VEGETARIAN

**We provide gluten-free, vegan, nut-free options, however we are not a gluten-free, vegan, or nut-free facility.**

We define Vegetarian here as Ovo-lacto meaning egg and cheese are included in some of our vegetarian options.

Menu Items:

* **Look for “VEG” symbol on our menu for all of our options**
* **Sub any meat for plantfare**

Build Your Own Sandwich/Salad:

* Dressing: **Balsamic Vinaigrette, Ranch, Honey Mustard, Cilantro Lime, Caesar** (contains anchovy)
	+ Contains milk: **Pesto, Ranch, Caesar**
	+ Contains egg: **Caesar, Honey Mustard**
	+ Contains soy: **Balsamic Vinaigrette, Cilantro Lime, Caesar**
* Proteins: **Plantfare**, **Bean Salad, Nearly Normal Burger Patty, Toby’s Tofu, Egg Salad, Egg Patty** (contains milk)**, Hummus, Peanut Butter, Guacamole**
* Cheese: **Tillamook Cheddar (no animal rennet), Provolone, Swiss, Pepper Jack, Feta, Parmesan/Asiago**
* Spreads: **Yellow Mustard, Salsa, Vinaigrette, Pesto, Honey Mustard, Chipotle Mayo, Mayo, Pesto Mayo, Dijon**
	+ Contains milk: **Pesto**
	+ Contains egg: **Honey Mustard, Chipotle Mayo, Mayo, Pesto Mayo, Dijon**
* Vegetables: **All**
* Topping: **Sunflower Seeds, Craisins, Croutons** (contains milk)

Pastries:

* **All except Meat & Cheese Croissants**

Other:

* **Various bars in baskets above display case at front of the café**

For further information we have an allergy binder, ask cashier to see it or ask for manager.

This information is given to the best of our knowledge and is not guaranteed. Please ask to see nutrition label if you have any concerns.