



# How' to Eat FOODOLOGY



## DAIRY FREE

Dairy free menu

READ ALL DESCRIPTIONS CAREFULLY  
ALWAYS HAVE MEDICINE (ANTACID)

ADD DRESSINGS

### BREAKFAST BOWLS

CLASSIC OATMEAL

### BREAKFAST BURRITOS

EGG, CHEESE, & POTATO  
EGG, CHEESE, BACON, &  
POTATO  
EGG, CHEESE, SAUSAGE, &  
POTATO  
EGG WHITES, CHEESE, SPINACH,  
& POTATO

### PANCAKES & CREPES

NONE

### SIMPLY FRESH SALADS

FREEKAH VEGAN  
ANCIENT GRAIN

### URBAN GRILL

RIVERSIDE TURKEY CLUB  
SANDWICH  
CLASSIC CHEESEBURGER  
CALI BURGER  
BACON CHEESEBURGER

### SIDES

HAND CUT CHIPS  
FRENCH FRIES  
FRESH FRUIT  
GARDEN SALAD  
PASTA SALAD



How to Eat

# FOODOLOGY



NO GLUTEN ADDED

Added means the recipe itself does not

ASK EMPLOYEES TO CHANGE THEIR GLOVES  
ASK QUESTIONS OR FOR  
CLARIFICATIONS

FEEL LIMITED WITH YOUR OPTIONS

## BREAKFAST BOWLS

CLASSIC OATMEAL

## BREAKFAST BURRITOS NONE

## PANCAKES & CREPES NONE

## SIMPLY FRESH SALADS

ANCIENT GRAIN CAPRESE  
ANCIENT GRAIN

## URBAN GRILL NONE

## SIDES

HAND CUT CHIPS  
FRENCH FRIES  
FRESH FRUIT  
GARDEN SALAD



# How to Eat FOODOLOGY



## NUT ALLERGIES

**Nut allergies** include any form of tree nut including walnut, almond, hazelnut, cashew, and pistachio.



READ MENU ITEMS CAREFULLY  
ASK EMPLOYEES TO SWITCH  
GLOVES (IF SEVERE)

**DO**



CONSUME ANY BAKED GOODS

**DON'T**

## FOOD ITEMS TO CHOOSE FROM

### BREAKFAST BOWLS

BANANA BERRY CRUNCH  
OATMEAL  
CLASSIC OATMEAL  
ACAI BOWL

### EGGS BENEDICT

TUESDAY THRU THURSDAY

### BREAKFAST BURRITOS

EGG, CHEESE, & POTATO  
EGG, CHEESE, BACON, & POTATO  
EGG, CHEESE, SAUSAGE, &  
POTATO  
EGG WHITES, CHEESE, SPINACH,  
& POTATO  
SONORAN  
(TUESDAYS & THURSDAYS ONLY)

### PANCAKES & CREPES

MOLTEN CHOCOLATE  
(MONDAY & FRIDAY ONLY)  
CLASSIC PANCAKES  
(MONDAY & FRIDAY ONLY)  
BLUEBERRY CRUNCH PANCAKE  
(MONDAY ONLY)  
FRESH BERRY CREPE  
(TUESDAY THRU FRIDAY)

### SIMPLY FRESH SALADS

JICAMA AVOCADO FREEKAH  
ANCIENT GRAIN CAPRESE  
CLASSIC CHICKEN CAESAR  
SESAME JADE  
FREEKAH VEGAN  
ANCIENT GRAIN

### URBAN GRILL

RIVERSIDE TURKEY CLUB  
SANDWICH  
RANCH HAND CRISPY CHICKEN  
SANDWICH  
CLASSIC CHEESEBURGER  
CALI BURGER  
BACON CHEESEBURGER

### SIDES

HAND CUT CHIPS  
FRENCH FRIES  
FRESH FRUIT  
GARDEN SALAD  
PASTA SALAD



# How to Eat FOODOLOGY

PAY ATTENTION TO FOOD LABELS  
ASK QUESTIONS

FEEL LIMITED WITH YOUR OPTIONS

## BREAKFAST BOWLS

BANANA BERRY CRUNCH  
OATMEAL  
CLASSIC OATMEAL  
ACAI BOWL

## BREAKFAST BURRITOS

EGG, CHEESE, & POTATO  
EGG WHITES, CHEESE, SPINACH,  
& POTATO

## PANCAKES & CREPES

MOLTEN CHOCOLATE  
(MONDAY & FRIDAY ONLY)  
CLASSIC PANCAKES  
(MONDAY & FRIDAY ONLY)  
BLUEBERRY CRUNCH  
PANCAKE  
(MONDAY ONLY)  
FRESH BERRY CREPE  
(TUESDAY THRU FRIDAY)  
FRESH CREPES  
(WEDNESDAY ONLY)

## SIMPLY FRESH SALADS

JICAMA AVOCADO FREEKAH  
ANCIENT GRAIN CAPRESE  
SESAME JADE  
FREEKAH VEGAN  
ANCIENT GRAIN

## URBAN GRILL NONE

## SIDES

HAND CUT CHIPS  
FRENCH FRIES  
FRESH FRUIT  
GARDEN SALAD  
PASTA SALAD