

FLIP KITCHEN

Allergen Information

Due to the handcrafted nature of our food, variations in our supplier ingredients, and our use of shared cooking and preparation areas, we cannot ensure that our food is free from any allergens. We prepare our foods following procedures to prevent allergen cross-contact, but products containing dairy, soy, wheat and egg are all made in our stores.

SMOOTHIES	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Acai Energy								GF
Bangin' Berry								GF
Caribbean Craze								GF
Blueberry Boost								GF
Jamaican Jammer								GF
Mango Me Crazy								GF
Maui Mango								GF
Orange Sunrise								GF
Peach on the Beach								GF
Tropical Therapy								GF
Wild Strawberry								GF
Goin' Green								GF
Superblends Detox								GF
Peanut Butter Protein								GF
Enter The Dragon								GF

Gluten Free Dairy Vegan

SALADS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Buffalo Chicken								
Chicken Caesar								
Roadhouse BBQ Chicken								
Strawberry & Kale								
SW Chipotle Chicken								
Chicken Avocado Cobb								

RICE BOWLS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Buffalo	☑	☑				☑		
Baja Queso	☑	☑				☑		
Florence	☑	☑						
KC BBQ	☑	☑						
Mexican	☑	☑				☑		
Spicy Korean BBQ		☑			☑	☑		
Power Protein	☑	☑				☑		
Grilled FLATBREADS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Chipotle Chicken Club	☑	☑			☑	☑		
BBQ Bacon Chicken	☑	☑			☑			
Pesto Chicken	☑	☑	☑		☑			
Sante Fe	☑	☑			☑	☑		
Kale Caesar	☑	☑			☑	☑	☑	
TOASTED WRAPS	Dairy	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Super Green	☑	☑			☑	☑	☑	
Diablo Chicken	☑	☑			☑	☑		
Chicken Avocado	☑	☑			☑	☑		
Mexicano	☑	☑			☑	☑		
Spinach Pesto	☑	☑	☑		☑			

All Chicken Contains No Antibiotics **EVER!**

* Based on availability

2,000 calories a day used for general nutrition advice, but calorie needs vary.

Additional nutritional information is available upon request.

