



Eat Well: Lower in calories, saturated fat and sodium AND at least one full serving of nutritionally dense ingredients like vegetables, lean protein, whole grains or fresh greens.



Vegan: Contains no animal products of any kind.



Vegetarian Contains no meat, fish or poultry.



Plant Forward: A style of cooking & eating emphasizing healthy plants at the center of the plate. May contain a proportionally small quantity of animal protein.



Cool Foods: Certified climate-friendly by the World Resources Institute. These items have a low impact on the climate, making them a delicious way to help the planet.



Whole Grains: This menu item has whole grains as one of the leading ingredients in the recipe.



Made Without Gluten: Selections made with ingredients that do not contain gluten. **IMPORTANT:** Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible. Aramark relies on its manufacturers' ingredient listings in determining whether an ingredient contains gluten.