

Allergy Info GDAC June 2024

Breads

Gluten Free: Rotella's GF Bun (\$4 up charge)

Dairy Free: Sourdough, Seeded Baguette

Vegetarian: Sourdough, Seeded Baguette, Long Roll,

Vegan: Sourdough, Seeded Baguette, Burger Bun, Rotella's GF Bun

Soy Free: Sourdough, Seeded Baguette, Brioche

Croutons: Soy Free

Brioche Bun: Contains wheat, eggs, and dairy.

Cuban Hero (long roll): Contains, wheat, soy & dairy.

Tomato Parker Roll: Contains wheat, no soy, sesame or dairy

Burger Bun: Vegan

Seeded Baguette: Contain wheat & sesame seeds.

Sourdough: Contains wheat.

Corn Tortillas are dairy, gluten free & vegan (this includes tortilla chips)

Dressings/Sauces

Balsamic Vinaigrette: Vegan, GF

Shishito Vinaigrette: Vegan, GF

Balsamic Glaze: Vegan, GF

Caesar: Contains anchovies, eggs & cheese, GF as is, contains soy & dairy.

Buffalo Sauce: Contains dairy (butter), GF, contains soy.

BBQ Sauce: Vegan, GF

Blue Cheese: Contains dairy, GF.

Pesto: Dairy & GF. No nuts.

Mayo: Contains eggs & soy, DF, GF.

Ranch: Contains dairy, eggs, & soy. GF.

Horseradish Blue Cheese: Contains dairy, eggs, & soy. GF.

Shallot Lemon Aioli: Vegan. GF. Contains soy.

Avocado Lime Aioli: Contains eggs, dairy & soy.

Charred Tomato Aioli: Contains eggs, dairy & soy.

Lemon Basil Aioli: Contains eggs, dairy & soy.

Vegan Ranch: Contains soy.

Cajun Remoulade: Contains eggs, dairy & soy.

Citrus Dill Crema: Contains eggs, dairy & soy.

Burrata Pesto Sauce: Contains dairy

Citrus Sage Velouté: Contains dairy & gluten

Tomato Basil Sauce: Vegetarian, GF, cannot be vegan.

Sriracha Mayo: Contains soy. GF & DF. Vegetarian.

Horseradish Mayo: GF & DF. Contains eggs, soy & fermented fish in Worcestershire.

Hot Pepper Relish: GF, vegetarian & vegan as is.

VEGAN ITEMS:

- House Salad
- Vegan Tenders
- Blistered Shishito Peppers sub vegan ranch
- Southwest Bowl
- Cobb Bowl no bacon, sub vegan ranch
- Poke Bowl sub veggies or crispy tofu for tuna & no sriracha mayo
- Vegan Smash
- Shrimp Po Boy sub crispy tofu & vegan ranch or lemon shallot aioli

- Veggies (check prep-can be made with EVOO vs. butter)
- Check daily specials for additional items.

VEGETARIAN ITEMS

- Fried Mozzarella
- Mac & Cheese
- Vegan Tenders
- Blistered Shishito Peppers
- Southwest Bowl
- Cobb Bowl no bacon
- Poke Bowl sub veggies or crispy tofu for tuna & no sriracha mayo
- House Salad
- Grilled Chicken Caprese no chicken
- Vegan Smash
- Shrimp Po Boy sub crispy tofu
- Adult Grilled Cheese
- Burrata Pappardelle
- Veggies (check today's prep-can be made with EVOO vs. butter)
- Check daily specials for additional items.

GLUTEN FREE ITEMS:

Note: Anything fried is fried in the same fryer as breaded items at 350 degrees, so omit fried items if you have celiacs disease.

Wings

Blistered Shishito Peppers

Mussels' no bread

Clams no bread

Caesar Salad (w/o croutons)

Southwest bowl

Cobb Bowl sub rice (GF couscous coming in soon so ask your server)

Poke Bowl (w/o wakame it is dressed in soy and no soy glaze) Sub Tamari

House Salad

GD, AC Smash or Vegan Smash Burgers sub-GF Bun

Short Rib Grilled Cheese sub-GF bun

Grilled Chicken Caprese sub-GF bun

Steak Sandwich sub-GF bun (check today's prep for other allergens)

Salmon BLT sub-GF bun

Steak-if we have it today-check prep-sauce could have flour etc.

Octopus no crispy capers

Roast Chicken no velouté

Fries

Veggies (check prep, but almost always is and can be made GF)

Desserts & Specials change, so check w/ your server. All Kizbee's desserts are GF as is.