

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, Quinoa

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!