



Food Allergen Guide

| | Egg | Fish | Milk | Peanuts | Shellfish | Soy | Tree nuts | Wheat | Celery | Mustard | Sesame | Contains Gluten |
|---|-----|------|------|---------|-----------|-----|-----------|-------|--------|---------|--------|-----------------|
| Classic Favorites | | | | | | | | | | | | |
| The Traditional Breakfast with 2 Cage-Free Fresh Cracked Eggs (Eggs Only) | X | | X | | | X | | | | | | |
| The Traditional Breakfast with Egg Whites | X | | | | | X | | | | | | |
| The Traditional Breakfast: Add Bacon | | | | | | | | | | | | |
| The Traditional Breakfast: Add Chicken Sausage | | | | | | | | | | | | |
| The Traditional Breakfast: Add Smoked Ham | | | | | | | | | | | | |
| The Traditional Breakfast: Add Pork Sausage | | | | | | | | | | | | |
| The Traditional Breakfast: Add Turkey Sausage | | | | | | | | | | | | |
| The Traditional Breakfast: Add Whole Grain Artisan Toast with Preserves | | | X | | | | | X | | | | X |
| The Traditional Breakfast: Add Potatoes | | | | | | | | | | | | |
| Tri-fecta with Multigrain Pancake (No Syrup) | X | | X | | | X | | X | | X | | X |
| Tri-fecta with Belgian Waffle (No Syrup) | X | | X | | | X | | X | | | | X |
| Tri-fecta: Add Bacon | | | | | | | | | | | | |
| Tri-fecta: Add Chicken Sausage | | | | | | | | | | | | |
| Tri-fecta: Add Pork Sausage | | | | | | | | | | | | |
| Tri-fecta: Add Turkey Sausage | | | | | | | | | | | | |
| Tri-fecta: Add Cage-free Eggs | X | | X | | | X | | | | | | |
| Tri-fecta: Add Egg Whites | X | | | | | X | | | | | | |
| The Healthier Side | | | | | | | | | | | | |
| Healthy Turkey (No Toast) | X | | X | | | X | | | | | | |
| Healthy Turkey: Add Whole Grain Toast with Preserves | | | X | | | | | X | | | | X |
| Avocado Toast (No Eggs) | | | | | | | | X | | | | X |
| Avocado Toast: Add Cage-Free Fresh Cracked Eggs | X | | X | | | X | | | | | | |
| A.M. Superfoods Bowl (No Whole Grain Toast) | | | | | | | X | X | | | | X |
| A.M. Superfoods Bowl: Add Toast with Almond Butter | | | | | | | X | X | | | | X |
| Sunrise Granola Bowl (No Muffin) | | | X | | | | X | X | | | | X |
| Steel-cut Oatmeal (No Muffin, Milk Or Brown Sugar) | | | X | | | | X | X | | | | X |
| Steel-cut Oatmeal: Add Brown Sugar | | | | | | | | | | | | |
| Steel-cut Oatmeal: Add Low-fat Milk | | | X | | | | | | | | | |
| Banana Nut Muffin | X | | X | | | | X | X | | | | X |
| Blueberry Muffin | X | | X | | | | | X | | | | X |
| Carrot Muffin | X | | X | | | | X | X | | | | X |
| Chocolate Chip Muffin | X | | X | | | X | | X | | | | X |
| Lemon Chia Muffin | X | | X | | | | | X | | | | X |
| Orange Cranberry Muffin | X | | X | | | | | X | | | | X |
| Tri-athlete (No Fruit Or Toast) | X | | | | | X | | | | | | X |
| Tri-athlete: Add Fresh Fruit | | | | | | | | | | | | |
| Tri-athlete: Add Whole Grain Toast with Preserves | | | X | | | | | X | | | | X |
| Power Wrap (No Fruit) | X | | X | | | X | | X | | | | X |
| Power Wrap: Add Fresh Fruit | | | | | | | | | | | | |
| Egg-sclusives | | | | | | | | | | | | |
| Chickichanga (No Fruit Or Potatoes) | X | | X | | | X | X | X | | | | X |
| Chickichanga: Add Fresh Fruit | | | | | | | | | | | | |
| Chickichanga: Add Potatoes | | | | | | | | | | | | |
| Eggs Benedict: Classic Benedict (No Dressed Greens) | X | | X | | | | X | X | | | | X |
| Eggs Benedict: Florentine Benedict (No Dressed Greens) | X | | X | | | | X | X | | | | X |
| Eggs Benedict: BLT Benedict (No Dressed Greens) | X | | X | | | | X | X | X | | | X |
| Eggs Benedict: Smoked Salmon Benedict (No Dressed Greens) | X | X | X | | | | X | X | | | | X |
| Eggs Benedict: Add Dressed Greens | | | | | | | | | X | | | |
| Elevated Egg Sandwich (No Potatoes) | X | | X | | | X | | X | X | | | X |
| Elevated Egg Sandwich: Add Potatoes | | | | | | | | | | | | |
| Farm Stand Breakfast Tacos (No Black Beans) | X | | X | | | X | | X | | | | X |
| Farm Stand Breakfast Tacos: Add Black Beans | | | | | | | | | | | | |
| Biscuit And Turkey Sausage Gravy (No Eggs Or Potatoes) | | | X | | | X | | X | | | | X |
| Biscuit And Turkey Sausage Gravy: Add Cage-Free Fresh Cracked Eggs | X | | X | | | X | | | | | | |
| Biscuit And Turkey Sausage Gravy: Add Egg Whites | X | | | | | X | | | | | | |
| Biscuit And Turkey Sausage Gravy: Add Potatoes | | | | | | | | | | | | |
| Skillet Hash: Farmhouse Hash (No Eggs) | | | X | | | X | | X | | | | X |
| Skillet Hash: Market Hash (No Eggs) | X | | X | | | X | | X | | | | X |
| Skillet Hash: Parma Hash (No Eggs) | X | | X | | | X | | X | | | | X |
| Skillet Hash: Add Cage-Free Fresh Cracked Eggs | X | | X | | | X | | | | | | |
| Skillet Hash: Add Egg Whites | X | | | | | X | | | | | | |
| Omelets And Frittatas | | | | | | | | | | | | |
| Bacado Omelet (No Toast Or Dressed Greens) | X | | X | | | X | | | | | | |
| Ham & Gruyere Omelet (No Toast Or Dressed Greens) | X | | X | | | X | | | | | | |
| Chile Chorizo Omelet (No Toast Or Dressed Greens) | X | | X | | | X | | | | | | X |
| Morning Market Vegetable Omelet (No Toast, Dressed Greens) | X | | X | | | X | | | | | | |
| Inspired Italian Omelet (No Toast Or Dressed Greens) | X | | X | | | X | | | | | | |
| The Works Omelet (No Toast Or Dressed Greens) | X | | X | | | X | | | | | | |
| Frittata Rustica (No Ciabatta Crisp Or Dressed Greens) | X | | X | | | X | | | | | | |
| Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Crisp Or Dressed Greens) | X | X | X | | | X | | | | | | |
| Substitute Egg Whites | X | | | | | X | | | | | | |
| Add Whole Grain Toast with Preserves | | | X | | | | | X | | | | X |
| Substitute Udi's Gluten-free Toast | X | | | | | | | | | | | |
| Add Ciabatta Crisp | | | X | | | | | X | | | | X |
| Add Dressed Greens | | | | | | | | | X | | | |
| Add Seasoned Potatoes | | | | | | | | | | | | |
| From The Griddle | | | | | | | | | | | | |
| Plain Pancakes (1 Pancake, No Syrup) | X | | X | | | X | | X | | | X | X |
| Banana Crunch Pancakes (1 Pancake, No Syrup) | X | | X | | | X | X | X | | | X | X |
| Carrot Cake Pancakes (1 Pancake, No Syrup) | X | | X | | | X | X | X | | | X | X |
| Chocolate Chip Pancakes (1 Pancake, No Syrup) | X | | X | | | X | | X | | | X | X |
| Blueberry Pancakes (1 Pancake, No Syrup) | X | | X | | | X | | X | | | X | X |
| Lemon Ricotta Pancakes (2 Pancake, No Syrup) | X | | X | | | X | | X | | | X | X |
| Belgian Waffle (No Syrup) | X | | X | | | X | | X | | | | X |
| French Toast (No Syrup) | X | | X | | | X | | X | | | | X |
| Floridian French Toast (No Syrup) | X | | X | | | X | | X | | | | X |
| Add Log Cabin Syrup | | | | | | | | | | | | X |
| Add Maple Syrup | | | | | | | | | | | | |
| Add Sugar-free Syrup | | | | | | | | | | | | X |
| Power Bowls | | | | | | | | | | | | |
| Power Breakfast Quinoa Bowl (No Eggs) | | | X | | | X | | X | X | X | | X |
| Power Breakfast Quinoa Bowl: Add Cage-Free Fresh Cracked Eggs | X | | X | | | X | | | | | | |
| Pesto Chicken Quinoa Bowl | X | | X | | | X | | X | X | X | | X |

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| | Egg | Fish | Milk | Peanuts | Shellfish | Soy | Tree nuts | Wheat | Celery | Mustard | Sesame | Contains Gluten |
|---|-----|------|------|---------|-----------|-----|-----------|-------|--------|---------|--------|-----------------|
| Salads | | | | | | | | | | | | |
| Super Food Kale Salad (No Ciabatta Crisp) | | | X | | | X | X | X | X | X | | X |
| Chicken Avocado Chop Salad (No Ciabatta Crisp) | | | X | | | | | | | X | | |
| Cobb Salad (No Ciabatta Crisp) | X | | X | | | | | | | X | | |
| Sweet Honey Pecan Salad (No Ciabatta Crisp) | | | X | | | | X | | | X | | |
| Add Ciabatta Crisp | | | X | | | | | X | | | | X |
| Sandwiches | | | | | | | | | | | | |
| Monterey Club (No Dressed Greens Or Soup) | | | X | | | | | X | | | | X |
| BLTE (No Dressed Greens Or Soup) | X | | X | | | X | | X | | X | | X |
| Baja Turkey Burger (No Dressed Greens Or Soup) | X | | X | | | X | | X | | X | | X |
| Market Veggie (No Dressed Greens Or Soup) | X | | X | | | | | X | | X | | X |
| Roast Beef & Havarti (No Dressed Greens Or Soup) | X | | X | | | | | X | | X | | X |
| Ham & Gruyere Melt (No Dressed Greens Or Soup) | X | | X | | | X | | X | | X | | X |
| Veggie Burger (No Dressed Greens Or Soup) | X | | X | | | X | | X | | X | | X |
| Chicken Salad Melt (No Dressed Greens Or Soup) | X | | X | | | | | X | X | X | | X |
| Add Lemon Dressed Greens | | | | | | | | | | X | | |
| Soups | | | | | | | | | | | | |
| Black-eyed Peas And Chicken Soup - Bowl | | | X | | | X | | X | X | | | X |
| Broccoli Cheddar - Bowl | | | X | | | X | | X | | | | X |
| Clam Chowder - Bowl | | X | X | | X | | | X | X | X | | X |
| Hearty Vegetable Soup - Bowl | | | | | | X | | | X | X | | X |
| Italian Wedding Soup with Orzo - Bowl | X | | X | | | X | | X | X | X | | X |
| Tomato Basil Bisque - Bowl | | | X | | | X | | X | X | X | | X |
| 2 For You | | | | | | | | | | | | |
| Monterey Club Sandwich | X | | X | | | | | X | | X | | X |
| Ham & Gruyere Melt | X | | X | | | X | | X | | X | | X |
| Market Veggie Sandwich | X | | X | | | | | X | | X | | X |
| Roast Beef & Havarti Sandwich | X | | X | | | | | X | | X | | X |
| Cobb Salad | X | | X | | | | | | | X | | |
| Super Food Kale Salad | | | X | | | X | X | X | X | X | | X |
| Sweet Honey Pecan Salad | | | X | | | | X | | | X | | |
| Chicken Avocado Chop Salad | | | X | | | | | | | X | | |
| Tomato Basil Bisque Soup - Cup | | | X | | | X | | X | X | X | | X |
| Black-eyed Peas And Chicken Soup - Cup | | | X | | | X | | X | X | | | X |
| Clam Chowder - Cup | | X | X | | X | | | X | X | X | | X |
| Broccoli Cheddar - Cup | | | X | | | X | | X | | | | X |
| Hearty Vegetable Soup - Cup | | | | | | X | | | X | X | | X |
| Italian Wedding Soup with Orzo - Cup | X | | X | | | X | | X | X | X | | X |
| Kids Meals | | | | | | | | | | | | |
| Kid's Bacon And Cage-Free Fresh Cracked Egg (Bacon & Egg Only, No Toast Or Fruit) | X | | X | | | X | | | | | | |
| Kid's Brioche French Toast (No Meat, Fruit Or Syrup) | X | | X | | | X | | X | | | | X |
| Kid's Chocolate Chip Pancakes (No Bacon, Sausage Or Syrup) | X | | X | | | X | | X | | X | | X |
| Kid's Fruit Crepe | X | | X | | | | X | X | | | | X |
| Kid's Grilled Cheese (No Fresh Fruit) | | | X | | | | | X | | | | X |
| Kid's Half Waffle (No Meat, Fruit Or Syrup) | X | | X | | | X | | X | | | | X |
| Kid's Hamwich (No Fresh Fruit) | | | X | | | | | X | | | | X |
| Kid's Turkeywich (No Fresh Fruit) | | | X | | | | | X | | | | X |
| Add Bacon | | | | | | | | | | | | |
| Add Sausage | | | | | | | | | | | | |
| Add Sourdough Toast | | | X | | | | | X | | | | X |
| Add Cage-Free Fresh Cracked Egg | X | | X | | | X | | | | | | |
| Add Egg Whites | X | | | | | X | | | | | | |
| Add Fresh Fruit | | | | | | | | | | | | |
| Add Fresh Fruit (Amount For Kid's French Toast And Waffle) | | | | | | | | | | | | |
| Sides And Small Plates | | | | | | | | | | | | |
| Plain Grits with Butter | | | X | | | | | | | | | |
| Cheesy Grits | | | X | | | | | | | | | |
| Fresh, Seasonal Fruit (Bowl) | | | | | | | | | | | | |
| Fresh, Seasonal Fruit (Cup) | | | | | | | | | | | | |
| Fresh, Seasoned Potatoes | | | | | | | | | | | | |
| Biscuit & Gravy | | | X | | | X | | X | | | | X |
| Biscuit (1 Each) | | | X | | | X | | X | | | | X |
| Whole Grain Toast with Preserves | | | X | | | | | X | | | | X |
| English Muffin with Butter And Preserves | | | X | | | | | X | | | | X |
| Udi's Gluten-Free Toast | X | | | | | | | | | | | |
| Banana Nut Muffin | X | | X | | | | X | X | | | | X |
| Blueberry Muffin | X | | X | | | | | X | | | | X |
| Carrot Muffin | X | | X | | | | X | X | | | | X |
| Chocolate Chip Muffin | X | | X | | | X | | X | | | | X |
| Lemon Chia Muffin | X | | X | | | | | X | | | | X |
| Orange Cranberry Muffin | X | | X | | | | | X | | | | X |
| Hardwood Smoked Bacon | | | | | | | | | | | | |
| Smoked Ham | | | | | | | | | | | | |
| Pork Sausage Links | | | | | | | | | | | | |
| Savory Chicken Sausage Patty | | | | | | | | | | | | |
| Turkey Sausage Links | | | | | | | | | | | | |
| Turkey Sausage Patty | | | | | | | | | | | | |
| Lightly Dressed Organic Mixed Greens | | | | | | | | | X | | | |
| Beverages | | | | | | | | | | | | |
| Project Sunrise Coffee - Regular/Decaf | | | | | | | | | | | | |
| Cold Brew Coffee | | | | | | | | | | | | |
| Herbal Tea | | | | | | | | | | | | |
| Fresh-brewed Iced Tea | | | | | | | | | | | | |
| Hot Chocolate | | | X | | | | X | | | | | |
| Low-fat Milk | | | X | | | | | | | | | |
| Coca-Cola Soft Drinks (Coke, Sprite, Mr Pibb, Minute Maid Lemonade, Mountain Dew) | | | | | | | | | | | | |
| Other Beverages (Orange Fanta, Root Beer, Powerade, Raspberry Fuze) | | | | | | | | | | | | |
| 100% Cold Squeezed Orange Juice | | | | | | | | | | | | |
| Grapefruit | | | | | | | | | | | | |
| Apple Juice | | | | | | | | | | | | |
| Cranberry Juice | | | | | | | | | | | | |
| Tomato Juice | | | | | | | | | | | | |
| Juice Bar | | | | | | | | | | | | |
| Morning Meditation | | | | | | | | | | | | |
| Kale Tonic | | | | | | | | | | | | |

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