



How to Eat **FOODOLOGY**



DAIRY FREE

Dairy free means there has been no milk added to the products. Dairy products include but not limited to cheese, cream, butter, and yogurt.



**READ ALL DESCRIPTIONS CAREFULLY
ALWAYS HAVE MEDICINE (ANTACID)**

DO



ADD DRESSINGS

DON'T

FOOD ITEMS TO CHOOSE FROM

BREAKFAST BOWLS

CLASSIC OATMEAL

BREAKFAST BURRITOS

REQUEST WITHOUT CHEESE

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

REQUEST WITHOUT CHEESE

RIVERSIDE TURKEY CLUB

SANDWICH

CLASSIC CHEESEBURGER

CALI BURGER

BACON CHEESEBURGER

SIDES

HAND CUT CHIPS

FRENCH FRIES

FRESH FRUIT

GARDEN SALAD

PASTA SALAD



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NGA

NO GLUTEN ADDED

No Gluten Added means the recipe itself does not include gluten, however, the facility it was produced in may contain gluten in it. If you have Celiac intolerance or gluten sensitivity, use your best judgment according to the severity.



**ASK EMPLOYEES TO CHANGE THEIR GLOVES
ASK QUESTIONS OR FOR
CLARIFICATIONS**

DO



FEEL LIMITED WITH YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

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**



SHELLFISH ALLERGIES

Shellfish allergy is an abnormal response to the consumption of marine animals. This includes shrimp, crab, lobster, squid, oysters and scallops. Fish including salmon, tuna, and mahi-mahi are all acceptable to consume.



**KNOW THE DIFFERENCE
BETWEEN FISH AND SHELLFISH**

DO



FORGET EPIPEN (IF APPLICABLE)

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**



VEGETARIAN

Vegetarian means to abstain from meat products. One type of vegetarianism is *lacto-ovo vegetarian*. It includes eating plant foods, dairy products, and eggs which applies here.



**PAY ATTENTION TO FOOD LABELS
ASK QUESTIONS**

DO



FEEL LIMITED WITH YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

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