

# ALLERGEN & DIETARY RESTRICTIONS GUIDE

WE OFFER THIS DINING GUIDE TO HELP YOU NAVIGATE ALLERGENS OR DIETARY RESTRICTIONS ON OUR MENU. IN MANY CASES, SIMPLE ALTERATIONS CAN BE MADE TO ACCOMMODATE THESE RESTRICTIONS PLEASE ASK OUR KNOWLEDGEABLE STAFF TO HELP YOU OUT.

MENU ITEM	VEGETARIAN	VEGAN	GLUTEN	DAIRY	SOY	EGGS	PEANUTS	TREE NUTS	FISH
<b>LIGHT BITES</b>									
CAPRESE SKEWERS	●			●					
CAPRESE BRUSCHETTA	●	ASK OUR STAFF ABOUT DIETARY RESTRICTIONS FOR SEASONAL ITEMS ●							
SEASONAL BRUSCHETTA									
<b>SALADS</b>									
MIXED GREEN (NO DRESSING)			●	●					
CLASSIC CAESAR			●	●		●			●
ROASTED VEGETABLE	●							●	
VEGETABLE	●			●					
CAPRESE	●		●	●					
QUINOA, BEET & ARUGULA	●			●				●	
ITALIAN CHOPPED				●					
CHICKEN & PINE NUTS				●				●	
SALMON & KALE			●					●	●
CHICKEN, SPINACH & APPLE				●				●	
TURKEY & FETA		ASK OUR STAFF ABOUT DIETARY RESTRICTIONS FOR SEASONAL ITEMS ●							
SEASONAL SALAD									
<b>DRESSING &amp; INGREDIENTS</b>									
BALSAMIC VINAIGRETTE	●								
CAESAR				●		●			●
CHAMPAGNE VINAIGRETTE	●								
GORGONZOLA VINAIGRETTE	●			●					
RED WINE VINAIGRETTE	●	●							
ROASTED GARLIC VINAIGRETTE	●	●							
CHICKEN									
SALMON									●
<b>SIGNATURE PIZZAS (ALL L. STED WITH ORIGINAL TH. U. CRUST)</b>									
MOZZARELLA, FONTINA & BASIL	●		●	●					
SAUSAGE & CARAMELIZED ONION			●	●					
PEPPERONI & CRIMINI MUSHROOM			●	●					
PROSCIUTTO & FIG			●	●					
LASAGNA PIE			●	●		●			
SUPREMA			●	●					
CHICKEN CAESAR & PARMESAN			●	●		●			●
CHICKEN PESTO			●	●				●	
SPICY CHICKEN SAUSAGE			●	●					
ROSEMARY POTATO	●		●	●					
PORTOBELLO & ARTICHOKE	●		●	●					
WILD MUSHROOM	●		●	●					
SEASONAL PIZZA		ASK OUR STAFF ABOUT DIETARY RESTRICTIONS FOR SEASONAL ITEMS							

MENU ITEM	VEGETARIAN	VEGAN	GLUTEN	DAIRY	SOY	EGGS	PEANUTS	TREE NUTS	FISH
<b>BUILD YOUR OWN PIZZA</b>									
<b>CRUST</b>									
ORIGINAL THIN	●	●	●						
ARTISAN HAND-STRETCHED	●	●	●						
GLUTEN-FREE (CAULIPOWER <sup>®</sup> CRUST)	●					●			
<b>SAUCE</b>									
PIZZA SAUCE	●	●							
<b>MEATS</b>									
APPLEWOOD SMOKED BACON									
HOUSEMADE MEATBALLS			●	●		●			
ITALIAN SAUSAGE									
PEPPERONI									
PROSCIUTTO									
SMOKED HAM									
SPICY CHICKEN SAUSAGE				●					
SOPRESSATA									
<b>ADDITIONAL CHEESE</b>									
FRESH MOZZARELLA	●			●					
RICOTTA	●			●					
SMOKED MOZZARELLA	●			●					
<b>VEGGIES</b>									
ARTICHOKE HEARTS	●	●							
CARAMELIZED ONION	●	●							
CRIMINI MUSHROOMS	●	●							
FRESH BASIL	●	●							
FRESH GARLIC	●	●							
FRESH TOMATOES	●	●							
HATCH GREEN CHILES	●	●							
KALAMATA OLIVES	●	●							
RED ONIONS	●	●							
ROASTED RED PEPPERS	●	●							
SAUTEED SPINACH	●	●							
WILD MUSHROOMS	●	●							
<b>PANINIS (ALL SERVED ON FOCACCIA W/ TA KETTLE CH. PS)</b>									
TURKEY & FONTINA			●	●	●	●		●	
MEATBALLS & MOZZARELLA			●	●		●			
THE ITALIAN			●	●					
GRILLED CHEESE	●		●	●					
<b>ADDITIONS</b>									
APPLEWOOD SMOKED BACON									
HATCH GREEN CHILES	●	●							

● = NOTES MENU ITEMS THAT CONTAIN LISTED ALLERGEN

PLEASE ASK A STAFF MEMBER IF SUBSTITUTIONS CAN BE MADE TO ELIMINATE A PARTICULAR ALLERGEN OR DIETARY RESTRICTION.

**ALLERGY WARNING:** PLEASE ALERT ONE OF OUR TEAM MEMBERS OF ANY ALLERGIES OR DIETARY REQUESTS WHILE ORDERING. WHILE WE TAKE SPECIAL PRECAUTIONS WITH GLUTEN-FREE AND ALLERGEN REQUESTS, WE CAN MAKE NO GUARANTEE OF AN ALLERGEN FREE ENVIRONMENT. CROSS CONTAMINATION BETWEEN INGREDIENTS CAN OCCUR NO MATTER THE PRECAUTIONS TAKEN.

MENU ITEM	VEGETARIAN	VEGAN	GLUTEN	DAIRY	SOY	EGGS	PEANUTS	TREE NUTS	FISH
<b>PASTA</b>									
PASTA, RED SAUCE & MOZZARELLA	●		●	●					
MAC 'N CHEESE			●	●					
PASTA & MEATBALLS			●	●		●			
SPICY CHICKEN SAUSAGE & CHEESE SAUCE			●	●					
CHICKEN & BROCCOLI & CHEESE SAUCE			●	●					
BAKED BEEF LASAGNA			●	●					
<b>ADDITIONS &amp; SUBSTITUTIONS</b>									
GLUTEN-FREE PENNE PASTA	●	●							
ITALIAN SAUSAGE									
HOUSEMADE MEATBALLS			●	●		●			
PASTA SAUCE	●			●					
CHEESE SAUCE				●					
<b>HOUSE MADE SOUPS &amp; SIDES</b>									
TUSCAN TOMATO SOUP	●			●					
CHICKEN NOODLE SOUP			●	●					
WHITE BEAN POTATO SOUP				●					
MINESTRONE SOUP	●		●	●					
MAC 'N CHEESE, SIDE			●	●					
PASTA & MEATBALLS, SIDE			●	●		●			
SPICY CHICKEN SAUSAGE & CHEESE SAUCE, SIDE			●	●					
PASTA, RED SAUCE & MOZZARELLA, SIDE	●		●	●					
CHICKEN & BROCCOLI & CHEESE SAUCE, SIDE			●	●					
DINNER ROLL W/BUTTER	●		●	●					
<b>KIDS (L. ST. AG DOES NOT INCLUDE ROLL W/BUTTER OR THE BEVERAGE)</b>									
MAC 'N CHEESE			●	●					
GRILLED CHEESE	●		●	●					
PASTA, RED SAUCE & MOZZARELLA	●		●	●					
CHEESE PIZZA	●		●	●					
<b>DESSERTS</b>									
TIRAMISU <sup>2+</sup>	●		●	●		●		●	
TRIPLE CHOCOLATE CHUNK COOKIE	●		●	●	●	●			
PIZZA COOKIE W/ VANILLA GELATO	●		●	●	●	●			
LOCAL GELATO (ASK US ABOUT OUR CURRENT OFFERINGS)									
CHOCOLATE	●			●					
VANILLA	●			●		●			

OUR STAFF IS VERY KNOWLEDGEABLE ABOUT OUR MENU ITEMS AND CAN HELP ACCOMMODATE ANY QUESTIONS YOU MAY HAVE REGARDING ALLERGIES OR PREFERRED MODIFICATIONS.

HERE ARE A FEW OF OUR MOST POPULAR MODIFICATIONS:

**VEGAN PASTA:** REPLACE OUR PASTA RED SAUCE WITH OUR PIZZA SAUCE AND OPT FOR NO CHEESE.

**VEGAN PIZZA:** SIMPLY OPT FOR NO CHEESE AND ADD A BUNCH OF VEGGIES.

**VEGAN SALAD:** SIMPLY OPT FOR NO CHEESE AND ADD A BUNCH OF VEGGIES.

**VEGAN DRESSINGS:** RED WINE VINAIGRETTE AND ROASTED GARLIC VINAIGRETTE

**ADDITIONAL MENU DETAILS:**

OUR BALSAMIC AND CHAMPAGNE VINAIGRETTE ARE NOT CONSIDERED VEGAN BECAUSE THEY CONTAIN HONEY.

OUR CHICKEN SAUSAGE HAS A HOG CASING.

OUR CHEESE SAUCE HAS CHICKEN STOCK.

- NOT ALL ITEMS ARE OFFERED AT ALL LOCATIONS -