

FLOCK QSR ALLERGY GUIDE

	GLUTEN	EGGS	DAIRY	NUTS	SESAME	SOY	SEEDS	MUSTARD	ONION	GARLIC	NIGHT SHADE	SEAFOOD/SHELLFISH
SALADS/GREENS												
BOHO							O *PUMPKIN SEEDS	O *DRESSING	*DRESSING		O *TOMATO *PEPPERS	
POWER						O *SOY BEANS *DRESSING	O *SUNFLOWER SEEDS		X RESSING O *PICKLED ONIONS		O *GOJI *CHICKPEAS	
CALI		O EGG X *DRESSING	O *FETA X *DRESSING			O *SOYBEANS			*PICKLED ONIONS	X *DRESSING	O *TOMATOES	
CARDI	O *CRISPY ONION *CRISPY JALAPENO	X *DRESSING	X *DRESSING	O *CRISPY JALAPENO				X *DRESSING	*CRISPY ONION	X *DRESSING	*DRESSING O *PEPPERS	X *DRESSING
BAJA	O *TORTILLA CHIPS		O *FETA						*PICKLED ONIONS *GREEN ONION	X *DRESSING	O *TOMATOES	
FLOKE					O *SESAME NORI X *DRESSING	O *SOYBEANS *YAM/TOFU MIX X *DRESSING			O *GREEN ONION	X *DRESSING		
MEDI			O *FETA		O *BEET HUMMUS X *DRESSING	X *DRESSING			*PICKLED ONIONS	X *DRESSING		
SOUPS												
COOP SOUP							X *CORIANDER SEEDS	X *CHICKEN	X		X *JALAPENO *CURRY POWDER *TOMATO *CHICKPEAS	

FLOCK STOCK						X *SOYBEANS	X *PUMPKIN *FENNEL	X *CHICKEN	X *CHICKEN	X *CHICKEN	X *CHICKEN	
CHILLI							O *PUMPKIN SEEDS		X	X	X	

SANDWICH

BREAKFAST	X *BREAD	X *EGGS	X *FETA *CREAM (EGGS)						O *GREEN ONION (EGGS)		O *PEPPER (EGGS)	
FRIED SAMMY	X *BUN *FLOUR	O *SLAW	O *BUTTERMILK		X *BUN			X *RUB (MARINTED)	X *RUB (MARINTED)	X *RUB (MARINTED)	X *GOLDEN SAUCE	
PULLED SAMMY	X *BUN *CRISPY ONIONS	O *H/A/B SLAW			X *BUN			X *CHICKEN *H/A/B SLAW	X *CHICKEN	X *CHICKEN	X *CHICKEN	

ROTISSERIE CHICKEN

CHICKEN								X	X	X		
CHIMMICHURRI												
CARRIBEAN PEPPER										X	X	

SIDES/ADD-ON'S

VEET POTATO *NOT VEGAN/ VEGETARIAN								X *SCHMALTZ	*SCHMALTZ	X *SCHMALTZ	X *SCHMALTZ	
ROASTED VEGGIES		X *MAYONNAISE										
SIMPLE SALAD								X *DRESSING	X *DRESSING			
ORGANIC BROWN RICE					O *SESAME-NORI							
MAC AND CHEESE	X *PASTA *MORNAY SAUCE *PANKO		X *MORNAY SAUCE *MIXED CHEESE					X *MORNAY SAUCE			X *JALAPENO (FOR SPICY MAC)	

YAM & TOFU MIX					X *DRESSING	X *TOFU						
DESSERT												
FUDGE BROWNIE	X	X	X									
BASQUE CHEESECAKE	X	X	X									
SMOOTHIES												
BANANA NUT			O *YOGURT	*PEANUT BUTTER, ALMOND MILK			O *CHIA, FLAX					
BF GREENS				*HEMP HEARTS								
FRIED CHICKEN												
TENDERS		O *SLAW	O *BUTTERMILK					X *RUB (MARINTED)	X *RUB (MARINTED)	X *RUB (MARINTED)	X *GOLDEN SAUCE	

