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# Allergen Guide and Main Ingredients List

| **Menu Item** | Vegan | Egg | Dairy | Soy Sauce | Soy Bean Oil | Olive Oil | Nuts | Sugar/ Brown Sugar | Honey | Wine | Citrus | Sesame Oil | Sesame Seeds | Green Onions | Onions | Garlic | Ginger | Butter | Canola Oil |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mixed Greens | ✓ | | | | | | | | | | | | | | | | | | |
| Kale Spinach Strawberry Salad | ✓ | | | | | | ✓ | | | | | | | | | | | | |
| Citrus Champagne Quinoa | ✓ | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | |
| Spicy Potato Noodles | ✓ | | | | | | | ✓ | | | | ✓ | | ✓ | | | | | |
| Vegan Brown Rice | ✓ | | | | ✓ | | | | | | | | | | ✓ | ✓ | | | |
| Spanish cilantro Basmati Rice | ✓ | | | | ✓ | | | | | | | | | | ✓ | ✓ | | | |
| Cinnamon Roasted Sweet Potatoes | ✓ | | | | ✓ | | | ✓ | | | ✓ | | | | | ✓ | ✓ | | |
| Glazed Mushrooms | ✓ | | | | | ✓ | | ✓ | ✓ | | | | | | ✓ | ✓ | | | |
| Rosemary Garlic Broccoli | ✓ | | | | | ✓ | | | | | | | | | | ✓ | | | |
| Moroccan Cauliflower | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Asian Green Beans | ✓ | | | ✓ | | ✓ | | | | | | ✓ | | | ✓ | ✓ | ✓ | | |
| Balsamic Brussels Sprouts | ✓ | | | | | ✓ | | | | ✓ | | | | | ✓ | ✓ | | | |
| Peruvian Grilled Chicken | | | | ✓ | ✓ | | | | | | | | | | | ✓ | | | |
| Ginger Chicken | | | | ✓ | | | | | ✓ | | | ✓ | | | | ✓ | ✓ | | |
| BBQ Pork | | | | | | | | ✓ | | | | | | | ✓ | ✓ | | | |
| Szechuan Tofu | ✓ | | | ✓ | ✓ | | | | | | | ✓ | | | | ✓ | ✓ | | |
| Savory Grilled Steak | | | | ✓ | | ✓ | | | | | ✓ | | | | | ✓ | | | |
| Ahi Poke Tuna | | | | ✓ | | | ✓ | | | | | ✓ | ✓ | ✓ | | | ✓ | | |
| Parmesan Cheese | | | ✓ | | | | | | | | | | | | | | | | |
| Avocado | ✓ | | | | | | | ✓ | | | | | | | | | | | |
| Marinated Tomatoes | ✓ | | | | | ✓ | | | | | | | | | | | | | |
| Beets Salad | ✓ | | | | | ✓ | | | | | ✓ | | | | | | | | |
| Pineapple Slaw | ✓ | | | | | | | | ✓ | | ✓ | | | | ✓ | | | | |
| Three Peppers Sauce | | | ✓ | | ✓ | | | | | | ✓ | | | | ✓ | ✓ | | | |
| Sweet Ginger Sauce | ✓ | | | ✓ | | ✓ | | ✓ | ✓ | | | ✓ | | | | ✓ | ✓ | | |
| Basil Spinach Pesto Sauce | ✓ | | | | | ✓ | ✓ | | | | | | | | ✓ | | | | |
| Chocolate Chip Cookie | | ✓ | ✓ | | | | ✓ | ✓ | | | | | | | | | | ✓ | ✓ |
| Snickerdoodle Cookie | | ✓ | | | ✓ | ✓ | | ✓ | | | | | | | | | | | |