ROOTS ALLERGEN GUIDE

There are 8 COMMON food allergens. While we have foods that contain, or are exposed to 6 of these allergens, we take various precautions to avoid any cross contamination or potential allergen risk in our food. If you have allergies not listed on this guide, let us know–we are happy to help.

FISH
Ingredients: None
Dressings: Caesar

EGGS
Ingredients: Hard-boiled Egg
Dressings: Caesar

SHELLFISH
We have no foods that contain or are exposed to shellfish nor crustaceans.

DAIRY (LACTOSE)
Ingredients: Goat, Feta, Cheddar Parmesan, Queso Fresco
Dressings: Pesto Vinaigrette, Greek Feta, Caesar, Creamy Chipotle Lime

TREE NUTS
Ingredients: Toasted Almonds
Dressings: None

PEANUTS
We have no foods that contain peanuts.

WHEAT (GLUTEN)
Ingredients: Bulgur (base), Pita Chips, Crispy Onions
Dressings: None

SOY
Ingredients: Red Chili Miso Tofu, BBQ Tofu
Dressings: Miso Ginger, Lemon Tahini,

- OTHER COMMON ALLERGENS -

GARLIC: Trace amounts in our rices; Greek Feta, Lemon Tahini, Caesar, Pesto Vinaigrette, Basil Balsamic, Miso Ginger, Tabasco, Sriracha, BBQ Tofu, Red Chili Miso Tofu, Chicken, Mushrooms, Steak Asada

ONIONS: Chickpeas, Black Beans, Red Onions, Pickled Onions, Crispy Onion, Chicken

CANOLA OIL: Roasted Broccoli, Beets, Sweet Potatoes; All Dressings; All Grilled Items

SUNFLOWER OIL: Trace amounts in our rices; Dried Cranberries, Stacy's Pita Chips (contain a blended oil)

SESAME: Red Chili Miso Tofu, Miso Ginger, Lemon Tahini, Lemon Za'atar

PITTED FRUITS: Avocado

SHALLOTS: Cilantro Lime, Basil Balsamic, Pesto Vinaigrette, Creamy Chipotle Lime

PARSLEY: Brown Rice, Cannellini Beans, Pesto Vinaigrette, Greek Feta, Mushrooms, Steak Asada

CILANTRO: Black beans, Cilantro Lime, Mushrooms, Creamy Chipotle Lime

Let the crew know if you have an allergy, and we will take the proper precautions when making your bowl.
Please ask our crew about any allergies or dietary restrictions not listed, and we will do our best to assist!