

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



TREE NUTS

Ingredients: Toasted Almonds

Dressings: None



EGGS

Ingredients: Hard-boiled Egg

Dressings: Caesar



PEANUTS

We have no foods that contain or are exposed to peanuts.



SHELLFISH

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



WHEAT (GLUTEN)

Ingredients: Bulgur (base), Pita Chips

Dressings: None



DAIRY (LACTOSE)

Ingredients: Goat, Feta, Cheddar, Parmesan, Queso Fresco

Dressings: Pesto Vinaigrette, Greek Feta, Caesar



SOY

Ingredients: Red Chili Miso Tofu, BBQ Tofu, Tri Color Tortilla Chips

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, Chipotle Vinaigrette, Tri Color Tortilla Chips, BBQ Tofu, Red Chili Miso Tofu, Mushrooms, Adobo Chicken, Beef Barbacoa

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

PITTED FRUIT: Avocado, Mango Salsa

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

PARSLEY: Brown Rice, Cannellini Beans, Pesto Vinaigrette, Greek Feta, Mushrooms, Beef Barbacoa

CILANTRO: Mango Salsa, Black beans, Cilantro Lime, Mushrooms

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

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

ONIONS: Chickpeas, Black Beans, Red Onions, Pickled Onions, Mango Salsa, Adobo Chicken, Beef Barbacoa

Let the Greeter know if you have a severe allergy so we can safely prepare your bowl. Have a dietary restriction or allergy not listed? Let us know and we will do our best to assist!