

GOOP KITCHEN ALLERGEN AND SENSITIVITY GUIDE

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

DISH	DAIRY	FISH	TREE NUTS	SEEDS	EGGS	SOY	SESAME	VEGAN	GARLIC
BOWLS AND PLATES									
Fall Blackened Salmon Bowl*		X				In Side Sauce			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		Salsa Verde Contains Coconut	X		X	Arbol-Amarillo contains sesame	Choose Mushroom Carnitas, No Cheese	X
Mediterranean Hummus Bowl*	Choose No Soccata & No Feta		Greek Goddess Contains Coconut	x		When Greek Goddess Is Selected	X		X
SALADS									
Fall Harvest Chopped Salad	Choose No Cheese		Choose No Almonds			When Ranch Dressing Is Selected		Choose No Cheese	In The Crunchies Served On The Side
The goop Father Italian Chopped Salad	In Spicy Calabrian Caesar Dressing. Choose No Cheese and No Parmesan Croutons		When Creamy Italian or Ranch Dressing Is Selected			When Creamy Italian or Ranch Dressing Is Selected		Choose Ranch or Creamy Italian, No Cheese, No Salami and No Parmesan Croutons	X
Brentwood Chinese Chicken Salad			In The Crunchies Served On The Side	X		X	X	Choose No Chicken	
Little Gem Caesar Salad	In Parmesan And Spicy Calabrian Caesar Dressing					When Ranch or Caesar Dressing Is Selected		Remove parmesan and select caesar dressing. (spicy caesar contains dairy)	X
Thai Crispy Rice Crunch Salad			X	X		X	X	Contains Honey	X
Smokeshow Salmon Salad*		X			*Choose No 7 Minute Egg	When Lemon Vinaigrette Is Selected			X
The Greenest Green Salad			In The Crunchies Served On The Side	In The Crunchies Served On The Side And Chickpeas And Pesto		When Lemon Vinaigrette or Ranch Dressing Is Selected	In The Crunchies Served On The Side	X	Choose Remove Chickpeas. Also In The Crunchies On The Side
Everyday Kale and Brussels Salad	Choose No Cheese			In the crunchies served on the side		When Lemon Vinaigrette, Caesar or Ranch Dressing Is Selected	In The Crunchies Served On The Side	Choose no Cheese	X
GP's Classic-ish Cobb*	Choose No Blue Cheese				*Choose Remove Egg	When Ranch Is Selected			Remove Tomatoes
The BEST Arugula Salad	Choose No Parmesan					When Lemon Vinaigrette, Caesar or Ranch Dressing Is Selected		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 Goat Cheese	Choose No "Everything" Pecan Crunch
HANDHELDS									
Chicken Caesar Wrap	Choose No Cheese, select Caesar or Ranch Dressing		This Wrap Contains Coconut			X			X
The Montecito Wrap	Choose No Cheese		This Wrap Contains Coconut			X			X
The Umbrian Chicken Pesto Wrap	Choose No Cheese		This Wrap Contains Coconut	X		X			X
Teriyaki Salmon Hand Rolls		X		X		X	X		X
Summer Salad Rolls			In The Dressing Served On The Side	X		X	X	Contains Honey	X
Falaf-OH Hummus Wrap			This Wrap Contains Coconut	X		X	X	X	X
Curry Chicken Salad Summer Rolls			Contains Coconut			X		Contains Honey	X
SOUPS & SIDE SALADS									
Chicken & Veggie Soup For The Soul									X
Japanese Sweet Potato Soup			Contains Coconut					X	X
Organic Turmeric Spiced Chicken Bone Broth									
Curry Cauliflower Soup			Contains Coconut			X		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 Goat Cheese	Choose No "Everything" Pecan Crunchies
The BEST Arugula Salad	Choose No Parmesan					When Lemon Vinaigrette, Caesar or Ranch Dressing Is Selected		Choose No Parmesan	In the crunchies served on the side
Little Gem Caesar Salad	Remove Parmesan and Choose Caesar Dressing. (Spicy Caesar contains Dairy)					When Ranch or Caesar Dressing Is Selected		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		When Lemon Vinaigrette, Caesar or Ranch Dressing Is Selected		Choose No Cheese	In the crunchies served on the side
DESSERTS									
Coco Chocolate Chip Cookies			X	X				X	
Maple Pumpkin Bread				X	X				
Maple Pecan Oatmeal Cookie			x		X				
Dark Chocolate & Sea Salt Brownies			X		X				
DRESSINGS, SAUCES & CRUNCHIES									
Dijon Mustard Vinaigrette								X	
Creamy Italian Vinaigrette			Contains Coconut			X		X	X
Cashew Vinaigrette			X	X		X	X	Contains Honey	X
Carrot-Ginger Vinaigrette				X		X	X	Contains Honey	
Miso Honey Vinaigrette				X		X	X	Contains Honey	X
Non Dairy Ranch Dressing			Contains Coconut			X		X	X

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DISH	DAIRY	FISH	TREE NUTS	SEEDS	EGGS	SOY	SESAME	VEGAN	GARLIC
Maple Mustard Vinaigrette								X	
Spicy Calabrian Caesar Dressing	X								X
Caesar Dressing						X		X	X
Greek Goddess Dressing			Contains Coconut			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			Contains Coconut			X		X	X
Pineapple Mango Chutney								Contains Honey	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								

A LA CARTE PROTEINS AND SIDES

Hand-Pulled Organic Chicken									X
Smoked Salmon		X							
Blackened Salmon*		X							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	
Curry Chicken Salad			Contains Coconut			X			X
Seeded Crackers			X	X			X	X	X
Super Secret Pizza Seasonings	X								

CHICKEN & MAINS

Rotisserie/Roasted Chicken									
Herb Roasted Salmon		X				In The Side Dressing			X
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
Creamy Cheddar Mac-n-Cheese	X								
Smashed Fingerling Potatoes			Salsa Verde Contains Coconut			In Salsa Verde		X	In Salsa verde
Greek Style Beet Salad	Feta & Seasoning contains Dairy								X
GP's Soccata	X								X
Garlic Roasted Japanese Sweet Potatoes			In Cashew Vinaigrette Served On The Side	X		When Cashew Vinaigrette is Selected	X	X	X
Turkey Meatballs	X				X				X

PIZZAS

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DISH	DAIRY	FISH	TREE NUTS	SEEDS	EGGS	SOY	SESAME	VEGAN	GARLIC
Pepperoni Potts	Choose No Cheese								X
The Fall Classic Pizza	X								X
Pesto Both Worlds	X			X					X
The Goopfella's 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
Classic Spaghetti with Tomato and Basil	Choose no Parmesan							Choose No Parmesan	X
Pesto Pasta				X				X	X
Penne, No Vodka	X								X