

ROOTS ALLERGEN GUIDE

There are 8 COMMON food allergens. While we have foods that contain, or are exposed to 6 of these allergens, we take various precautions to avoid any cross contamination or potential allergen risk in our food. If you have allergies not listed on this guide, let us know—we are happy to help.



FISH

Ingredients: None
Dressings: Caesar



WHEAT (GLUTEN)

Ingredients: Bulgur (base), Pita Chips
Dressings: None



SHELLFISH

We have no foods that contain or are exposed to shellfish nor crustaceans.



SOY

Ingredients: Red Chili Miso Tofu, BBQ Tofu, Coconut Curry Chicken, Edamame
Dressings: Miso Ginger, Lemon Tahini, Thai Lime



TREE NUTS

Ingredients: Toasted Almonds, Toasted Coconut Flakes*, Coconut Curry Chicken*
Dressings: Thai Lime*
**Contains Coconut*



PEANUTS

We have no foods that contain or are exposed to peanuts.



EGGS

Ingredients: Hard-boiled Egg
Dressings: Caesar



DAIRY (LACTOSE)

Ingredients: Parmesan, Goat, Feta, White Cheddar, Sharp Cheddar
Dressings: Pesto Vinaigrette, Greek Feta, Caesar

- OTHER COMMON ALLERGENS -

GARLIC: Trace amounts in our rices; Greek Feta, Lemon Tahini, Caesar, Pesto Vinaigrette, Basil Balsamic, Miso Ginger, Thai Lime, Tabasco, Sriracha, Mushrooms, Red Chili Miso Tofu, BBQ Tofu, Adobo Chicken, Coconut Curry Chicken

ONIONS: Chickpeas, Black Beans, Red Onions, Pickled Onions, Adobo Chicken

CANOLA OIL: Roasted Broccoli, Beets, Sweet Potatoes; All Dressings; All Grilled Items

SUNFLOWER OIL: Trace amounts in our rices; Dried Cranberries, Stacy's Pita Chips (contain a blended oil)

SESAME: Red Chili Miso Tofu, Miso Ginger, Lemon Tahini, Lemon Za'atar

SHALLOTS: Cilantro Lime, Basil Balsamic, Pesto Vinaigrette, Thai Lime

PARSLEY: Brown Rice, Cannellini Beans, Pesto Vinaigrette, Greek Feta, Mushrooms

CILANTRO: Black beans, Cilantro Lime, Mushrooms

PITTED FRUITS: Avocado

Let the crew know if you have a severe allergen, and they will take the proper precautions when making your bowl. Please ask our crew about any allergies or dietary restrictions not listed, and we will do our best to assist!