

GOOP KITCHEN WINTER 2026 ALLERGEN AND SENSITIVITY GUIDE

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DISH	DAIRY	FISH	TREE NUTS	SEEDS	EGGS	SOY	SESAME	VEGAN	GARLIC	COCONUT
BOWLS AND PLATES										
Huberman Chili	X			X		In Lime Crema	X		X	X
Winter Salmon Bowl*		X		X		In Side Sauce	X		X	
The goop Teriyaki Bowl*		*When Miso Salmon Is Selected		X		X	X		X	
Miso Salmon Bento Box*	X			X	X	X	X		X	
G-Potle Taco Crunch Bowl	Choose No Cheese			X		X	Arbol-Amarillo Contains Sesame	Choose Mushroom Carnitas, No Cheese	X	X
Mediterranean Hummus Bowl*	Choose No Soccata & No Feta			X		X	X		X	X
SALADS										
Winter Harvest Chopped Salad	Choose No Cheese		X					Choose No Cheese	In The Crunchies Served On The Side	
The goop Father Italian Chopped Salad	Choose No Cheese and No Parmesan Croutons					X			X	
Brentwood Chinese Chicken Salad			In The Crunchies Served On The Side	X		X	X	Choose No Chicken		
Little Gem Caesar Salad	Choose No Parmesan And No Spicy Calabrian Caesar Dressing					X		Choose No Parmesan	X	
Thai Crispy Rice Crunch Salad			X	X		X	X	Contains Honey	X	
The Greenest Green Salad			In The Crunchies Served On The Side	In The Crunchies Served On The Side And Chickpeas And Pesto		X	In The Crunchies Served On The Side	X	X	
Everyday Kale and Brussels Salad	Choose No Cheese			In The Crunchies Served On The Side			In The Crunchies Served On The Side	Choose No Cheese	In The Crunchies Served On The Side	
GP's Classic-ish Cobb*	Choose No Blue Cheese				*Choose Remove Egg				Remove Tomatoes	
The BEST Arugula Salad	Choose No Parmesan							Choose No Parmesan	Crispy Shallots/Capers On Side	
Seasonal Crunch Salad	Choose No Goat Cheese		Choose No "Everything" Pecan Crunch	Choose No "Everything" Pecan Crunchies			Choose No "Everything" Pecan Crunchies	Choose No Goat Cheese	Choose No "Everything" Pecan Crunch	
HANDELDHS										
Chicken Caesar Wrap	Choose No Cheese, select Caesar or Ranch Dressing					X			X	X
The Montecito Turkey Wrap	Choose No Cheese					X			X	X
NYC Chicken Salad Wrap			X	X		X	X		X	X
Teriyaki Salmon Hand Rolls		X		X		X	X		X	X
Summer Salad Rolls				X		X	X		X	X
Falaf-OH Hummus Wrap				X		X	X	X	X	X
Curry Chicken Salad Summer Rolls						X			X	X
SOUPS & SIDE SALADS										
Chicken & Veggie Soup For The Soul									X	
Japanese Sweet Potato Soup								X	X	X
Organic Turmeric Spiced Chicken Bone Broth										
Greener On The Other Side Soup								X	X	
Chef Kim's Magic Mineral Broth								X		
Seasonal Crunch Salad	Choose No Goat Cheese		Choose No "Everything" Pecan Crunchies	Choose No "Everything" Pecan Crunchies			Choose No "Everything" Pecan Crunchies	Choose No Goat Cheese	Choose No "Everything" Pecan Crunchies	
The BEST Arugula Salad	Choose No Parmesan							Choose No Parmesan	In The Crunchies Served On The Side	
Little Gem Caesar Salad	Remove Parmesan and Choose Caesar Dressing (Spicy Caesar contains Dairy)							Remove Parmesan and Choose Caesar Dressing (Spicy Caesar contains Dairy)	X	
Everyday Kale and Brussels Salad	Choose No Cheese			In The Crunchies Served On The Side			In The Crunchies Served On The Side	Choose No Cheese	In The Crunchies Served On The Side	
CHICKEN & MAINS										
Rotisserie/Roasted Chicken										
Hot Smoked Salmon		X				In The Side Dressing				In The Side Dressing
Whole & Half Roasted Cauliflower				In The Side Dressing			In The Side Dressing	X	X	
SIGNATURE SIDES										
Green Beans and Carmelized Shallots								X		
Herb Roasted Butternut Squash	X			X					X	
Simple Garlic Broccoli								X	X	
Garlic Mashed Potatoes	X								X	
Fancy Mac-n-Cheese	X									
Smashed Fingerling Potatoes						X		X	X	In The Side Dressing (optional)
Greek Beets & Orzo Salad	X		X			X			X	
GP's Soccata	X								X	
Garlic Roasted Japanese Sweet Potatoes			X	X		X	X	X	X	
Turkey Meatballs	X				X				X	
PIZZAS										
Pepperoni Potts	Choose No Cheese								X	
The Winter Classic Pizza	X								X	
His & Hers Hot Bianca	X								When Sausage Is Selected	

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DISH	DAIRY	FISH	TREE NUTS	SEEDS	EGGS	SOY	SESAME	VEGAN	GARLIC	COCONUT
The Goopfellas Pizza	x								x	
Shroom Shroom	x								x	
Mosey's BBQ Chicken Pizza	Choose No Cheese					x		Choose BBQ Mushrooms & No Cheese	x	
Queen Margherita	Choose No Cheese							Choose No Cheese	x	
The Great Bambino	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
Maple Pumpkin Bread				x	x					
Maple Pecan Oatmeal Cookie			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	x	x	
Greek Goddess Dressing					x		x	x	x	x
Lemon Vinaigrette					x		x		x	
Apple Cider Vinaigrette								x		
Teriyaki Sauce			x		x	x	x	x	x	
Spicy Aioli			x		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	
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	
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		

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