

GOOP KITCHEN WINTER 2026 ALLERGEN AND SENSITIVITY GUIDE

Our kitchens use all major allergens in one or more of our recipes. We cannot guarantee that our food is completely free of any allergen. If you have a severe allergy, we do not recommend ordering from our restaurant. As some of our kitchens are in a shared space, we are a gluten-free kitchen but do not claim to be celiac friendly.

If you do order in store, before placing your order, please inform any of our team members or reach out to help@goopkitchen.com, OR TEXT 310-954-1286

**Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness; especially if you have a medical condition.*

***All allergen dish selections are used using the recommended dressings and sauce selections.*

PLEASE SEE A LA CARTE SECTION FOR ADDITIONAL ALLERGY INFORMATION ON ALL MODIFICATIONS (PROTEINS, SAUCE, DRESSINGS).

DISH	DAIRY	FISH	TREE NUTS	SEEDS	EGGS	SOY	SESAME	VEGAN	GARLIC	COCONUT
Mosey's BBQ Chicken Pizza	Choose No Cheese					X		Choose BBQ Mushrooms & No Cheese	X	
Queen Margherita	Choose No Cheese							Choose No Cheese	X	
Pepperonini	Choose No Cheese								X	
Cheese & Thank You	Choose No Cheese							Choose No Cheese	X	

PASTAS

GP'S Turkey Bolognese	Choose no Parmesan								X	
Fusilli al Pomodoro	Choose no Parmesan							Choose No Parmesan	X	
Pesto Pasta				X				X	X	
Penne, No Vodka	X								X	

DESSERTS

Coco Chocolate Chip Cookies			X	X				X		X
Blueberry Lemon Layer Cake	X		X		X					
Dark Chocolate & Sea Salt Brownies			X		X					

DRESSINGS, SAUCES & CRUNCHIES

Dijon Mustard Vinaigrette								X		
Creamy Italian Vinaigrette						X		X	X	X
Lemon Pesto Vinaigrette				X		X		X	X	
Cashew Vinaigrette			X	X		X	X		X	
Carrot-Ginger Vinaigrette				X		X	X			
Miso Honey Vinaigrette				X		X	X		X	
Non Dairy Ranch Dressing						X		X	X	X
Maple Mustard Vinaigrette								X		
Spicy Calabrian Caesar Dressing	X								X	
Caesar Dressing								X	X	
Greek Goddess Dressing						X		X	X	X
Lemon Vinaigrette						X		X		
Apple Cider Vinaigrette								X		
Teriyaki Sauce				X		X	X	X	X	
Spicy Aioli				X		X	X	X	X	
Arbol-Amarillo Salsa (IYKYK)				X			X	X	X	
Shallot-Garlic Chili Crunch Oil				X			X	X	X	
Salsa Verde						X		X	X	X
Pineapple Mango Chutney										X
BBQ Sauce						X		X	X	
Garlic Aioli								X	X	
Hummus				X			X	X	X	
Herby Aioli						X		X	X	
Herb and Garlicky "Croutons"								X	X	
Superseed Crunchies			X	X			X	X	X	
Candied Puffed Rice and Seed Mix				X			X	X	X	
Gluten-Free Parmesan Croutons	X								X	
Crispy Rice & Turmeric Spiced Cashew Mix			X					X		
Grain-free "Wontons" Toasted Quinoa and Roasted Almonds			X	X			X	X	X	
Super Secret Pizza Seasoning	X									
"Everything Seasoned" Pecan Crunch			X	X			X		X	

A LA CARTE PROTEINS AND SIDES

Hand-Pulled Organic Chicken									X	
Miso Salmon *		X				X	X		X	
Herb-Roasted Salmon*		X							X	
Blackened Salmon		X							X	
BBQ-Glazed Tofu				X		X	X	X	X	
GP's Soccata	X								X	
Mushroom Carnitas								X	X	
7-Minute Egg*					X					
Half an Avocado								X		

