

Allergen Guide



Are you looking to avoid gluten?

Our **Beef** and **Black Bean** patties are both gluten-free. You can make any of our signature hamburgers gluten-free (except The Rambler) by ordering without the bun and choosing our gluten-free bun option or cabbage wrap!

*Our Onion Rings contain gluten.

Some of our other gluten-free offerings include but are not limited to:

- **Voodoo Fries**
- **Chili Cheese Fries**
- **Chili**
- **Kaleslaw**
- **French Fries**
(Cooked in their very own gluten-free fryer)
- **Avocado Kale Quinoa Salad**
- **Chicken Caesar Salad**
(Order with no 'chicken' and substitute our
↳Black Bean patty)
- **BBQ Chicken Salad**
(Order with no 'chicken' and substitute our
↳Black Bean patty)
- **Garden Salad**
- **Raw Tacos**
- **Raw Burgers**
- **Breakfast Burrito**
(Order with gluten-free sausage and no tortilla,
we'll serve it in a bowl!)
- **Sausage Egg Muffin**
(Order with gluten-free bun and
gluten-free sausage)
- **Waffle Jammer**
- **Yogurt Parfait**
- **Green Dream Smoothie**
- **Berry Flax Smoothie**
- **Pure Greens Juice**
- **New York Cheesecake**
- **Raw Berries and Cream Tart**
- **All of our award winning Old
Fashioned Milkshakes**



Burgers, fries, shakes, wraps, salads, smoothies and other tasty treats made entirely without the use of animal products, GMO's and other weird stuff

Looking to avoid soy? Order these things!

- **Garden Salad**

(Order with Lime Cilantro or Berry
Vinaigrette dressings)

- **Raw Burger**

- **Raw Tacos**

- **Jumbo Veggie Wrap**

- **Classic Burger**

(Order with our  Black Bean Patty
and no mayo)

- **Classic Cheeseburger**

(Order with our  Black Bean Patty
and no mayo)

- **Holy Guacamole**

(Order with our  Black Bean Patty
and no chipotle)

- **Rambler**

(Order with our  Black Bean Patty
and no BBQ)

- **Big Zac**

(Order with our  Black Bean Patty
and no Big Zac sauce)

- **Kid's Burger**

(Order with our  Black Bean Patty)

- **French Fries**

- **Berry Flax Smoothie**

- **Green Dream Smoothie**

- **Pure Greens Juice**

- **Raw Berries 'n' Cream Tart**

- **Yogurt Parfait**

Other soy free add-ons

- **Guacamole**

- **Salsa**

- **Lime Cilantro Dressing**

- **Berry Vinaigrette Dressing**

- **Onion Rings**

- **Cheese Slices**

- **Ketchup**

- **Yellow Mustard**

- **Gluten Free Buns**

Do we use peanuts?

Yes, but only for the Peanut Butter Milkshake.

Which items have nuts?

Raw Tacos contain walnuts, pecans and cashews.

Raw Burgers contain walnuts, pecans and cashews.

Chocolate & New York Cheesecakes contain cashews.

Raw Berries and Cream Tart contain cashews, pecans and walnuts.

Jumbo Veggie Wrap contains cashews.

Our Milkshakes contain almonds.