

# 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

**Ingredients:** Grilled Shrimp



## DAIRY (LACTOSE)

**Ingredients:** Goat, Feta, Parmesan, Cheddar

**Dressings:** Pesto Vinaigrette, Greek Feta, Caesar



## TREE NUTS

**Ingredients:** Toasted Almonds

**Dressings:** None



## PEANUTS

We have no foods that contain peanuts.



## WHEAT (GLUTEN)

**Ingredients:** Bulgur (base), Pita Chips

**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, Mushrooms, Chicken, Shrimp

**CILANTRO:** Black beans, Cilantro Lime, Mushrooms

**PITTED FRUITS:** Avocado

**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)

**SHALLOTS:** Cilantro Lime, Basil Balsamic, Pesto Vinaigrette

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

**PARSLEY:** Brown Rice, Cannellini Beans, Pesto Vinaigrette, Greek Feta, Mushrooms, Shrimp

**ONIONS:** Chickpeas, Black Beans, Red Onions, Pickled Onions, Chicken

Let the crew know if you have a severe allergen, and they 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!