Allergen Guide – October 2026

	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT*	SOYBEANS	SESAME
SALADS									
Asado									
Bachelor	X	X					X		
Beetnik	X				X				
Caesar	X	X	X				X		
Caesar w/ Grilled Chicken	X	X	X				X		
Chili Crisp		X					X	X	X
Delicata		X					X		X
Mandarin w/ Buttermilk Crispy Chicken	X				X		X	X	X
Mandarin w/ Grilled Chicken					X			X	X
Mixt Cobb	X	X							
Orchard	X				X				
Puebla w/ Buttermilk Crispy Chicken	X	X					X		
Puebla w/ Grilled Chicken	X	X							
Soba w/ Blackened Chicken							X	X	X
Soba w/ Tamari Salmon			X				X	X	X
WARM BOWLS									
Bachan's w/ Buttermilk Crispy Chicken	X						X	X	X
Bachan's w/ Grilled Chicken							X	X	X
Bachan's w/ Marinated Tofu							X	X	X
Dave's Taco	X	X						X	
Mediterranean	X				X		X		
Seoul Bowl								X	X
SANDWICHES									
Banh MIXT w/ Blackened Chicken	X	X					X	X	X
Banh MIXT w/ Grilled Marinated Organic Tofu	X	X					X	X	X
Caesar Sando w/ Buttermilk Crispy Chicken	X	X	X				X		
Caesar Sando w/ Grilled Chicken	X	X	X				X		
Napa	X	X			X		X		
MIXT Crispy	X	X					X		
SIDES									
Crispy Cauliflower	X						X		
Focaccia Bread							X		
French Fries							X*		
DRINKS									
Carrot Ginger Turmeric Blood Orange Agua Fresca									
Celery Cucumber Green Apple Agua Fresca									
Half Lemonade + Half Iced Tea									
Housemade Lemonade									
Unsweetened Peach Green Iced Tea									
TREATS									
Chocolate Chip Sea Salt Cookie	X	X					X	X	
Toffee Cookie	X	X			X		X	X	
KIDS									
Kids, Adventure Bowl - Crispy Chicken	X						X	X	X
Kids, Adventure Bowl - Tofu							X	X	X
Kids, Little Orchard					X				

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DYO ITEMS									
BASES									
arugula									
baby spinach									
butter									
kale									
mixt greens									
romaine									
cilantro lime brown rice + arugula									
cilantro lime brown rice + cabbage									
cilantro lime brown rice + kale									
quinoa + arugula									
quinoa + cabbage									
quinoa + kale									
PROTEIN									
applewood smoked bacon									
blackened chicken								X	
buttermilk crispy chicken	X						X		
crispy cauliflower	X						X		
grilled chicken									
grilled steak									
marinated organic tofu								X	
tamari salmon			X					X	X
SPECIALTY INGREDIENTS									
spiced candied almonds					X				
toasted almonds					X				
apples									
avocado									
red bell peppers									
black beans									
blue cheese	X								
breadcrumbs	X	X					X		
roasted broccoli									
cabbage									
carrots									
roasted cauliflower									
sharp cheddar	X								
cherry tomatoes									
chickpeas									
cilantro lime brown rice (2.5oz)									
cornbread crumble	X	X					X		
cotija	X								
cucumber									
currants									
roasted delicata squash									
dried cranberries									
edamame								X	
egg		X							
caramelized fennel									
feta	X								
furikake wonton crisps		X					X		
garlic herb croutons	X						X		
goat cheese	X								
roasted golden beets									
savory herbs – parsley, chives + tarragon									

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	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT*	SOYBEANS	SESAME
fresh herbs – basil + mint									
jicama									
kalamata olives									
kimchi									
lentils									
lime wedge									
caramelized onions									
oranges									
pickled jalapenos									
shaved parmesan	X								
herb roasted potatoes									
pumpkin seeds									
quinoa (2.5oz)									
radicchio									
watermelon radish									
pickled red onions									
scallions									
spicy sesame seeds									X
snow peas									
spicy pickled shimeji mushrooms									
soba noodles							X		X
spiced honey sweet potatoes									
chili tortilla crisps									
toasted walnuts					X				
za'atar pita crisps							X		
DRESSINGS + DRIZZLES									
Bachan's Japanese bbq drizzle							X	X	X
balsamic vinaigrette									
balsamic vinegar									
caesar dressing	X	X	X						
champagne vinaigrette									
chipotle crema	X	X							
extra virgin olive oil									
chili crisp dressing		X						X	X
ginger sesame drizzle								X	X
hatch chile lime vinaigrette									
lemon juice									
lemon tahini vinaigrette								X	X
miso ginger vinaigrette								X	X
MIXT fire sauce									
red chimichurri drizzle									
red pepper-walnut drizzle					X				
roasted poblano dressing	X	X							
salsa verde									
sesame gochujang drizzle								X	X
sherry vinegar									
sriracha ranch dressing	X	X							
tahini coconut vinaigrette									X
tamari ginger dressing								X	X

*ingredient does not contain wheat directly, but is fried in oil shared with wheat products