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Updated July 2017

Item	Gluten-free	Dairy-free	Egg-free	Soy-free	Vegetarian	Vegan	Shellfish-free
Imaginibbles							
Do-Re-For-Me							
Grilledzilla							
Grilledzilla with Turkey							
Flutter Bite							
Crocamole							
Under the Sea-Za							
Taste Buds							
Whoopsie Daisy							
Gluten-Free Bread							
Side of Veggie Tots							
Pizza							
Cheese Pizza							
Pepperoni Pizza							
Mediterranean Pesto							
Add-On Chicken							
Add-on Pepperoni							
Gluten-Free Crust							

Item	Gluten-free	Dairy-free	Egg-free	Soy-free	Vegetarian	Vegan	Shellfish-free
Grown-Up Sandwiches							
Great Turkado (without salad)							
Tuna Dillight Cold (without salad)							
Tuna Dillight Melt (without salad)							
Hum Diggity (without salad)							
Mona Cheesa (without salad)							
Meat & Greet (without salad)							
Chicken Pesto Chango (without salad)							
Side Salad with Balsamic Vinaigrette							
Gluten-Free Bread							
Salads							
Mediterrane-Yum (without dressing)							
Q&A (without dressing)							
Add-On Chicken							
Add-On Avocado							
Add-On Tuna Salad							
Soups							
Creamy Tomato							
Chicken & Wild Rice							

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Item	Gluten-free	Dairy-free	Egg-free	Soy-free	Vegetarian	Vegan	Shellfish-free
Roasted Garlic Mushroom							
Vegetable Lentil							
Poblano Pepper & Corn Chowder							
Imaginibbles Snacks							
Googly Fruit Cup							
Side of Veggie Tots							
Pancake Puffadoodles							
Fruit Fun-Due							
Veggie Fun-Due							
Treats							
Pea-Moji Cookies							
Brownie Bites							
Confetti Cake Pops							
Smoothies							
Pink Patootie Smoothie							
Flamango Smoothie							
Cold Drinks							
Classic Lemonade							
Raspberry Lemonade							



Item	Gluten-free	Dairy-free	Egg-free	Soy-free	Vegetarian	Vegan	Shellfish-free
Organic Iced Tea							
Iced Coffee							
Iced Latte							
Iced Vanilla Latte							
Iced Caramel Latte							
Iced Cafe Miel							
Iced Mocha							
Iced Tiramisu Mocha							
Iced Chai							
Iced Caramel Chai							
Hot Drinks							
Organic Tea							
Organic Coffee							
Americano							
Café Au Lait							
Latte							
Vanilla Latte							
Caramel Latte							
Cafe Miel							
Mocha							



Item	Gluten-free	Dairy-free	Egg-free	Soy-free	Vegetarian	Vegan	Shellfish-free
Tiramisu Mocha							
Chai							
Caramel Chai							
Cappuccino							
Espresso							
Macchiato							
Extra Espresso Shot							
Extra Pump of Flavor							
Organic Soy Milk							
Kid-Friendly Hot Drinks							
MVPea							
Sweet Pea							
BeanFFs							
Jolly Bean							

All sandwiches and pizzas entrees can be made with gluten-free bread or crust.

We are always hapPEA to show you any ingredient labels (bread, crust, etc.) so you can see nutritional information for yourself!



NOTICE

Nutritional information is based on Bean Sprouts' standardized recipes, representative values provided by suppliers, analysis, published resources, and are expressed in values based on federal rounding and other applicable regulations.

A number of factors may affect the actual nutrition values for each product, including the fact that our menu items are handcrafted and may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences.

Accordingly, Bean Sprouts cannot guarantee that the nutritional information provided here or available in any café is completely accurate as it relates to the prepared menu items in every café.

In addition, testing of new recipes of existing products may be conducted from time to time in certain markets. These new recipes may contain different/additional ingredients, including allergens, as compared to the original version. Some cafés may serve menu items which are not listed here. For the most up-to-date information on limited time offering menu items, please call or visit your nearest café to speak with a Bean Leader.

Allergen Statement: While we do our best to accommodate special dietary needs, and our recipes do not contain nuts, Bean Sprouts cannot guarantee that food from our vendors is free of nuts, dairy, gluten, soy, eggs, or other allergens.