



Allergen Information

(Updated: July 21st 2018)

Disclaimer: While we do our best to ensure items are gluten free, vegan, and only have the allergens listed below, we are a small kitchen and cross contamination is possible. Bowlbar or makes no guarantees of allergen contamination. Use this guide at your own risk.

- **Skinny chic chopped salad**
 - Seeds - Sunflower seeds
- **Mango-lime salad with grilled ahi tuna**
 - Fish - Tuna, Thai lime vinaigrette
 - Nuts - Peanuts
 - Seed - Thai lime vinaigrette, pan spray
 - Soy - Pan spray
- **Spinach, beet & grilled chicken salad**
 - Milk - Goat cheese
 - Nuts - Walnuts
 - Seed - Pan spray, Dijon vinaigrette (mustard seed)
 - Soy - Pan spray
- **Kale & quinoa salad with roast tofu**
 - Seed - Quinoa, sesame oil
 - Nuts - pecans
- **Cobb salad with grilled chicken**
 - Egg - Hard cooked egg
 - Seed - Pan spray, Dijon vinaigrette (mustard seed)
 - Soy - Pan spray
- **Tuna poke**
 - Fish - Ahi tuna
 - Seed - Ginger orange dressing (sesame oil)
 - Soy - Ginger orange dressing (Tamari soy sauce), quinoa dressing (Tamari soy sauce)
 - Sulfites - Sriracha
- **Mexican street corn, chicken & rice bowl**
 - Milk - Queso fresca, Sour cream
 - Egg - Corn dressing (mayonnaise)



- Seed - Pan spray
- Soy - Pan spray, Corn dressing (mayonnaise)
- **Roast vegetable buddha bowl**
 - Seed - Pan spray
 - Soy - Banana ketchup (soybean oil in curry powder), Pan spray
- **Korean beef bbq bowl**
 - Nuts - Cashews
 - Fish - Kimchi
 - Seed - Ginger orange dressing (sesame oil), Pan spray
 - Soy - Ginger orange dressing (Tamari soy sauce), Pan spray
 - MSG - Kimchi
- **Big kahuna hawaiian bowl**
 - Shellfish - Shrimp
 - Seed - Ginger orange dressing (sesame oil), Pan spray
 - Soy - Ginger orange dressing (Tamari soy sauce), Pan spray
- **Chicken & vegetable ramen**
 - Wheat - Ramen noodles, Chicken stock
 - Milk - Chicken stock
 - Egg - Hard cooked egg
 - Seed - Pan spray
 - Soy - Pan spray, Chicken stock
- **Tofu, peanut & soba noodle salad**
 - Wheat - Soba noodles
 - Nuts - Peanuts, Peanut dressing
 - Seed - Peanut dressing (Sesame oil)
 - Soy - Tofu, Peanut dressing (Tamari soy sauce)
 - Sulfites - Peanut dressing (Five spice)
- **Vietnamese shrimp & rice noodle salad**
 - Shellfish - Shrimp
 - Fish - Fish sauce (nuoc chom)
 - Nuts - Peanuts
- **Mongolian wok**
 - Seed - Ginger orange dressing (sesame oil), Pan spray
 - Soy - Ginger orange dressing (Tamari soy sauce), Pan spray
- **Pho**
 - Seed - Ginger orange dressing (sesame oil), Pan spray
 - Soy - Ginger orange dressing (Tamari soy sauce), Pan spray, Beef broth
 - Sulfites - Beef broth