

THE AGGIE CHOICE MENU

A LA CARTE SELECTIONS

The **A La Carte Selections** are singular food items that can be ordered on their own in any combination, as sides to Composed Dishes (see page 10), or as additions to further customize any Composed Dishes. Items with an asterisk * have their own sub-ingredients, listed immediately below the item. Major allergens are indicated when present. Manufacturer's information for any item can be provided upon request via email. Please email DSP@ucdavis.edu for more information on items in our Aggie Choice Menu.

FRUIT

House-made fruit salad*

Ingredients: pineapple, seedless red grapes, honeydew melon, cantaloupe melon, watermelon, strawberries.

VEGETABLES

Vegetables can be prepared raw, steamed or boiled (in water only), or roasted (in olive oil), please specify in your order. Vegetables are by default seasoned with salt and pepper (if desired, specify in your order for "no seasoning," "no salt," or "no black pepper").

Diced green and red bell peppers
Broccoli
Diced Carrots
Matchstick (shredded) carrots
Cauliflower
Fresh salad greens
Baby spinach
Diced tomatoes

Sliced tomatoes
Garlic
Sliced mushrooms
Diced yellow onions
Sliced red onions
Green peas
Chef's choice of vegetables*
Ingredients: a medley of available vegetables

STARCHES

Starches can be prepared steamed or boiled (in water only) or roasted (in olive oil), please specify in your order. Starches are by default seasoned with salt and pepper (if desired, specify in your order for "no seasoning," "no salt," or "no black pepper").

Diced potatoes

Diced sweet potatoes

Diced butternut squash

GRAINS

All grains are prepared in water only.

Steamed white rice

Steamed brown rice

Steamed quinoa

ALL-DAY BREAKFAST ITEMS

Red Plate Foods gluten-free cinnamon granola*

Ingredients: gluten free oats, applesauce, non-GMO canola oil, vegan cane sugar, maple syrup, cinnamon, molasses, salt, ginger, nutmeg.

Van's gluten-free blueberry waffles* contains soy

Ingredients: gluten free blend (brown rice flour, potato starch, rice flour, soy flour), water, expeller pressed canola oil, blueberry pieces (cane sugar, dried blueberry, rice flour, potato starch, juice concentrate [carrot, blueberry], sunflower oil, natural flavor). Contains 2% or less of baking powder (sodium acid pyrophosphate, baking soda, monocalcium phosphate), fruit juice blend (pineapple, peach, and pear juice concentrates), sunflower lecithin, calcium carbonate, guar gum, sea salt, natural flavor.

Little Northern gluten-free bagel*

Ingredients: water, gluten-free flour blend (modified tapioca starch, brown rice flour, potato starch, corn starch), cane sugar, sunflower oil, psyllium husk, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), pea fiber, salt, modified cellulose, rice bran, yeast, cellulose gum, cultured cane sugar.

The GFB gluten-free oatmeal packet - Apple Cinnamon*

Ingredients: certified gluten free oats, dates, apples, hemp seed hearts, sunflower seeds, organic date sugar, fava bean protein, flaxseed, cinnamon, sea salt. Per manufacturer, produced in a facility that also processes peanuts and tree nuts.

The GFB gluten-free oatmeal packet - Maple Raisin*

Ingredients: certified gluten free oats, raisins, maple sugar, hemp seed hearts, sunflower seeds, fava bean protein, flaxseed, cinnamon, sea salt. Per manufacturer, produced in a facility that also processes peanuts and tree nuts.

PASTA

All pastas are prepared in water only.

Penne pasta* contains wheat/gluten

Ingredients: water, durum wheat semolina, niacin, iron, thiamin mononitrate, riboflavin, folic acid. Per manufacturer, may contain egg.

Gluten-free lentil penne pasta*

Ingredients: water, red lentil flour, white rice, pea protein.

Gluten-free brown rice farfalle pasta*

Ingredients: organic brown rice flour, water.

BREADS, PIZZA CRUST, & TORTILLAS

Gluten-friendly breads and buns may be toasted in our dedicated toaster. If desired, please specify "toasted" in your order.

Sesame Hamburger Bun* contains wheat/gluten, sesame, and soybean oil

Ingredients: enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, soybean oil. Contains 2% or less of vital

wheat gluten, salt, ammonium sulfate, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, calcium sulfate, enzymes, calcium propionate, sesame seeds.

Udi's gluten-free hamburger bun* contains egg

Ingredients: water, tapioca starch, brown rice flour (rice flour, rice bran with germ), canola oil, resistant corn starch, egg whites, invert cane sugar, tapioca maltodextrin, potato flour, cane sugar, tapioca syrup, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid, xanthan gum, enzymes.

Happy Camper gluten-free bread - Classy Slice*

Ingredients: filtered water, flour mix [whole grain millet, whole grain sorghum, whole grain buckwheat, whole grain quinoa, whole grain amaranth], tapioca flour, high oleic expeller pressed sunflower oil and/or sustainable palm oil, prebiotic from tapioca starch, pea protein, apple cider vinegar, psyllium husk, acacia, yeast, xanthan gum, salt, rowan berry fruit extract.

Happy Camper gluten-free bread - Cinnamon Raisin*

Ingredients: water, flour mix (organic whole millet seed, whole teff seed, organic whole buckwheat seed, organic whole quinoa seed, organic whole amaranth seed), organic tapioca flour, organic raisins, organic evaporated cane juice, organic extra virgin olive oil, organic inulin, pea protein, psyllium husk, yeast, organic cinnamon, xanthan gum, sea salt, cardamom, cultured tapioca dextrose.

Flour tortilla* contains wheat/gluten and soybean oil

Ingredients: enriched bleached flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified and hydrogenated soybean oils). Contains 2% or less of salt, baking soda, sodium acid pyrophosphate, distilled monoglycerides, enzymes, cellulose gum, fumaric acid, calcium propionate, sorbic acid.

Corn tortilla*

Ingredients: water, stone ground corn masa flour, stone ground fresh corn. Contains less than 2% of cellulose gum, fumaric acid, potassium sorbate, calcium propionate, propionic acid, phosphoric acid, guar gum, sorbic acid, trace of lime.

Food for Life gluten-free rice tortilla* contains sesame

Ingredients: whole grain brown rice flour, filtered water, tapioca flour, safflower oil, rice bran, vegetable gum (xanthan, cellulose), sea salt.

Pizza crust* contains wheat/gluten, dairy, and soybean oil

Ingredients: enriched unbleached wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, enzyme, riboflavin, folic acid), water, yeast. Contains less than 2% of palm oil, buttermilk, salt, sugar, soybean oil, baking soda, sodium aluminum phosphate, Cheddar cheese (milk, cheese cultures, salt, enzymes), low moisture part skim Mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzyme), whey powder, garlic powder, guar gum, malted barley flour, dextrose, xanthan gum, DATEM, sodium phosphate, lactic acid, enzyme, ascorbic acid. Per manufacturer, may contain egg.

Gluten-free cauliflower pizza crust*

Ingredients: cauliflower, corn starch, rice flour, potato starch, inulin, psyllium husk powder, water, dextrose, fructose, modified cellulose, extra virgin olive oil, brown cane sugar, sea salt, yeast.

SAUCES & CONDIMENTS

House-made Pizza Sauce*

Ingredients: canned coarse ground peeled pear tomatoes (tomatoes, tomato puree, salt, citric acid), whole peeled garlic cloves, iodized granulated salt (salt, sodium silicoaluminate, dextrose, potassium iodine, sodium bicarbonate), coarse ground black pepper, Italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, basil), ground cayenne pepper, dried basil leaves (dried basil), dried mediterranean oregano leaves, dried whole thyme leaves, dried whole marjoram leaves (dried marjoram leaves).

House-made marinara sauce*

Ingredients: canned crushed tomatoes (tomatoes, tomato puree, sea salt, citric acid), canned diced tomatoes (vine-ripened tomatoes, tomato juice. contains less than 2% of calcium chloride, naturally derived citric acid), tomato paste (vine-ripened tomatoes), 1/4in diced yellow onions, liquid vegetable soup base (reconstituted vegetable juice blend [water and concentrated juices of carrot, celery, tomato], maltodextrin, salt, sugar, onion juice concentrate, yeast extract, cabbage juice, garlic powder, mushroom extract, spice, natural flavor), tap water, national starch 465 (modified food starch), canola salad oil, whole peeled garlic cloves, vegan fine granulated white sugar, Italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, basil), dried whole fennel seeds, dried mediterranean oregano leaves, coarse ground black pepper, dried basil leaves (dried basil).

Basil pesto sauce* contains dairy

Ingredients: basil, canola oil, water, Parmesan cheese [pasteurized part-skim cows' milk, cheese culture, salt, enzymes], granulated garlic, salt.

House-Made Roasted Red Salsa*

Ingredients: whole Roma tomatoes, fresh whole green Jalapeno peppers, whole peeled yellow onions, fresh whole Fresno red peppers, whole peeled garlic cloves, fresh cilantro sprigs, fresh whole Habanero peppers, canola oil, salt, sodium silicoaluminate, dextrose, potassium iodine, sodium bicarbonate.

Mayonnaise* contains egg and soybean oil

Ingredients: expeller pressed canola oil, water, organic distilled vinegar. Contains less than 2% of salt, modified food starch, cane sugar, spice, natural flavor, lemon juice concentrate, calcium disodium EDTA, oleoresin paprika.

Kraft Eggless vegan mayonnaise*

Ingredients: expeller pressed canola oil, water, organic distilled vinegar. Contains less than 2% of salt, modified food starch, cane sugar, spice, natural flavor, lemon juice concentrate, calcium disodium EDTA, oleoresin paprika.

Ken's Cannonball BBQ Sauce*

Ingredients: sugar, distilled vinegar, water, tomato paste, molasses, modified potato starch, salt. Contains less than 2% of natural smoke flavor, mustard flour, spice, paprika, dried onion, dried garlic, caramel color, maltodextrin, chili powder (chili pepper, spice, salt, garlic), autolyzed yeast extract, natural flavor.

Sour cream* contains dairy

Ingredients: cultured cream. Contains less than 2% of whey, modified corn starch, sodium tripolyphosphate, carrageenan, calcium sulfate, locust bean gum, guar gum, potassium sorbate.

Tofutti vegan sour cream* contains soy and soybean oil

Ingredients: water, expeller processed natural oil blend [soybean, palm fruit and olive oils], maltodextrin, soy protein, tofu, nondairy lactic acid, organic sugar, blend of natural gums [locust bean, guar, cellulose, xanthan and carrageenan], vegetable mono- and diglycerides, salt.

Kikkoman soy sauce* contains wheat/gluten and soy

Ingredients: water, soybeans, wheat, salt. Contains less than 1% of sodium benzoate.

Kikkoman tamari* contains soy

Ingredients: water, soybeans, salt, sugar.

Sriracha sauce*

Ingredients: salted red chili pepper, pepper [red chili pepper, salt], sugar, garlic salt, water, acetic acid, lactic acid, xanthan gum, citric acid, potassium sorbate, ascorbic acid.

PROTEINS

Proteins are by default prepared in olive oil only and seasoned with salt and pepper (if desired, specify in your order for “no seasoning,” “no salt,” or “no black pepper”).

Grilled Halal chicken breast

Roasted Halal chicken thighs

All-day breakfast chicken sausage patty*

Ingredients: chicken, water, salt, spices, dextrose, flavoring, turbinado sugar, lime juice concentrate.

Halal mushroom-blended burger patty (grilled whole or crumbled, please specify)*

Ingredients: ground beef, mushrooms, expeller pressed canola oil, black pepper, salt.

Halal beef pepperoni*

Ingredients: Halal beef, water, salt, corn syrup, spices, dextrose, paprika, dehydrated garlic, extractive of paprika, sodium erythorbate, natural smoke flavor, sodium nitrite.

Beef, chicken, and turkey pepperoni*

Ingredients: chicken, beef, turkey, salt. Contains 2% or less of water, dextrose, spices, smoke flavoring, flavoring, garlic powder, oleoresin of paprika, rosemary extract, sodium ascorbate, spice extractive, citric acid, lactic acid starter culture, BHA, BHT, sodium nitrite.

Roasted pork chop

Pork bacon*

Ingredients: pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite.

All-day breakfast pork sausage links*

Ingredients: pork, water. Contains 2% or less of salt, sugar, spices, chili pepper, flavoring, smoke flavor, collagen casing.

All-day breakfast pork chorizo sausage patty*

Ingredients: pork, spices, salt, paprika, sugar, dried garlic, natural flavor, paprika extract, water.

Seared salmon contains fish

Baked swai (Basa) fish contains fish

Grilled shrimp contains shellfish

Beyond Beef burger patty* contains coconut

Ingredients: water, pea protein isolate, expeller-pressed canola oil, refined coconut oil, rice protein, natural flavors, mung bean protein, methylcellulose, potato starch, apple extract, salt, potassium chloride, vinegar, lemon juice concentrate, sunflower lecithin, beet juice extract, pomegranate fruit powder, lycopene color.

Beyond Meat pepperoni* contains coconut

Ingredients: water, refined coconut oil, expeller-pressed canola oil, pea protein, rice starch, cocoa butter, pea starch, salt, methylcellulose, natural flavors [with celery oil], 2% or less of rice protein, paprika, yeast extract, mung bean starch, garlic powder, spices [including mustard], ascorbic acid, vegetable juice color, red beet powder color, lycopene color [from tomato], extractives of paprika, natural smoke flavor.

Tofu (pan-seared or fresh, please specify) contains soy

Black beans*

Ingredients: prepared black beans, water, salt, calcium chloride, ferrous gluconate.

Pinto Beans*

Ingredients: pinto beans, water, salt, calcium chloride, calcium disodium EDTA.

White Beans*

Ingredients: small white beans, water, salt, calcium chloride.

Garbanzo Beans*

Ingredients: prepared chickpeas, water, salt, calcium chloride, disodium EDTA.

Kidney Beans*

Ingredients: dark red kidney beans, water, liquid sugar [sugar, water], salt, calcium chloride to help maintain firmness, disodium EDTA.

Eggs (made to order, please specify) contains egg

Scrambled egg whites contains egg

Just Egg scrambled plant-based vegan eggs* contains soy lecithin

Ingredients: water, mung bean protein, expeller-pressed canola oil. Contains less than 2% of dehydrated onion, gellan gum, carrot extractives, natural flavors, turmeric extractives, potassium citrate, salt, soy lecithin, sugar, tapioca syrup solids, tetrasodium pyrophosphate, transglutaminase, nisin.

DAIRY & DIARY ALTERNATIVES

Sliced Swiss cheese* contains dairy

Ingredients: pasteurized part-skim milk, cheese culture, salt, enzymes.

Sliced American cheese* contains dairy and soy lecithin

Ingredients: milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid, citric acid, enzymes, soy lecithin, apo carotenal, beta carotene.

Sliced mild Cheddar cheese* contains dairy

Ingredients: pasteurized milk, cheese cultures, salt, enzymes.

Shredded Cheddar cheese* contains dairy

Ingredients: cultured milk, salt, enzymes, annatto, potato starch, natamycin.

Sliced Pepper Jack cheese* contains dairy

Ingredients: pasteurized milk, Jalapeno peppers, cheese culture, salt, enzymes.

Shredded Parmesan cheese* contains dairy

Ingredients: Parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), powdered cellulose, natamycin.

Shredded whole milk Mozzarella cheese* contains dairy

Ingredients: pasteurized milk, cheese cultures, salt, enzymes.

Violife dairy-free shredded vegan Mozzarella* contains coconut

Ingredients: filtered water, coconut oil, modified food starch (potato and corn), corn starch, sea salt, Mozzarella flavor (vegan sources), olive extract, beta carotene, vitamin B12.

OILS, DRESSINGS, & SEASONINGS

Extra virgin olive oil

Balsamic vinegar*

Ingredients: wine vinegar, cooked grape must. Per manufacturer, contains sulfites.

Newman's Own Balsamic vinaigrette salad dressing packet*

Ingredients: water, vegetable oil [soybean oil, extra virgin olive oil], balsamic vinegar, distilled vinegar, sugar, salt. Contains 2% or less of garlic, spices, xanthan gum, onion, dried onion, dried red bell pepper, extractive of paprika.

Unsalted butter* contains dairy

Ingredients: pasteurized cream, natural flavoring.

Violife vegan unsalted butter*

Ingredients: palm and palm kernel oil, water, sunflower oil, pea protein, sunflower lecithin, lactic acid, natural flavor, annatto, vitamin A palmitate.

Salt

Ground black pepper

House-made Fajita seasoning*

Ingredients: salt, sodium silicoaluminate, dextrose, potassium iodine, sodium bicarbonate, onion powder, vegan fine granulated white sugar, spices, citric acid, onion, monosodium glutamate, corn starch, garlic, silicon dioxide, natural flavor, FD&C yellow 5, garlic, paprika, cumin, white pepper.

DESSERTS

Red Plate dark chocolate muffin*

Ingredients: gluten free flour [sorghum, garbanzo bean, white rice, tapioca, potato starch], water, organic cocoa, organic chocolate chips [vegan cane sugar, cocoa butter, vanilla], non-GMO canola oil, sodium bicarbonate, xanthan gum, sea salt, pure vanilla extract, cream of tartar.

Red Plate lemon blueberry muffin*

Ingredients: gluten-free flour [sorghum, garbanzo bean, white rice, tapioca, potato starch], vegan cane sugar, applesauce, non-GMO canola oil, blueberries [dried blueberries, apple juice, sunflower oil], sodium bicarbonate, RSPO certified sustainable palm oil, lemon extract, xanthan gum, vinegar, sea salt, cream of tartar, pure vanilla extract.

Red Plate double chocolate cookie*

Ingredients: gluten-free flour (sorghum, garbanzo bean, white starch), vegan cane sugar, chocolate chips (vegan cane sugar, cocoa liquor, cocoa butter, vanilla), agave syrup, canola oil, organic cocoa, palm oil, molasses, sodium bicarbonate, xanthan gum, sea salt, vanilla, cream of tartar.

Red Plate snickerdoodle cookie*

Ingredients: gluten-free flour (sorghum, garbanzo bean, white rice, tapioca, potato), vegan cane sugar, agave syrup, RSPO certified sustainable palm oil, non-GMO canola oil, vanilla, cream of tartar, sodium bicarbonate, sea salt, xanthan gum, cinnamon.

Cosmic Bliss Infinite Coconut ice cream* contains coconut

Ingredients: (Infinite Coconut): coconut milk (water, coconut, guar gum), coconut syrup, coconut cream, dried coconut, coconut extract, vanilla extract.

Cosmic Bliss Madagascan Vanilla Bean ice cream* contains coconut

Ingredients: coconut milk (water, coconut, guar gum), coconut syrup, coconut cream, vanilla extract, vanilla beans.

Cosmic Bliss Dark Chocolate ice cream* contains coconut

Ingredients: coconut milk (water, coconut, guar gum), coconut syrup, cocoa (processed with alkali), vanilla extract.

COMPOSED DISHES

The **Composed Dishes** below are different creative meal combinations made using only food items from the A La Carte Selections.

- Meals are **bolded** and organized into categories, some of which have italicized text describing general preparation methods.
- Each item is followed by a description of how the item is prepared by default.
- As applicable, notes in *italicized* text indicate allergy-friendly modifications that may be requested.

All Composed Dishes may be further customized using items from the A La Carte menu. Please email DSP@ucdavis.edu for questions about Composed Dishes on our Aggie Choice Menu.

GLUTEN-FREE PIZZAS

Gluten-Free Cheese Pizza Melted cheese and our house marinara on crispy gluten-free cauliflower crust. *Can be prepared dairy-free; please specify. Contains no other major allergens.*

Gluten-Free Pepperoni Pizza Pepperoni, melted cheese and our house marinara on crispy gluten-free cauliflower crust. *Can be prepared dairy-free; please specify. Contains no other major allergens.*

Gluten-Free Veggie Pizza Chef's choice of roasted vegetables, melted cheese, and our house marinara on crispy gluten-free cauliflower crust. *Can be prepared dairy-free; please specify. Contains no other major allergens.*

QUESADILLAS

All proteins indicated are prepared simply with olive oil, salt, and pepper.

Chicken Quesadilla Grilled chicken and melted cheese toasted between two flour tortillas. *Can be prepared wheat/gluten free and dairy-free, please specify. Contains no other major allergens.*

Vegetarian Quesadilla Chef's choice grilled veggies and melted cheese toasted between two flour tortillas. *Can be prepared wheat/gluten free and dairy-free, please specify. Contains no other major allergens.*

Bean & Cheese Quesadilla Your choice of beans (please specify) and melted cheese toasted between two flour tortillas. *Can be prepared wheat/gluten free and dairy-free, please specify. Contains no other major allergens.*

Cheese Quesadilla Melted cheese toasted between two flour tortillas. *Can be prepared wheat/gluten free and dairy-free, please specify. Contains no other major allergens.*

BURGERS & SANDWICHES

To have a burger or sandwich on a lettuce wrap, just ask for “protein style”! All proteins indicated are prepared simply with olive oil, salt, and pepper.

Hamburger Our grilled Harris Ranch mushroom-blended burger patty on a toasted sesame bun. *Can be prepared wheat/gluten-free, soybean oil-free, and sesame-free; please specify. Contains no other major allergens.*

Cheeseburger Our grilled Harris Ranch mushroom-blended burger patty with melted cheese on a toasted bun. *Can be prepared wheat/gluten-free, soybean oil-free, sesame-free, and dairy-free; please specify. Contains no other major allergens.*

Beyond Beef Burger Grilled vegan Beyond Beef burger patty on a toasted sesame bun. *Can be prepared wheat/gluten-free, soybean oil-free, and sesame-free; please specify. Contains no other major allergens.*

Gluten-Free Grilled Cheese Melted cheese on toasted plain Happy Camper bread. *Can be prepared dairy-free; please specify. Contains no other major allergens.*

BURRITOS

All proteins indicated are prepared simply with olive oil, salt, and pepper.

Bean and Cheese Burrito Your choice of beans (please specify) with melted cheese, wrapped in a flour tortilla. *Can be prepared wheat/gluten-free and dairy-free; please specify. Contains no other major allergens.*

Stuffed Chicken Burrito Grilled chicken with your choice of beans (please specify) with melted cheese, steamed white rice, and sauteed onions and bell peppers. Wrapped in a flour tortilla. *Can be prepared wheat/gluten-free and dairy-free; please specify. Contains no other major allergens.*

PASTA

Tip: customize pasta dishes by adding protein from our protein selections (allergens vary depending on selection). All proteins requested will be prepared simply with olive oil, salt, and pepper.

Pasta Marinara Al dente penne pasta tossed in our house marinara sauce and sprinkled with Parmesan cheese. *Can be prepared wheat/gluten-free and dairy-free; please specify. May contain other allergens depending on protein choice.*

Butter Noodles Just penne pasta and butter! Seasoned with salt and pepper. *Can be prepared wheat/gluten-free and dairy-free please specify. Contains no other major allergens.*

Simplified Mac n' Cheese Penne pasta mixed with butter and cheese, seasoned with salt and pepper. *Can be prepared wheat/gluten-free and dairy-free, please specify. Contains no other major allergens.*

RICE BOWLS

See A La Carte Menu above for protein selections (allergens vary depending on selection). All proteins requested will be prepared simply with olive oil, salt, and pepper.

Fajita Bowl Your choice of protein (please specify) with sauteed bell peppers and onions. Served over your choice of steamed white or brown rice, please specify. *May contain allergens depending on protein choice.*

Stir-Fry Bowl Your choice of protein (please specify) sauteed with bell peppers, onions, garlic, mushrooms, and broccoli. Served over your choice of steamed white or brown rice (please specify). *May contain other allergens depending on protein choice.*

Classic Bowl Your choice of protein (please specify) served with chef's choice of roasted vegetables and steamed white or brown rice (please specify). *May contain allergens depending on protein choice.*

SALADS

All proteins indicated are prepared simply with olive oil, salt, and pepper.

Grilled Salmon Salad Seared salmon served over a bed of fresh salad greens, and drizzled with a Balsamic vinaigrette. *Contains fish.*

Grilled Shrimp Salad Grilled shrimp served over a bed of fresh salad greens, and drizzled with a Balsamic vinaigrette. *Contains shellfish.*

Grilled Chicken Salad Grilled chicken served over a bed of fresh salad greens, and drizzled with a Balsamic vinaigrette. *Contains no major allergens.*