

nature's table | Allergen Report

The following information is compiled based on product information provided by Nature's Table approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include some regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected below. Please notify Nature's Table staff if you have a food allergy.

Item	Crustaceans	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Wheat	Allergen Statement
Breakfast Bowls and More									
Avocado Toast - Multigrain Bread								X	Contains Wheat.
Breakfast Bowl - Turkey Sausage		X		X				X	Contains Egg, Milk, Wheat.
Breakfast Quesadilla - Wheat Tortilla, Turkey Sausage		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Healthy Start Bowl		X		X					Contains Egg, Milk.
Breakfast Burritos & Sandwiches									
Breakfast Panini		X		X				X	Contains Egg, Milk, Wheat.
Breakfast Sandwich - Cheddar Cheese, Turkey Sausage		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Classic Breakfast Burrito - Wheat Tortilla		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Mediterranean Burrito - Wheat Tortilla		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Santa Fe Burrito - Wheat Tortilla		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Sensible Starter		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Breakfast Sides & Coffee									
Apple Cinnamon Pecan Muffin		X		X		X	X	X	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Blueberry Crumb Muffin		X		X		X	X	X	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Chocolate Chunk Muffin		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Lamb Seasoned Potatoes								X	Contains Wheat.
Triple Berry Muffin		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Protein Bowls									
Carnitas Protein Bowl		X		X		X			Contains Egg, Milk, Soy.
Chili-Cado Protein Bowl				X		X			Contains Milk, Soy.
Chipotle Protein Bowl		X		X		X			Contains Egg, Milk, Soy.
Greek Protein Bowl				X		X			Contains Milk, Soy.
Latin Citrus Protein Bowl						X			Contains Soy.
Sesame Thai Protein Bowl		X				X	X	X	Contains Egg, Soy, Tree Nuts, Wheat.

Within the normal operating environment, it is not possible to guarantee that menu item ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Nature's Table Staff for any questions regarding the above products.

nature's table | Allergen Report

The following information is compiled based on product information provided by Nature's Table approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include some regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected below. Please notify Nature's Table staff if you have a food allergy.

Item	Crustaceans	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Wheat	Allergen Statement
Sandwiches									
All Natural Turkey Sandwich - Multigrain Bread								X	Contains Wheat.
Avocado Cucumber Sandwich - Multigrain Bread								X	Contains Wheat.
California Club Sandwich - Multigrain Bread								X	Contains Wheat.
Chicken Salad Sandwich - Multigrain Bread		X						X	Contains Egg, Wheat.
Tuna Salad Sandwich - Multigrain Bread		X	X					X	Contains Egg, Fish, Wheat.
Wraps									
Carnitas Wrap - Wheat Tortilla		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Chicken Caesar Wrap - Wheat Tortilla		X	X	X		X		X	Contains Egg, Fish, Milk, Soy, Wheat.
Chipotle Wrap - Wheat Tortilla		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Mediterranean Chicken Wrap - Wheat Tortilla				X		X		X	Contains Milk, Soy, Wheat.
Sesame Thai Wrap - Wheat Tortilla		X				X	X	X	Contains Egg, Soy, Tree Nuts, Wheat.
Spicy Buffalo Wrap - Wheat Tortilla		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Texas Club Wrap - Wheat Tortilla		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Turkey Swiss & Slaw Wrap - Wheat Tortilla		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Signature Salads									
Chicken Caesar Signature Salad		X	X	X		X		X	Contains Egg, Fish, Milk, Soy, Wheat.
Fandangled Signature Salad				X			X		Contains Milk, Tree Nuts.
Fiesta Chicken Signature Salad		X		X		X			Contains Egg, Milk, Soy.
Mediterranean Chicken Signature Salad				X					Contains Milk.
Taco Signature Salad				X		X			Contains Milk, Soy.

Within the normal operating environment, it is not possible to guarantee that menu item ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Nature's Table Staff for any questions regarding the above products.

nature's table | Allergen Report

The following information is compiled based on product information provided by Nature's Table approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include some regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected below. Please notify Nature's Table staff if you have a food allergy.

Item	Crustaceans	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Wheat	Allergen Statement
Toasted Sandwiches									
3 Cheese & Tomato Toasted Sandwich				X				X	Contains Milk, Wheat.
Baja Turkey Jack Toasted Sandwich		X		X				X	Contains Egg, Milk, Wheat.
BBQ Pork and Slaw Toasted Sandwich		X		X				X	Contains Egg, Milk, Wheat.
Chicken Tapenade Toasted Sandwich				X				X	Contains Milk, Wheat.
Turkey Club Toasted Sandwich				X				X	Contains Milk, Wheat.
Turkey Cranberry Toasted Sandwich		X		X				X	Contains Egg, Milk, Wheat.
Soups & Sides									
Nature's Table Pasta Salad		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Tomato Basil				X		X		X	Contains Milk, Soy, Wheat.
Vegetarian Chili						X			Contains Soy.
Hearty Vegetable						X			Contains Soy.
Chicken Noodle		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Italian Wedding		X		X		X		X	Contains Egg, Milk, Soy, Wheat.
Corn Chowder				X		X		X	Contains Milk, Soy, Wheat.
Cheesy Chicken Tortilla				X		X		X	Contains Milk, Soy, Wheat.
Nature's Table Pasta Salad		X		X		X		X	Contains Egg, Milk, Soy, Wheat.

Within the normal operating environment, it is not possible to guarantee that menu item ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Nature's Table Staff for any questions regarding the above products.

nature's table | Allergen Report

The following information is compiled based on product information provided by Nature's Table approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include some regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected below. Please notify Nature's Table staff if you have a food allergy.

Item	Crustaceans	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Wheat	Allergen Statement
Bread & Tortillas									
Ciabatta								X	Contains Wheat.
Panini (Hearty Italian White)								X	Contains Wheat.
Multigrain								X	Contains Wheat.
Wheat								X	Contains Wheat.
White								X	Contains Wheat.
Marbled Rye								X	Contains Wheat.
Tortilla - Plain						X		X	Contains Soy,Wheat.
Tortilla - Wheat						X		X	Contains Soy,Wheat.
Tortilla - Spinach						X		X	Contains Soy,Wheat.
Tortilla - Jalapeno Cheddar						X		X	Contains Soy,Wheat.
Croissant		X				X		X	Contains Eggs, Soy,Wheat.
English Muffin				X		X		X	Contains Soy,Wheat.
Cheeses									
American				X					Contains Milk.
Cheddar, Shredded White				X					Contains Milk.
Cheddar, Sliced Yellow				X					Contains Milk.
Pepper Jack				X					Contains Milk.
Swiss				X					Contains Milk.
Feta				X					Contains Milk.
Parmesan				X					Contains Milk.

Within the normal operating environment, it is not possible to guarantee that menu item ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Nature's Table Staff for any questions regarding the above products.

nature's table | Allergen Report - Smoothie & Acai Bowls

The following information is compiled based on product information provided by Nature's Table approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include some regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected below. Please notify Nature's Table staff if you have a food allergy.

Item	Crustaceans	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Wheat	Allergen Statement
Acai Bowls									
Acai Bowl - Small/Large									
Acai Bowl - Traditional							X		Contains Tree Nuts.
Acai Toppings									
Acai Topping - Banana, fresh									
Acai Topping - Blueberry, fresh									
Acai Topping - Coconut							X		Contains Tree Nuts.
Acai Topping - Granola									
Acai Topping - Honey									
Acai Topping - Peanut Butter					X				Contains Peanut.
Acai Topping - Pineapple, fresh									
Acai Topping - Strawberry, fresh									
Fruit & Veggie Smoothies									
Avocado Ginger Snap				X					Contains Milk.
Kale & Spinach (Fruit Juice)									
Kale & Spinach (NSA Juice)									
Kale & Spinach (Yogurt)				X					Contains Milk.
Fruit Smoothies									
Hawaiian Crush							X		Contains Tree Nuts.
Mango Fusion									
Pom Beach									
Purple Rain									
Siesta Cooler				X					Contains Milk.
Tropical Oasis									

Within the normal operating environment, it is not possible to guarantee that menu item ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Nature's Table Staff for any questions regarding the above products.

nature's table | Allergen Report - Smoothie & Acai Bowls

The following information is compiled based on product information provided by Nature's Table approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include some regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected below. Please notify Nature's Table staff if you have a food allergy.

Item	Crustaceans	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Wheat	Allergen Statement
No Sugar Added Smoothies									
Bananaberrie									
Mango Mama									
Smoothie Boosters									
Smoothie Booster - Engery									
Smoothie Booster - Immune									
Smoothie Booster - Multivitamin									
Smoothie Booster - Protein				X					Contains Milk.
Yogurt Smoothies									
Berry Passion				X					Contains Milk.
Cocolada				X			X		Contains Milk, Tree Nuts.
PB & Berries				X	X				Contains Milk, Peanut.
Peanut Butter Cup				X	X				Contains Milk, Peanut.
Rain Forest Rhumba				X					Contains Milk.
Survival Kit				X					Contains Milk.

Within the normal operating environment, it is not possible to guarantee that menu item ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Nature's Table Staff for any questions regarding the above products.