

Chicken & Sesame Chopped Salad	GF, CC, ND, PS				✓				Cashew			SESAME, CASHEW
w/ Citrus Sesame Vinaigrette	GF, CC, ND, PS, SC, V*				✓							SESAME
Greek Salad - Chicken	GF, CC		✓									MILK
w/ Greek Vinaigrette	GF, CC, PP, SC		✓									MILK
Greek Salad - Shrimp	GF, CC		✓							✓		MILK, SHRIMP
w/ Greek Vinaigrette	GF, CC, PP, SC		✓									MILK
Grilled Scottish Salmon Nicoise Salad	GF, CC, ND	✓									✓	EGG, SALMON
w/ Red Wine Dijon Vinaigrette	GF, CC, ND, PS, SC, V*											
Healthy Caesar Salad-Shrimp	CC					✓				✓		SHRIMP, WHEAT
w/ Caesar Dressing	GF, CC, PP, SC	✓	✓	✓								EGG, MILK, SOYBEAN
Healthy Caesar Salad-Chicken	CC					✓						WHEAT
w/ Caesar Dressing	GF, CC, PP, SC	✓	✓	✓								EGG, MILK, SOYBEAN
Red & Green Salad	GF, CC, ND, PS, SC, V*											
w/ Cilantro Lime Dressing	GF, CC, ND, PS, SC, V*											
Spinach & Goat Cheese Salad	GF, CC		✓						Walnut			MILK, WALNUT
w/ Raspberry Beet Vinaigrette	GF, CC, ND, SC, PS, V*											

LUNCH

	DIETARY ATTRIBUTES	EGG	MILK	SOY	SESAME	WHEAT	PEANUT	TREE NUT	SHELL FISH	FISH	ALLERGY STMT
Chicken & Butternut Squash Macaroni	GF, SC		✓					Walnut			MILK, WALNUT
Chicken & Green Chile "Enchiladas"	GF, CC, ND, PS	✓						Almond Cashew			ALMOND, CASHEW, EGG
Crunchy Coconut Shrimp	GF, ND								✓		SHRIMP
Quinoa "Fried Rice"	GF, ND, PP, SC	✓		✓	✓						EGG, SOYBEAN, SESAME
Beef Stroganoff	GF		✓								MILK
Fettuccine and Vegetable "Alfredo"	GF, ND, SC, V*							Almond Cashew			ALMOND, CASHEW
Grass-Fed Bison Quinoa "Hash"	GF		✓								MILK
Grass-Fed Lamb Lasagna	GF, ND, P	✓						Almond			ALMOND, EGG
Grilled "Kale Hoppin'" John	GF, ND, SC, V*				✓						SESAME
Housemade Italian Beef Sausage & Spirals	GF		✓								MILK
Siam Lentil Bowl	GF, CC, ND, SC, V*							Almond Cashew			ALMOND, CASHEW
Chicken Tikka Masala	GF, CC		✓								MILK
Chicken Teriyaki & Forbidden Rice Bowl	GF, CC, ND			✓	✓						SOYBEAN, SESAME
Spaghetti & Turkey "Bolognese"	GF		✓								MILK
Turkey Chili	GF		✓								MILK

WRAPS

	DIETARY ATTRIBUTES	EGG	MILK	SOY	SESAME	WHEAT	PEANUT	TREE NUT	SHELL FISH	FISH	ALLERGY STMT
Chicken Caesar Wrap	GF, CC	✓	✓	✓							EGG, MILK, SOYBEAN
Chicken Strip Snack Wrap	GF, ND, SC							Almond			ALMOND

SOUPS

	DIETARY ATTRIBUTES	EGG	MILK	SOY	SESAME	WHEAT	PEANUT	TREE NUT	SHELL FISH	FISH	ALLERGY STMT
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NUTTY MAGIC
BAGS & QUICK BITES

	DIETARY ATTRIBUTES	EGG	MILK	SOY	SESAME	WHEAT	PEANUT	TREE NUT	SHELL FISH	FISH	ALLERGY STMT
Caveman Quickies/Clusters-Antioxidant	GF, C C, ND, P, PP, SC							Almond Pecan			ALMOND, PECAN
Caveman Quickies/Clusters-Omega-3	GF, C C, ND, P, PP, SC							Almond Walnut			ALMOND, WALNUT
Go Bar	GF, PP, SC		✓		✓			Almond			ALMOND, MILK, SESAME
Roasted Almonds	GF, C C, ND, P, SC, V*							Almond			ALMOND
Roasted Cashews	GF, C C, ND, P, SC, V*							Cashew			CASHEW
Seed Bar	GF, ND, P, SC, V*				✓			Almond Cashew			ALMOND, CASHEW, SESAME
City Blend	GF, C C, ND, PP, SC	✓						Pecan Walnut			EGG, PECAN, WALNUT
Necessity Blend	GF, ND, PP, PS, SC	✓						Almond Cashew Pecan Walnut			ALMOND, CASHEW, EGG, PECAN, WALNUT
War Bar	GF, ND, PP, SC	✓						Almond			ALMOND, EGG

SNAPPY BITES

	DIETARY ATTRIBUTES	EGG	MILK	SOY	SESAME	WHEAT	PEANUT	TREE NUT	SHELL FISH	FISH	ALLERGY STMT
Snappy Bites Cheesy Egg Cups	GF, C C, SC	✓	✓								EGG, MILK
Snappy Bites Bolognese	GF, SC		✓								MILK
Snappy Bites Chicken Strips	GF, ND, PS, SC							Almond			ALMOND

DESSERTS &
BAKED GOODS

	DIETARY ATTRIBUTES	EGG	MILK	SOY	SESAME	WHEAT	PEANUT	TREE NUT	SHELL FISH	FISH	ALLERGY STMT
Chocolate Chip Cookies	GF, ND, SC, V*							Almond			ALMOND
Chocolate Brownie	GF, ND, PP, SC	✓						Almond			ALMOND, EGG
Strawberry Cheesecake	GF, PP, SC, CC		✓					Pecan			MILK, PECAN
"Key Lime Pie"	GF, SC		✓					Pecan			MILK, PECAN
Coconut Macaroons	GF, C C, ND, PS, SC, V*							Almond			ALMOND
Silken Chocolate "Mousse"	GF, ND, SC, V*			✓				Almond			ALMOND, SOYBEAN

Snap Kitchen strives to prevent cross-contact of our foods with allergens by following best practices. Unfortunately, whenever food is prepared in a common kitchen cross-contact remains a possibility despite best practices. Please be aware that cross-contact of food allergens while not likely, is possible as all Snap Kitchen food may have been prepared in a common kitchen that could contain trace or larger amounts of wheat, tree nuts, soy, seafood, shellfish, egg, sesame and milk.

