



How to Eat **THE HABIT** 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 (ANTACIDS)**

DO



ADD DRESSINGS

DON'T

FOOD ITEMS TO CHOOSE FROM

CHARBURGERS

CHAR BURGER-
NO CHEESE
DOUBLE CHAR-
NO CHEESE
TERIYAKI CHAR-
NO CHEESE
BBQ BACON CHAR-
NO CHEESE
SANTA BARBARA CHAR- NO
CHEESE

TREATS

SUNDAES

FRESH SALADS

GRILLED CHICKEN SALAD -
NO CHEESE
SANTA BARBARA COBB-
NO FETA CHEESE
GARDEN SALAD-
ITALIAN DRESSING IS DAIRY
FREE

SIDES

FRENCH FRIES
SWEET POTATO FRIES
TEMPURA GREEN BEANS

SANDWICHES

GRILLED CHICKEN
SANDWICH- NO CHEESE
GRILLED CHICKEN CLUB- NO
CHEESE
AHI TUNA FILET SANDWICH-
NO CHEESE
VEGGIE BURGER

BEVERAGES

BEVERAGES



How to Eat **THE HABIT** NO GLUTEN ADDED

NGA

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 GLOVES
ASK QUESTIONS OR FOR CLARIFICATIONS
AVOID FRIED FOODS
ASK FOR LETTUCE WRAP

DO



FEEL LIMITED

DON'T

FOOD ITEMS TO CHOOSE FROM

CHARBURGERS

CHAR BURGER-
LETTUCE WRAPPED
DOUBLE CHAR -
LETTUCE WRAPPED
SANTA BARBARA CHAR -
LETTUCE WRAPPED

FRESH SALADS

GRILLED CHICKEN SALAD- NO
CROUTONS
SANTA BARBARA COBB
GRILLED CHICKEN CAESAR
SALAD- NO *CROUTONS*
CAESAR SALAD-
NO CROUTONS
GARDEN SALAD-
NO CROUTONS

SANDWICHES

GRILLED CHICKEN SANDWICH
- *LETTUCE WRAPPED*
GRILLED CHICKEN CLUB
- *LETTUCE WRAPPED*
AHI TUNA FILET SANDWICH
- *LETTUCE WRAPPED*

TREATS

SUNDAES

SIDES

NONE

BEVERAGES

BEVERAGES
SHAKES



How to Eat **THE HABIT** 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

CHARBURGERS

CHAR BURGER
DOUBLE CHAR
TERIYAKI CHAR
BBQ BACON CHAR
SANTA BARBARA CHAR

FRESH SALADS

GRILLED CHICKEN SALAD
SANTA BARBARA COBB
GRILLED CHICKEN CAESAR
SALAD
CAESAR SALAD
GARDEN SALAD

SANDWICHES

GRILLED CHICKEN
SANDWICH
GRILLED CHICKEN CLUB
AHI TUNA FILET SANDWICH
VEGGIE BURGER

TREATS

CONES
SUNDAES- *NO NUTS*

SIDES

FRENCH FRIES
ONION RINGS
SWEET POTATO FRIES
TEMPURA GREEN BEANS

BEVERAGES

BEVERAGES
SHAKES



How to Eat **THE HABIT** 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

CHARBURGERS

CHAR BURGER
DOUBLE CHAR
TERIYAKI CHAR
BBQ BACON CHAR
SANTA BARBARA CHAR

FRESH SALADS

GRILLED CHICKEN SALAD
SANTA BARBARA COBB
GRILLED CHICKEN CAESAR
SALAD
CAESAR SALAD
GARDEN SALAD

SANDWICHES

GRILLED CHICKEN SANDWICH
GRILLED CHICKEN CLUB
AHI TUNA FILET SANDWICH
VEGGIE BURGER

TREATS

CONES
SUNDAES

SIDES

FRENCH FRIES
ONION RINGS
SWEET POTATO FRIES
TEMPURA GREEN BEANS

BEVERAGES

BEVERAGES
SHAKES



How to Eat **THE HABIT** 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



SECOND GUESS YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

CHARBURGERS

NONE

FRESH SALADS

GARDEN SALAD

SANDWICHES

VEGGIE BURGER

TREATS

CONES
SUNDAES

SIDES

FRENCH FRIES
ONION RINGS
SWEET POTATO FRIES
TEMPURA GREEN BEANS

BEVERAGES

BEVERAGES
SHAKES