












EVERYTHING ON OUR MENU IS CERTIFIED GLUTEN-FREE & VEGAN

Salad, Grain Bowl & Waffle Prepared Items		
Item Name and Picture	Ingredients	Included in These Menu Items
 <p>Avocado Mash</p>	Avocado, lime, salt.	<p>WAFFLES: Original avocado waffles taco waffles</p> <p>SALADS: Fiesta blend</p>
 <p>Baked Broccoli</p>	Broccoli, salt, pepper, olive oil blend 90% olive oil 10% canola oil.	<p>SALADS: Thai Blend</p>
 <p>Bean Salsa</p>	Black beans, red pepper, corn, jalapeno, balsamic vinegar, lime, agave, olive oil blend 90% olive oil 10% canola oil, salt, coriander.	<p>SALADS: Fiesta Blend GRAIN BOWLS: BAREito</p>
 <p>Brown Rice</p>	Brown rice, olive oil blend 90% olive oil 10% canola oil, salt.	All grain bowls. Only available at select locations





 <p>Cashew Taz / BARE Sauce</p>	<p>Cashews, nutritional yeast, cucumber, garlic, lemon, salt, onion powder, black pepper, dill weed.</p>	<p>SALADS: mediterranean blend GRAIN BOWLS: Hot Hunny Grain Bowl</p>
 <p>Cashew Queso</p>	<p>Cashews, nutritional yeast, red pepper, jalapeno, lime, onion powder, garlic powder, salt.</p>	<p>SALADS: Fiesta blend WAFFLES: taco waffle GRAIN BOWLS: BAREito bowl</p>
 <p>Salt & Pepper Chickpeas</p>	<p>Chickpeas, olive oil blend 90% olive oil 10% canola oil, salt, black pepper.</p>	<p>SALADS: Mediterranean blend Thai Blend GRAIN BOWLS: Pesto Feta</p>
 <p>Garlic Tempeh</p>	<p>Tempeh, garlic, onion powder, salt, black pepper, olive oil blend 90% olive oil 10% canola oil.</p>	<p>SALADS: Mediterranean blend Buffalo Blend GRAIN BOWLS: Pesto Feta PANINIS: Protein Pesto Savory Saucy Spicy Pepper</p>
	<p>Jalapeno, olive oil blend 90% olive oil 10% canola oil, apple cider vinegar, lime juice, agave, salt, onion powder, garlic powder, coriander.</p>	<p>SALADS: Fiesta Blend Buffalo Blend</p>



<p>Lime Jalapeno Vinaigrette</p>		
 <p>Red Pepper Vinaigrette</p>	<p>Red peppers, red wine vinegar, thyme, salt, black pepper, olive oil blend 90% olive oil 10% canola oil, garlic powder.</p>	<p>SALADS: Mediterranean blend Thai blend</p>
 <p>Sweet Chili Tempeh</p>	<p>Tempeh, olive oil blend 90% olive oil 10% canola oil, garlic, ginger, tamari, agave, garlic, chili powder, red pepper flakes, onion powder, salt.</p>	<p>SALADS: Thai blend GRAIN BOWLS: Protein Power Hot Hunny</p>
 <p>Sweet Potatoes</p>	<p>Sweet potatoes, salt, olive oil blend 90% olive oil 10% canola oil, black pepper.</p>	<p>SALADS: Fiesta blend SANDWICH: Sweet Potato Breakfast Sandwich</p>
 <p>Taco Meat</p>	<p>Walnuts, sunflower seeds, cumin, chili powder, salt, garlic powder, onion powder.</p>	<p>SALADS: Fiesta blend taco waffles</p>



 <p>Tofu Feta</p>	<p>Tofu, red peppers, red wine vinegar, capers, oregano, basil, salt, black pepper, onion powder, olive oil blend 90% olive oil 10% canola oil, garlic powder.</p>	<p>SALADS: Mediterranean blend</p>
<p>Waffle Batter</p>	<p>Bob's Red Mill Certified Gluten-free flour, Bob's Red Mill Certified Gluten-free oats, salt, baking powder, almond milk, apple cider vinegar, agave, olive oil blend 90% olive oil 10% canola oil.</p>	<p>All waffles</p>
<p>BARE BLENDS Pesto</p>	<p>Basil, Spinach, Garlic, olive oil blend 90% olive oil 10% canola oil, salt.</p>	<p>Pesto Breakfast Sandwich GRAIN BOWLS: Pesto Feta</p>
<p>BARE BLENDS Jalapeno Date Jam</p>	<p>Jalapeno, roasted red pepper, dates, salt, garlic powder, onion powder.</p>	<p>Jalapeno Jam Breakfast Sandwich GRAIN BOWLS: BAREito SANDWICHES: Spicy Egg & Cheese Spicy Pepper</p>
<p>BARE Granola</p>		
<p>Item Name</p>	<p>Ingredients</p>	<p>Included in These Menu Items</p>
<p>Purely Elizabeth Grain-free</p> 	<p>Organic Pumpkin Seeds, Organic Sunflower Seeds, Cashews, Organic Coconut Sugar, Almonds, Organic Coconut Flakes, Almond Butter, Organic Coconut Oil, Organic Chia Seeds, Organic Cinnamon, Sea Salt, Vanilla Extract.</p> <p>Contains: Cashews, Coconut & Almonds Made in a facility that also processes soy, milk, eggs, peanuts, and other tree nuts.</p>	<p>Available as an option in all bowls</p> <p>ORGANIC & Gluten-free Contains nuts!</p>



	<p>Organic Certified Gluten-Free Oats, Organic Coconut Sugar, Organic Coconut Oil, Organic Sunflower Seeds, Organic Puffed Amaranth, Organic Quinoa Flakes, Organic Chia Seeds, Organic Cinnamon, Sea Salt.</p>	<p>Available as an option in all bowls</p>
<p>Purely Elizabeth Plain</p>	<p>Contains: Coconut Made in a facility that also processes soy, milk, eggs, peanuts, and other tree nuts.</p>	<p>ORGANIC & Gluten-free</p>
<p>Spreads & Drizzles</p>		
Item Name and Picture	Ingredients	Included in These Menu Items
	<p>Cashews, vanilla protein, agave, salt.</p>	<p>banana cream pie, kids sugar cookie smoothie</p>
<p>Cashew Cream</p>		
	<p>Agave, cacao powder.</p>	<p>OG waffle toasts</p>
<p>Chocolate Agave</p>		
	<p>Peanut butter, agave.</p>	<p>Nutter butter bowl, OG waffle toasts</p>
<p>Peanut Butter Sauce</p>		



All ingredients are subject to change based on availability.

Although these are the ingredients that are supposed to be in the menu items we serve, cross contamination is always a potential risk. If you have a serious allergy or strong chance of having a reaction, we suggest you carefully consider that before ordering your food. Also, please make all staff aware of allergies before you order so we can take every precaution possible to make your food as safe as possible.