bowlicious
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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		✓			✓	✓		✓											