados, sunflower seeds, *sherry vinaigrette dressing, asparagus, zucchini, broccoli
Quinoa Beet Salad	(v) vt gf n	gorgonzola chz.	walnuts	mustard in dressing	no	no	no	dressing	carrot, beets, green onion, cherries, walnut, gorgonzola cheese, baby mix lettuce, quinoa, *sherry vinaigrette dressing

SANDWICHES & BURGERS

BB Burger	(gf)	yes	no	no	no	no	yes	no	Burger Patty, Whole Wheat Bun, Bacon, Dill Pickle Chips, Bulk Grilled Onions (Red Onion, Kosher Salt [Real], Black Pepper), Bulk Guacamole (Avocado Pulp, Red Onion, Cilantro, Kosher Salt [Real], Black Pepper, Lemon Juice), Bulk BBQ Sauce (Garlic Pepper, Cumin, Coriander, Roasted Garlic, Yellow Onion, Yellow Mustard, Molasses, White Vinegar, Chili Powder, Brown Sugar, Bulk Soy Braggs Amino Mix (Tamari Soy Sauce [no wheat], Braggs Amino Acids), Tomato Paste, Tabasco Red Sauce, Liquid Smoke Seasoning, Kosher Salt [Real], Water), Cheddar Cheese
BBQ Turkey Sandwich	(gf)	cheese	no	no	no	yes	bread	yes	turkey, *bbq sauce, mozzarella cheese, *rustic bun, onion, rice milk, cornstarch, polenta, cayenne pepper, salt, black pepper, oregano, gluten free flour, italian seasoning
Bruno Burger Wrap	(vt) (gf)	goat	no	no	no	no	tortilla	no	Burger Patty, Spinach Tortilla [organic], Goat Cheese, Avocado, Bacon, Bulk Yams & Sweet Potato (Red Garnet Yam, Sweet Potato, Black Pepper, Kosher Salt [Real], Nutmeg, Extra Virgin Olive Oil)
Big Island Burger	(v) (vt) (gf)	mozz	no	no	no	yes	bun	yes	burger patty, vegan brioche, mozzarella cheese, Bulk teriyaki sauce (apple buice, Bulk Braggs amino mix [Tamari soy sauce, Braggs amino acids], ginger, garlic, mango chutney, water, cornstarch), grilled pineapple rings, green cabbage, Bulk kimchi dressing (green onion, ginger, garlic, Korean hot pepper powder, Bulk Braggs amino mix [Tamari soy sauce, Braggs amino acids], sherry vinegar, sesame oil, Unrefined sugar)
Club - Chx, or Turkey	(gf)	no	no	no	no	no	bread	yes	*guacamole, vegenaize, black pepper, romaine lettuce, tomatoes, multi-grain bread, bacon. (turkey is marinated in *honey chipotle sauce)
Club - Tofu	(v) (vt) (gf)	no	no	tofu marinade	no	tofu	bread	yes	*tofu, vegenaize, black pepper, romaine lettuce, tomatoes, multi-grain bread, veggie bacon
Cuban Sandwich	(vt) (gf)	goat cheese	no	mustard	no	multi-grain	bread	yes	chicken breast, goat cheese, tomatoes, red onion, black pepper, kosher salt, *honey chipotle sauce, plantains, baby mix lettuce, *balsamic dressing, *multi-grain bread

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Falafel Pita Wrap	v vt gf	no	no	sesame seeds	no	no	no	yes	Bulk falafel (Bulk garbanzos [garbanzo beans, Kosher salt, water], garlic, yellow onion, ground cumin, cayenne pepper, black pepper, coriander, cardamom, gluten free flour, potato flour, Kosher salt, Italian parsley), Bulk empanada & tortilla dough [gluten free flour, Extra Virgin olive oil, yeast, Unrefined sugar, kosher salt], romaine lettuce, tomatoes, red onion, cucumber, Bulk green tahini sauce (tahini paste, garlic, Italian parsley, cilantro, green onion, jalapenos, lemon juice, water, black pepper, Kosher salt), Bulk baharat oil (baharat, roasted garlic, onion powder, cumin, oregano, Kosher salt, black pepper, paprika, Extra Virgin olive oil), lemon
Hugo's Burger - Beef	(gf)	no	no	no	no	no	bread	vegense	*burger patty, egg bun, red onion, tomatoes, romaine lettuce, *santa fe mayo
Hugo's Burger - Turkey	(gf)	no	no	no	yes	no	bread	vegense	*turkey patty, egg bun, red onion, tomatoes, romaine lettuce, *santa fe mayo
Hugo's Burger - Veggie	v vt (gf) n	no	pinenut in veg. patty	pinenut in veg. patty	no	no	bread	yes	*veggie patty, tomatoes, red onion, egg bun
Hugo's Burger - Veg Chx	v vt (gf) n	no	pinenut in veg. patty	pinenut in veg. patty	no	no	bread	yes	*veggie patty, tomatoes, red onion, egg bun
Salmon Ensenada Tacos	gf	no	no	no	no	no	no	yes	salmon, Hugo's Seasoning, green cabbage, avocado jalapeno salsa, santa fe mayo, pico de gallo.
Tres Tacos - Chicken	(gf)	no	no	no	no	no	no	yes	corn tortilla, chicken breast, black beans, corn, *pico de gallo, *tomato chipotle sauce, *guacamole, kosher salt, black pepper, romaine lettuce
Tres Tacos - Tofu	(v) (vt) gf	no	no	no	no	tofu	no	yes	tofu, corn tortilla, corn, *pico de gallo, *tomato chipotle sauce, black pepper, kosher salt, *black beans, *guacamole, romaine lettuce
Tres Tacos - Veggie	(v) (vt) gf	no	no	no	no	no	no	no	corn tortilla, carrot, cauliflower, zucchini, yellow squash, broccoli, black beans, corn, *pico de gallo, *tomato chipotle sauce, *guacamole, kosher salt, black pepper, romaine lettuce.
Vegan Crispy Chicken Sandwich	v vt (gf)	no	no	no	no	tofu in patty	no	yes	Tofu, Cauliflower, Garbanzo Beans, Kosher Salt [Real], Polenta, Potato Flour, Roasted Garlic, Onion Powder, Black Pepper, Seasoning Salt, Garlic Pepper, Italian Seasoning, Paprika, Onion Powder, Unrefined Sugar, Garlic, Red Lentil Beans [Organic], Cayenne Pepper [xtra hot], Xanthan Gum, Celery Salt, Onion Powder, All Purpose Flour [gluten free], Roasted Garlic, Kenneback Potato, Italian Seasoning, Oregano, White Pepper, Table Salt [Real], Extra Virgin Olive Oil, Masa Harina Flour [organic], Cornstarch, Paprika, Chili Powder, Coriander.

PASTA

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Cuban Bowl	(v) (vt) gf	goat cheese	no	no	no	no	no	yes	chicken breast, brown rice, baby arugula, tomatoes, balsamic dressing, plantains, grilled onions, goat cheese, honey chipotle sauce (cilantro, chipotle adobados, honey, oil, salt)
Honey Ginger Chicken	(vt) gf	no	no	no	no	yes	no	yes	chicken breast, kosher salt, black pepper, honey, mixed mushroom, orange juice, garlic, ginger, Braggs Aminos, sesame oil, green onions
Lamb Shank	gf	no	no	no	no	yes	no	yes	Bulk lamb shank (lamb shank, Kosher salt, black pepper, Extra Virgin olive oil, yellow onion, celery, carrot, rosemary, thyme, garlic, dijon mustard, vegetable base, red wine, tomatoes, water), Bulk mashed potatoes (Yukon Gold potatoes, artichoke hearts, rice milk, Kosher salt, white pepper, onion powder, roasted garlic, veganaise), rosemary, lemon
Teriyaki Chicken Bowl	gf	no	no	sesame oil	no	yes	no	yes	chicken breast, pineapple, apple juice, Tamari Soy Sauce [no wheat], Braggs Amino Acids, Ginger, Garlic, Mango Chutney, Water, Cornstarch.
Orange Mustard Chicken	(vt) gf	no	no	mustard	no	no	no	yes	chicken breast, olive oil, dijon whole grain mustard, honey, orange juice, water, garlic, kosher salt, black pepper, parsley, gluten free flour
Pan Roasted Salmon	3 compartment	yes	no	no	no	no	no	yes	Salmon, Kosher Salt [Real], Ground Black Pepper, Extra Virgin Olive Oil, Bulk Tricolor Fingerling Potatoes (Tricolor Fingerling Potatoes, Kosher Salt [Real], Water), Spinach, Lemon Juice, Butter [unsalted], White Wine, Italian Parsley, garlic, Lemon,
Turkey Meatloaf	(v) (vt) gf n	cheddar, parm cheese	pinenuts	no	yes	braggs amino in gravy	no	mashed potatoes	turkey, kosher salt, rosemary, yellow onion, cheddar, parmesan, parsley, pine nuts, egg, rice puffs, garlic, seasoning salt, paprika, onion powder, black pepper, sundried tomato, *mushroom herb gravy
Very Green Casserole	(v) vt gf n	yes	pesto, veg patty, sauce	veg. patty, sauce	no	braggs amino in marinara	no	yes	olive oil, asparagus, zucchini, broccolini, spinach, *marinara, basil, pine nuts, olive oil, sage, tarragon, thyme, kosher salt, *veggie burger, goat cheese, mozzarella cheese, black pepper, garlic

KID'S MENU

Breakfast Combo 3X1	(vt) (gf)	check pancake list	no	no	yes	no	check pancake list	yes	butter milk pancake flour, non-fat milk, ZTF oil (non-gmo), kosher salt, unrefined sugar, baking powder, baking soda, egg, bacon
Kid'S Spaghetti	(v) (vt) (gf)	no	no	flax in pasta	no	braggs amino in marinara sauce	pasta	yes	*linguini pasta, broccoli, *marinara
Kids Burger & Fries	(v) (vt) (gf)	cheese	no	no	no	no	bread	fries	beef patty, egg bun

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Kid's Chicken Tenders	gf	egg liquid	no	no	yes	no	no	yes	chicken, gf bread flour, egg liquid, kosher salt, fried, gf all purpose flour, italian seasoning, oregano, white pepper, table salt, black pepper, celery salt, onion powder, granulated roasted garlic, ground ginger, paprika, cayenne pepper
Kids Grilled Chicken	gf	no	no	no	no	no	no	yes	chicken breast
Kids Grilled Tofu	v vt gf	no	no	sesame seed oil	no	braggs amino in marinade	no	yes	tofu
L'Ill Mac And Cheese	vt (gf)	cream, cheddar, mozz	no	flax in pasta	no	no	pasta	yes	*fusilli pasta, mild cheddar cheese, gorgonzola cheese, mozzarella cheese, manufacturing cream, kosher salt, black pepper

DESSERTS

Chocolate Mousse	vt gf	egg, cream	no	no	yes	no	no	cookie	vegan chocolate chips, egg, espresso, manufacturing cream, orange, *whipped cream, vanilla beans, *cane syrup
Churros	white paper bag	caramel	no	no	no	no	no	yes	Bulk Sticky Buns (All Purpose Flour [gluten free], Baking Powder, Baking Soda, Kosher Salt [Real], Unrefined Sugar, Dry Active Yeast, Extra Virgin Olive Oil, Rice Milk [organic], White Vinegar, Xanthan Gum), Bulk Caramel Sauce (Manufacturing Cream, Unrefined Sugar), Bulk Sugar and Cinnamon (Unrefined Sugar, Ground Cinnamon)
Mixed Berry Cobbler	v vt gf n	no	yes	yes	no	no	no	yes	mixed berry, orange zest, lemon juice, sugar, cornstarch, ginger, sorghum flakes, butter, cinnamon, salt, almond milk, all purpose flour (gluten free), *energy granola
Pecan Brownie	v vt gf n	no	pecans	hemp, flax	no	no	no	no	Bulk chocolate brownie (Bulk black beans [black beans, water, Kosher salt], flax seed oats, vanilla extract, cocoa powder, Devils Cake Mix, hemp seed nuts, Bulk cane syrup [Unrefined sugar, water], Bulk apple sauce [Gala apples, Fiji apples, apple juice], baking powder, baking soda, rice milk, vegan chocolate disks, pecans, Kosher salt), powdered sugar
Sticky Buns	v vt gf n	no	pecans	no	no	no	no	yes	cinnamon, vanilla beans, brown sugar, maple syrup, cornstarch, earth balance butter, Japanese sweet potato, agar-agar flakes, pecan nuts, orange juice, cocoa powder, gluten free flour, baking powder, baking soda, kosher salt, unrefined sugar, dry active yeast, olive oil, rice milk, white vinegar, xanthan gum
Gelato - Vanilla Bean	vt gf	yes	on equip used for nuts and seeds	on equip used for nuts and seeds	no	no	no	no	Whole Milk, Cream, Cane Sugar, Dextrose, Non Fat Dry Milk, Gelato Base, Vanilla Paste, Bourbon Vanilla Extract, Vanilla Bean Seeds.

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Gelato - Belgian Chocolate	vt gf	yes	on equip used for nuts and seeds	on equip used for nuts and seeds	no	no	no	no	Whole Milk, Cream, Cane Sugar, Dextrose, Cocoa Powder, 72% Dark Chocolate, Gelato Base, Invert Sugar
Sorbet - Strawberry	v vt gf	no	on equip used for nuts and seeds	on equip used for nuts and seeds	no	no	no	no	strawberries, water, sugar, dextrose, glucose, natural sorbet stabilizer
Caramel Sauce	vt gf	yes	no	no	no	no	no	no	manufacturing cream, sugar
Whipped Cream	vt gf	yes	no	no	no	no	no	no	manufacturing cream, vanilla beans, water, sugar, powdered sugar
Vegan Whipped Cream	v vt gf n	no	coconut milk	no	no	no	no	no	xanthan gum, coconut milk, vanilla beans, mango puree

BREAKFAST SIDES

Applesauce	v vt gf	no	no	no	no	no	no	no	gala apple, fiji apple, apple juice
Avocado	v vt gf	no	no	no	no	no	no	no	avocado
Bacon, Canadian	gf								
Bacon, Pork	gf	no	no	no	no	no	no	pork fat	
Bacon, Turkey	gf	no	no	no	no	yes	no	yes	
Bacon, Veggie (House-Made)	v vt gf	no	no	no	no	yes	no	yes	quinoa, red lentil beans, paprika, black pepper, onion powder, garlic, dill seed, celery salt, zanthan gum, arrowroot powder, liquid smoke seasoning, braggs amino mix tamari soy, masarina flour, brown sugar, beets, earth balance butter, olive oil
Egg Whites (Four)	vt gf	no	no	no	yes	no	no	cooked in oil or butter	organic egg whites
Eggs (Two, Any Style)	vt gf	no	no	no	yes	no	no	cooked in oil or butter	organic eggs

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Potato Pancakes	v vt gf	no	no	no	no	no	no	yes	white rose potato, parsley, kosher salt, black pepper, potato flour, garlic, onion powder, seasoning salt, garlic pepper, italian seasoning, paprika, black pepper
Rosemary Potatoes	v vt gf	no	no	no	no	no	no	yes	white rose potato, olive oil, rosemary, kosher salt, black pepper, seasoning salt, garlic pepper, italian seasoning, paprika, onion powder, black pepper
Turkey Sausage Patties	gf	no	no	no	no	no	no	no	turkey, white wine, fennel seed, black pepper, kosher salt, onion powder, garlic pepper, Italian seasoning, seasoning salt, garlic pepper, Italian seasoning, paprika, onion powder, orange, crushed red pepper

KITCHEN SIDES

Beets (Cooked)	v vt gf	no	no	no	no	no	no	no	
Brown Rice	v vt gf	no	no	no	no	no	no	no	
Coleslaw	v vt gf	no	no	no	no	no	no	yes	Green & Red Cabbage, Veganaise, Unrefined sugar, kosher salt, black pepper, white vinegar
Fries	v vt gf	no	no	no	no	no	no	yes	kennebeck potato, kosher salt
Organic Fruit Cup	v vt gf	no	no	no	no	no	no	no	
Guacamole 2 oz	v vt gf	no	no	no	no	no	no	no	
Guacamole 4 oz	v vt gf	no	no	no	no	no	no	no	
Organic Mashed Potatoes	v vt gf	no	no	no	no	no	no	yes	idaho potato, artichoke hearts, rice milk, kosher salt, white pepper, yellow onion, garlic, vegenaise
Plantains (Fried)	v vt gf	no	no	no	no	no	no	yes	
Potato Chips	v vt gf	no	no	no	no	no	no	yes	idaho potato, kosher salt, white vinegar
Quinoa (Organic Golden)	v vt gf	no	no	no	no	no	no	no	
Tomato Chipotle Black Beans	v vt gf	no	no	no	no	no	no	no	black beans, yellow onion, kosher salt, *tomato chipotle sauce

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Tumeric Rice	v vt gf n	no	yes	no	no	no	no	yes	basmati rice, currants, turmeric, cumin, garlic, kosher salt, almond, olive oil, black pepper
Veggies - Sauteed	v vt gf	no	no	no	no	no	no	yes	carrot, zucchini, cauliflower, broccoli, olive oil
Veggies - Steamed	v vt gf	no	no	no	no	no	no	no	carrot, zucchini, cauliflower, broccoli

MARKET SIDES

Brocolini & Garlic*	v vt gf	no	no	no	no	no	no	yes	olive oil, garlic, brocolini, kosher salt, black pepper
Glazed Brussel Sprouts	v vt gf	no	no	no	no	no	no	yes	(Brussel sprouts) (Cranberry sauce), garlic, ginger, apple juice, salt, black pepper, cinnamon, clove
Green Beans & Garlic	v vt gf	no	no	no	no	no	no	yes	Extra Virgin Olive Oil, Fresh Garlic, Water, Green Blue Lake Beans, Kosher Salt (Real), Ground Black Pepper
Organic Fingerling Potatoes *	v vt gf	no	no	no	no	no	no	no	Fingerling Potatoes, Kosher Salt [Real], water
Organic Garlic-Spinach*	v vt gf	no	no	no	no	no	no	yes	spinach, garlic, olive oil, kosher salt, black pepper
Organic Leafy Greens (Sauteed)*	v vt gf	no	no	no	no	no	no	yes	euro greens, olive oil, garlic, kosher salt, black pepper
Yams & Sweet Potatoes (Roasted)	v vt gf	no	no	no	no	no	no	yes	red garnet yam, sweet potato, black pepper, kosher salt, nutmeg, olive oil

PROTEIN SIDES

Burger, Beef	gf	no	no	no	no	no	no	beef fat	
Burger, Turkey	gf	no	no	no	yes	no	no	turkey fat	turkey, kosher salt, seasoning salt, garlic, italian seasoning, paprika, onion powder, black pepper, garlic, yellow onion, parsley, egg, rice puff
Burger, Veggie (House-Made)	v vt gf n	no	yes	yes	no	no	no	yes	mung beans, olive oil, porcini mushrooms, celery, carrot, zucchini, yellow squash, onion, mushrooms, garlic, brown rice, basil, pine nuts, kosher salt, black pepper, baking powder, baking soda, fennel seed, tarragon, rice puffs, polenta, pumpkin seeds, sunflower seeds
Chicken, Natural (Marinated)	gf	no	no	no	no	no	no	yes	black pepper, garlic, paprika, onion powder, italian seasoning, salt, ZTF oil

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Chicken, Natural (Plain)	gf	no	no	no	no	no	no	no	
Chicken, Organic Mary's	gf	no	no	no	no	no	no	yes	olive oil, salt, black pepper
Chicken, Vegan Patty	v vt gf	no	no	no	no		no	yes	Tofu, cauliflower, garbanzos, kosher salt, polenta, potato flour, roasted garlic, onion powder, black pepper, *Hugo's seasonings, unrefined sugar, garlic, olive oil, *red lentil mixed batter, *potato flour mix
Meatballs, Turkey (4)	gf n	yes	yes	no	yes	no	no	yes	*marinara, turkey, olive oil, mild cheddar cheese, parmesan cheese, parsley, pine nuts, garlic, black pepper, kosher salt, egg italian seasoning, rice puffs, yellow onion, brown rice
Meatballs, Veggie (4)	v vt gf n	no	yes	yes	no	no	no	yes	mung beans, olive oil, porcini mushrooms, celery, carrot, zucchini, yellow squash, mushrooms, garlic, brown rice, *basil pesto, kosher salt, black pepper, baking powder, baking soda, fennel seed, tarragon, rice puffs, polenta, pumpkin seeds, sunflower seeds
Tofu (Marin./Grilled)	v vt gf	no	no	Yes	no	Yes	no	yes	cilantro, basil, jalapeno, garlic, sesame oil, soy braggs amino mix, ZTF oil
Tofu (Plain)	v vt gf	no	no	no	no	Yes	no	no	
Turkey (Sliced)	gf	no	no	no	no	no	no	Yes	*honey chipotle sauce
Turkey Loaf	gf n	yes	yes	no	yes	no	no	no	turkey, kosher salt, onion powder, paprika, italian seasoning, rosemary, garlic, onion, sundried tomato, black pepper, garlic, cheddar cheese, parmesan cheese, parsley, pine nuts, egg, rice puff

SYRUPS

Cane Sugar (Spiced)	v vt gf	no	no	no	no	no	no	no	unrefined sugar, ginger, cinnamon, nutmeg, cloves, kosher salt, cardamom
Maple (Pure)	v vt gf	no	no	no	no	no	no	no	pure maple syrup
Strawberry Syrup	v vt gf	no	no	no	no	no	no	no	*cane syrup, strawberries, salt, lemon juice, water.

DRESSINGS

Balsamic Vinaigrette	v vt gf	no	no	mustard	no	no	no	yes	shallots, ZTF oil (non-gmo), dijon mustard, balsamic vinegar, kosher salt, black pepper
Caesar	v vt gf	no	no	mustard	no	Braggs	no	yes	rosemary, garlic, soy braggs amino mix, kosher salt, black pepper, dijon mustard, veganaise, white vinegar, lemon juice, tasco red sauce, ZTF oil (non-gmo), olive oil

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Kimchi	v vt gf	no	no	no	no	no	no	yes	green onion, ginger, garlic, Korean hot pepper powder, Bulk Braggs amino mix [Tamari soy sauce, Braggs amino acids], sherry vinegar, sesame oil, Unrefined sugar
Ranch	v vt gf	no	no	no	no	no	no	vegenaise	vegenaise, italian seasoning, cayenne pepper, lemon juice, rice milk, kosher salt, black pepper, oregano
Sesame Chili	v vt gf	no	no	sesame seeds	no	mango chutney, braggs amino	no	no	mango chutney (contains garlic), soy braggs amino mix, white sesame seeds, crushed red pepper, tahini paste
Sherry Vinaigrette	v vt gf	no	no	mustard	no	no	no	yes	shallots, dijon mustard, black pepper, salt, sherry vinegar, ZTF oil (non-gmo)

SAUCES

Basil Pesto	v vt gf n	no	yes	no	no	no	no	yes	basil, kosher salt, black pepper, garlic, pine nuts, olive oil
BBQ Sauce	v vt gf	no	no	mustard	no	Bragg's aminos	no	yes	garlic, cumin, coriander, garlic, yellow onion, yellow mustard, molasses, white vinegar, chili powder, brown sugar, soy braggs amino mix, tomato paste, tabasco red sauce, liquid smoke seasoning, kosher salt
Carbonara Sauce	gf	yes	no	no	no	no	no	yes	bacon, prosciutto, green onion, garlic, parmesan, white wine, cream, parsley, kosher salt, black pepper, chili flakes, olive oil
Cranberry Sauce	v vt gf	no	no	no	no	no	no	no	(Cranberry sacue), garlic, ginger, apple juice, salt, black pepper, cinnamon, clove
Hugo's Hot Sauce	v vt gf	no	no	no	no	no	no	no	guajillo chili, crushed red pepper, white vinegar, kosher salt, onion powder, roasted garlic powder, unrefined sugar, arrowroot powder, black pepper, oregano, ground cumin
Ghost Pepper (Hot) Sauce	v vt gf	no	no	no	no	no	no	no	guajillo peppers, ghost pepper, chili flakes, water, white vinegar, kosher salt, onion powder, roasted garlic powder, black pepper, oregano, cumin, arrowroot powder, unrefined sugar
Green Tahini Sauce	v vt gf	no	no	tahini	no	no	no	tahini	tahini paste, garlic, Italian parsley, cilantro, green onion, jalapenos, lemon juice, water, black pepper, Kosher salt
Guacamole	v vt gf	no	no	no	no	no	no	no	avocado pulp, red onion, cilantro, kosher salt, black pepper, lemon juice
Hollandaise	vt gf	yes	no	no	yes	no	no	Butter	unsalted butter, egg, lemon juice, kosher salt, black pepper, tabasco red sauce
Honey Chipotle (1oz)	vt gf	no	no	no	no	no	no	yes	cilantro, honey, ZTF oil (non-gmo), kosher salt, olive oil, chipotle chile, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, cumin, oregano, kosher salt
Marinara	v vt gf	no	no	no	no	Bragg's aminos	no	no	tomato, braggs amino acids, italian seasoning, oregano, garlic, basil, black pepper

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Mushroom Gravy	v vt gf	no	no	no	no	Bragg's in gravy	no	no	mushroom, yellow onion, garlic, rosemary, potato flour, gluten free flour, black pepper, sage, tarragon, thyme, braggs amino mix, tamari soy
Pepper Mayo	v vt gf	no	no	no	no	no	no	yes	black pepper, vegenaïse
Pico de Gallo	v vt gf	no	no	no	no	no	no	no	cilantro, yellow onion, jalapeno chile, tomatoes, lemon juice, oregano, black pepper, kosher salt
Sante Fe Mayo	v vt gf	no	no	no	no	no	no	yes	chili powder, vegenaïse
Sour Cream	vt gf	yes	no	no	no	no	no	no	
Teriyaki Sauce	v vt gf	no	no	no	no	yes	no	no	Apple Juice, Bulk Soy Braggs Amino Mix (Tamari Soy Sauce [no wheat], Braggs Amino Acids), Ginger, Garlic, Mango Chutney, Water, Cornstarch
Tomato-Chipotle	v vt gf	no	no	no	no	no	no	no	tomatoes, yellow onion, garlic, cilantro, lemon juice, black pepper, kosher salt, tomato juice, chipotle chile, white vinegar, brown sugar, bay leaf, cumin, oregano, tomato paste
Victor Sauce	vt gf	yes	no	no	no	no	no	yes	corn, sundried tomato, chili flakes, kosher salt, black pepper, white wine, *tomato-chipotle sauce, cream, cilantro, parmesan, garlic, olive oil

BREAD CHOICES

Brioche Bun	v vt	no	no	no	no	yes	yes	yes	Wheat, Malted Barley, Niacin, Reduce Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid, Water, Sugar, Yeast, Palm Oil, Wheat gluten, Sal, Contains less than 2% of each of the following Cultures: Wheat, Vinegar, Natural flavors, Soybean Oil, Guar Gum, Enzymes, Ascorbic Acid, Corn Flour, Spice (Turmeric, Paprika), Dextrose, Corn Starch
Ciabatta Bun	v vt	no	no	no	no	no	yes	yes	Sir Galahad Artisan Flour (Unbleached hard wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Olive Oil, Salt, Table, Baker's Yeast, Compressed, Puratos clean label Dough Conditioner (Wheat flour, malted barley flour, ascorbic acid, enzymes.). ALLERGENS CONTAINED: WHEAT
Croutons	v vt n	no	cashews	sunflwr seeds	no	no	yes	no	ciabatta white garlic bread, oregano, italian seasoning, thyme, black pepper, garlic, parsley, garlic pepper, paprika, onion powder, seasoning salt, sunflower seeds, cashew, rice milk, yeast, white pepper, turmeric
English Muffin	vt	yes	no	no	no	yes	yes	yes	enriched wheat flour, malted barley flour, reduced iron, niacin, thiamin mononitrate, riboflavin, water farina, yeast, salt, sugar, calcium propionate, sorbic acid, soybean oil, wheat gluten, grain vinegar, soy lecithin, soy whey
Flatbread (Housemade)	v vt gf	no	no	flax seeds	no	no	no	yes	gluten free flour, yeast, kosher salt, unrefined sugar, polenta, olive oil, garlic, rice milk, turmeric, flax seed oats

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Multigrain	v vt	no	no	flax seeds sunflower seeds	no	yes	yes	no	Honeyville California Flour (Unbleached Enriched Wheat Flour (Niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid Malted Barley flour & Asorbic Acid added as a Dough Conditioner).), Water, Whole Wheat, Kyrol (Unbleached Enriched Wheat Flour, (Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid Malted Barley Flour).), Rolled Oats, Sunflower seeds, Salt, Flaxseed, Puratos clean label Dough Conditioner (Wheat flour, malted barley flour, ascorbic acid, enzymes.), Millet, Yeast, Molasses ALLERGENS CONTAINED: WHEAT
Pita Bread (Housemade)	v vt gf	no	no	no	m	no	no	yes	gluten free flour, Extra Virgin olive oil, yeast, Unrefined sugar, kosher salt
Tortilla - Gluten Free	v vt gf								
Tortilla - Corn	v vt gf	no	no	no	no	no	no	no	organic yellow corn, water, lime, calcium hydroxide
Tortilla - Spinach	v vt	no	no	no	no	no	yes	yes	organic wheat flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid, spinach powder, organic canola oil, water, salt, baking powder, calcium propionate, mono and diglyceride, fumeric acid, guar gum, sodium metabisulfate.
Tortilla - Wheat	v vt	no	no	no	no	no	yes	yes	organic whole wheat flour, enriched water, organic canola oil, salt, baking powder, calcium propionate, mono and diglyceride, fumeric acid, guar gum, sodium metabisulfate
Whole Wheat Bun	v vt	no	no	no	no	no	yes	yes	Honeyville California Flour (Unbleached Enriched Wheat Flour (Niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid Malted Barley flour & Asorbic Acid added as a Dough Conditioner).), Water, Whole Wheat Flour, Sugar, Palm Margarine (Palm Oil, Water, Salt, Mono and Diglycerides, Sunflower Lecithin, Citric Acid to help protect flavor, Natural Flavor, Beta Carotene (color), Vitamin A Palmitate.), All Purpose Shortening, Puratos Clean label Dough Conditioner (Wheat flour, malted barley flour, ascorbic acid, enzymes.), Salt. ALLERGENS CONTAINED: WHEAT

CHEESE CHOICES

Goat	vt	yes	no	no	no	no	no	no	cultured pasteurized goat milk, salt and microbial enzymes.
Gorgonzola	vt	yes	no	no	no	no	no	no	pasteurized milk, cheese cultures, salt, enzymes, natamycin (to protect flavor).
Parmesan	vt	yes	no	no	no	no	no	no	cultured milk, enzymes, salt
Cheddar	vt	yes	no	no	no	no	no	no	pasteurized cultured milk, enzymes, salt, annatto color
Mozzarella	vt	yes	no	no	no	no	no	no	pasteurized whole milk, cheese cultures, salt, enzymes.

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Vegan Mozzarella	v vt gf	no	no	no	no	no	no	coconut	refined coconut oil, modified potato starch, modified tapioca starch, tricalcium citrate, sea salt, vegan flavor, color e160a