

X	CONTAINS ALLERGEN								
MC	MAY CONTAIN ALLERGEN								
SF	PRODUCED IN THE SAME FACTORY AS ALLERGEN								
GF	GLUTEN - FREE								
VG	VEGETARIAN								
V	VEGAN								
	ITEM AS IS ON MENU WITH EVERYTHING								

Allergen Fact Sheet

Fried menu items use a shared fryer and are fried in a olive oil and canola oil blend.

			Wheat	Soy	Dairy	Eggs	Peanuts	Tree Nuts	Shellfish	Fish
Starters	Loaded Beer Queso	VG	X	MC	X	X				
	<i>Chips</i>		X							
	<i>Flatbread</i>		X	MC	X	X				
	<i>Beer Queso</i>		X		X					
	<i>Corn</i>									
	<i>Black Beans</i>									
	<i>Pico</i>									
	Smoke Wings	GF								
	Cauliflower Bites	V	X							
	<i>Sunshine Sky Honey BBQ</i>	VG								
	<i>Buffalo</i>	GF			X					X
	<i>Honey Sriracha</i>	VG	X	X						
	<i>Hoodie Mango Habenero</i>	V								
	<i>Ranch</i>	VG/GF		X	X	X				
	<i>Blue Cheese</i>	VG/GF		X	X	X				
	Jalapeno Balls		X	X	X	X				
	<i>Jalapeno Balls</i>		X	X	X					
	<i>Cilantro Aioli</i>			X		X				
	Loaded Hummus	V	X		X	X				
	<i>Hummus</i>									
	<i>Fattoush</i>									
	<i>Feta</i>				X					
	<i>Cucumbers, Carrots, Celery</i>									
	<i>Flatbread</i>		X	MC	X	X				
	Bavarian Pretzel	VG	X		X					
	<i>Pretzel</i>		X							
	<i>Beer Queso</i>		X		X					
	<i>Honey Mustard</i>									
	Elote Chicken Quesadilla		X	X	X	X				
	<i>Quesadilla</i>		X	X	X	X				
	<i>Chipotle Lime</i>			X	X	X				
	Street Corn Dip	VG/GF		X	X	X				
	<i>Street Corn Dip</i>			X	X	X				
	<i>Chips</i>									
	<i>Flatbread</i>		X	MC	X	X				
The Nashville		X	X	X						
<i>Fried Chicken</i>		X		X						

Chicken	<i>Brioche Bun</i>		X	X					
	<i>Nashville Sauce</i>								
	<i>Pickles</i>								
	Chicken Tenders		X	X	X				
	Chicken Pico Deluxe Grilled		X	X	X	X			
	<i>Grilled Chicken</i>								
	<i>Fried Chicken</i>		X		X				
	<i>Brioche Bun</i>		X	X					
	<i>Pepper Jack Cheese</i>				X				
	<i>Avocado Spread</i>								
	<i>Cilantro Lime Aioli</i>			X	X	X			
	<i>Pico</i>								
	<i>Fried Onion Straws</i>		X		X				
	Chicken & Waffles		X	X	X	X			
	<i>Fried Chicken</i>		X		X				
	<i>Cheddar Cheese</i>				X				
	<i>Pearl Sugar Waffles</i>		X	X	X	X			
	<i>Honey Mustard</i>								
	<i>Deimos Syrup</i>								
	Chicken Salad Sliders		X	X		X			
<i>Chicken Salad</i>			X		X				
<i>Pretzel Slider Buns</i>		X	X						
Burgers	The IT5 Burger		X	X	X				
	<i>Brioche Bun</i>		X	X					
	<i>Smoked Gouda</i>				X				
	<i>Boursin</i>				X				
	<i>Roasted Garlic Onion Jam</i>								
	Pub Burger		X	X	X				
	<i>Brioche Bun</i>		X	X					
	<i>Cheese</i>				X				
	<i>Lettuce, Tomato, Onion, Pickle</i>								
	The Smash Burger		X	X	X	X			
	<i>Brioche Bun</i>		X	X					
	<i>Cheese</i>				X				
	<i>Lettuce, Tomato, Onion, Pickle</i>								
	<i>Smash Sauce</i>			X		X			
	Cowboy Burger		X	X	X				
	<i>Brioche Bun</i>		X	X					
	<i>Cheddar Cheese</i>				X				
	<i>Bacon</i>								
	<i>Sunshine Sky Honey BBQ</i>								
	<i>Fried Onion Straws</i>		X		X				
Mushroom Swiss Burger		X	X	X	X				
<i>Brioche Bun</i>		X	X						
<i>Swiss Cheese</i>				X					
<i>Marinated Mushrooms</i>									

	<i>Roasted Garlic Mayo</i>			X		X				
	<i>Beyond Burger</i>	VG	X	X			Pea Protein	MC		
Pro Bowls	<i>Buffalo Mac</i>		X	X	X	X				
	<i>Mac & Cheese</i>		X	X	X	SF				
	<i>Bacon</i>									
	<i>Fried Chicken</i>		X		X					
	<i>Buffalo Sauce</i>				X					X
	<i>Ranch</i>	VG/GF		X	X	X				
	<i>Mac & Cheese</i>	VG	X	X	X	SF				
	<i>Harvest Grain Bowl</i>	V/GF		X			MC	X		
	<i>Red Quinoa</i>									
	<i>Seasonal Veggies</i>									
	<i>Candied Pecans</i>			X			MC	X		
	<i>Roasted Red Pepper Sauce</i>									
	<i>Medi Grain Bowl</i>	VG	X	MC	X	X				
	<i>Hummus</i>									
	<i>Quinoa</i>									
	<i>Fattoush</i>									
	<i>Chopped Kale</i>									
	<i>Kalamata Olives</i>									
<i>Feta</i>				X						
<i>Fried Pita</i>		X	MC		X					
<i>Balsamic Vinaigrette</i>										
Go Green	<i>Cobb Salad</i>	GF		X	X	X				
	<i>Mixed Greens</i>									
	<i>Hard Boiled Egg</i>					X				
	<i>Bacon</i>									
	<i>Avocado</i>									
	<i>Cherry Tomatoes</i>									
	<i>Pickled Red Onion</i>									
	<i>Cheddar Cheese</i>				X					
	<i>Ranch</i>			X	X	X				
	<i>Southwest Salad</i>	VG/GF		X	X	X				
	<i>Mixed Greens</i>									
	<i>Black Beans</i>									
	<i>Sweet Corn</i>									
	<i>Pico</i>									
	<i>Cheddar Cheese</i>				X					
	<i>Chipotle Lime Dressing</i>			X	X	X				
	<i>Kale + Quinoa</i>	VG/GF		X	X		MC	X		
	<i>Kale and Spring Mix</i>									
<i>Red Quinoa</i>										
<i>Dried Cranberries</i>										
<i>Apples</i>										
<i>Feta</i>				X						

	<i>Candied Pecans</i>			X			MC	X		
	<i>Balsamic Vinaigrette</i>									
	<i>Garden Salad</i>	VG	X	MC	X					
	<i>Mix Greens</i>									
	<i>Tomatoes</i>									
	<i>Pickled Red Onions</i>									
	<i>Cheddar Cheese</i>				X					
	<i>Croutons</i>		X	MC						
Dressings + Additions	<i>Chipotle Lime</i>	VG/GF		X	X	X				
	<i>Ranch</i>	VG/GF		X	X	X				
	<i>Honey Mustard</i>	VG/GF								
	<i>Whole Grain Honey Mustard</i>	V								
	<i>Balsamic Vinaigrette</i>	V/GF								
	<i>Blue Cheese</i>	VG/GF		X	X	X				
	<i>Chicken Tenders</i>		X		X					
	<i>Grilled Chicken</i>	GF								
	<i>Grilled Salmon</i>	GF								X
	<i>Marinated Mushrooms</i>	V		X						
Sides	<i>Crispy Brussels Sprouts</i>	V								
	<i>Mac & Cheese</i>	VG	X	X	X	SF				
	<i>Chips</i>	V/GF								
	<i>French Fries</i>	V	X							
	<i>Coleslaw</i>	VG/GF		X	X	X				
Pop Warner	<i>Chicken Tenders</i>		X		X					
	<i>JR. Cheeseburger</i>		X	X	X					
	<i>Mac & Cheese</i>	VG	X	X	X	SF				
	<i>Cheese Quesadilla</i>	VG	X	X	X					
Overtime	<i>Brookies N' Cream</i>	VG	X	X	X	X				
	<i>Chocolate Salty PB Balls</i>	V/GF		X	X		X			