

ALLERGY INFORMATION		Gluten Free***	Vegetarian	Vegan	Dairy Free	Almonds	Garlic	Onions	Vinegar	Cane sugar	Eggs	Milk	Sour Cream	Coconut	Flour	Citrus	Seafood	MSG free	Trans Fat Free	May Contain Soybean Oil****	
<b>Kids!</b>																					
Quarter Dark Skinless		X			X		X											X	X		
Quarter Dark with skin		X			X		X											X	X		
Beans and Three																		X	X		
Black Beans		X	X	X	X		X	X	X	X								X	X	X	
	Sour Cream (vendor may vary)**	X	X									X	X					X	X		
Rice		X	X	X	X				X									X	X		
Callaloo		X	X	X	X		X	X	X	X								X	X	X	
Boija Muffins			X						X	X	X	X		X	X			X	X	X	
Sweet Potatoes		X	X	X	X					X								X	X		
	coconut	X	X	X	X					X				X				X	X		
Bean and Corn Salad		X	X	X	X		X	X	X	X						X		X	X	X	
Cole Slaw		X	X		X		X		X	X	X							X	X	X	
House Salad with tomatoes and onions		X	X	X	X			X										X	X		
	cheese (vendor may vary)**	X	X									X						X	X		
Fresh Fruit		X	X	X	X													X	X		
Cheese Wedges																					
	cheese (vendor may vary)**	X	X									X						X	X		
	100% Whole Wheat Round		X	X	X					X					X			X	X		
PB and J		X	X	X	X					X								X	X		
	100% Whole Wheat Round		X	X	X					X					X			X	X	X	
	Multigrain Bun (vendor may vary)**		X							**	**	**			X			X	X	X	
Kid Nachos- chips and cheese		X	X									X						X	X	X	
<b>Snacks/ Appetizers</b>																					
Black Bean Dip		X	X	X	X		X	X	X	X						X		X	X	X	
	Jalapenos	X	X	X	X				X									X	X		
	cheese (vendor may vary)**	X	X									X						X	X		
	Tortilla Chips	X	X	X	X													X	X	X	
	100% Whole Wheat Round		X	X	X					X					X			X	X	X	
	Onions	X	X	X	X			X										X	X		
Black Bean Nachos appetizer (4 svg/plate):	tortilla chips, bean dip, tomatoes	X	X	X	X		X	X	X	X								X	X		
	Onion	X	X	X	X			X										X	X	X	
	Jalapeno	X	X	X	X				X									X	X		
	cheese (vendor may vary)**	X	X									X						X	X		
	Sour Cream (vendor may vary)**	X	X									X	X					X	X		
	Beef	X					X											X	X		
	Rice	X	X	X	X				X									X	X		
	Chicken	X			X		X											X	X		
	white meat chicken	X			X		X											X	X		

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<b>SALADS</b>																					
Black Bean Salad with Black Beans, tomatoes, onions		X	X	X	X		X	X	X	X									X	X	X
	Tortilla Chips	X	X	X	X														X	X	X
	cheese (vendor may vary)**	X	X									X							X	X	
	Chicken	X			X		X												X	X	
	white meat chicken	X			X		X												X	X	
	Beef	X			X		X												X	X	
	Rice	X	X	X	X				X										X	X	
	Sour Cream (vendor may vary)**	X	X									X	X						X	X	
Lucayan Salad with marinated chicken breast, Mandarin Oranges		X			X		X		X	X									X	X	X
	Toasted Almonds, 1 ounce	X	X	X	X	X													X	X	
Chicken and Veggies Salad: chicken breast, tomatoes, carrots, cukes		X			X		X												X	X	
	cheese (vendor may vary)**	X	X									X							X	X	
Lite Tropical Chicken Salad, 2/3 cup serving		X			X			X	X	X	X								X	X	X
Lite Tuna Salad, 2/3 cup svg		X			X			X	X	X	X					X	X		X	X	X
<b>Chicken</b>																					
Quarter Dark Skinless		X			X		X												X	X	
Quarter Dark with skin		X			X		X												X	X	
Quarter White Skinless		X			X		X												X	X	
Quarter White with Skin		X			X		X												X	X	
Pulled BBQ White Chicken		X			X		X	X	X	X									X	X	
<b>SIDE ITEMS and BREAD</b>																					
Black Beans (1/2 c)		X	X	X	X		X	X	X	X									X	X	X
	Sour Cream (vendor may vary)**	X	X									X	X						X	X	X
Rice (1/2 c)		X	X	X	X				X										X	X	
Callaloo (1/2 c)		X	X	X	X		X	X	X	X									X	X	
Boija Muffin			X						X	X	X	X		X	X				X	X	X
Sweet Potatoes (1/2 c)		X	X	X	X					X									X	X	X
	coconut	X	X	X	X					X				X					X	X	
Bean and Corn Salad (1/2 c)		X	X	X	X		X	X	X	X						X			X	X	
actual sodium, carbs and fat are lower as canned products are reported with excess sodium that is drained away and marinade is drained when served																					
Cole Slaw (1/2 c)		X	X		X		X		X	X	X								X	X	
actual sodium, carbs and fat are lower as slaw dressing is drained when served																					
House Salad with tomatoes and onions		X	X	X	X														X	X	X
	cheese (vendor may vary)**	X	X									X							X	X	
Orzo Pasta Salad			X	X	X		X	X	X	X					X	X			X	X	
Fresh Fruit (1/2 c)		X	X	X	X														X	X	
Tortilla Chips		X	X	X	X														X	X	X
Potato Chips, 1ounce		X	X	X	X														X	X	X
100% Whole Wheat Round			X	X	X					X					X				X	X	X
Multigrain Bun (vendor may vary)**			X							**	**	**			X				X	X	X

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<b>Sandwiches- not including bread see Bun and pita above</b>																				
Burger		X					X											X	X	
	cheese (vendor may vary)**	X	X									X						X	X	
Chicken Breast with Lettuce		X			X		X											X	X	
Pulled BBQ White Chicken		X			X		X	X	X	X						X		X	X	
Veggie with lettuce, tomatoes, cucumbers, carrots, onions (SEE BREAD ABOVE)		X	X	X	X			X										X	X	
	cheese (vendor may vary)**	X	X									X						X	X	
Lite Chicken Salad		X			X			X	X	X	X							X	X	X
Lite Tuna Salad		X			X			X	X	X	X					X	X	X	X	X
Homemade Veggie Burger			X	X	X		X	X							X			X	X	X
	cheese (vendor may vary)**	X	X									X						X	X	
<b>Homemade Sauces and Dressings (1TB portion)</b>																				
BBQ		X	X	X	X		X	X	X	X						X		X	X	
Curry		X	X	X	X			X	X	X								X	X	
Jerk			X	X	X		X	X	X	X						X		X	X	X
House Vinaigrette		X	X	X	X				X	X								X	X	X
Lite House Vinaigrette		X	X		X				X	X	X							X	X	X
Lite Honey Lime		X	X		X				X	X	X					X		X	X	X
Lite Cucumber Dill		X	X		X		X	X	X		X							X	X	X
Tangy Sauce (contains sour**)		X	X				X	X	X	X			X					X	X	
Lite Zesty Ranch		X	X				X	X	X		X	X						X	X	X
<b>Drinks</b>																				
Fruit Tea		X	X	X	X					X						X		X	X	
<b>DESSERT BARS</b>																				
Chocolate Mint Bars			X		X					X	X				X			X	X	X
Calypso Bar			X		X	X				X	X			X	X	X		X	X	X
Carrot Cake Bar			X		X					X	X				X			X	X	X
<b>SOUPS</b>																				
Chicken Pasta					X		X	X							X			X	X	X
Veggie Stew		X	X	X	X		X	X										X	X	X
Vegetarian Chili		X	X	X	X			X										X	X	
Bean and Barley			X	X			X	X										X	X	X
White Chili and Gumbo		X			X		X	X										X	X	X
Tortilla Soup					X		X	X							X			X	X	X
Tomato Basil		X	X	X	X		X	X		X								X	X	X

\*\*Vendor may vary which could alter data. Cheese and Sour cream can contain gluten. \*\*\*We know that some folks are extremely allergic to gluten, and we want to make certain that our customers understand our spices and our ingredients are often stored in warehouses and facilities where exposure to flour dust is unavoidable.

\*\*\*\*all menu items soy free except vegetable oil may contain soybean oil