

Braeda® ALLERGEN & VEGETARIAN SUMMARY		
	ALLERGENS	VEGETARIAN
SANDWICHES		
Braeda® Reuben	EGG - MILK - SOY - WHEAT	-
Double Steak French Dip	MILK - SOY - WHEAT	-
Focaccia Turkey Melt	EGG - MILK - WHEAT	-
Four Cheese Roma Tomato & Roasted Pepper Melt	MILK - WHEAT	-
Nebraska Cheese Steak	EGG - MILK - SOY - WHEAT	-
Rustic Bruschetta Chicken	MILK - SOY - WHEAT	-
Smokehouse Ham & Cheese Melt	EGG - MILK - SOY - WHEAT	-
Tomato Mozzarella Baked Sandwich	MILK - SOY - WHEAT	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Tuna Melt (Lent Only)	EGG - FISH (TUNA) - MILK - MOLLUSKS (CLAMS) - SOY - WHEAT	-
Jalapeno Turkey Melt	EGG - MILK - WHEAT	-
SPECIALITY SALADS		
Braeda® Signature Salad	EGG - MILK - TREE NUTS (WALNUTS)	VEGETARIAN
Flame Roasted Apple & Pecan Chicken	EGG - MILK - PEANUT - SOY - TREE NUTS (PECANS) - WHEAT	-
Cashew Chicken & Strawberry	PEANUT - SOY - TREE NUTS (CASHEWS) - WHEAT	-
Southwest Chicken	EGG - MILK - SOY - WHEAT	-
DELI SANDWICHES		
Braeda® Chicken Salad	EGG - SOY - TREE NUTS (ALMONDS) - WHEAT	-
Heartland Café Club	EGG - MILK - SOY - WHEAT	-
PASTAS		
Chipotle Chicken & Andouille Sausage Penne	MILK - SOY - WHEAT	-
Miller & Paine® Macaroni & Cheese	MILK - WHEAT	-
SIDES		
Garden Side Salad	MILK - WHEAT	VEGETARIAN
Add Andouille Sausage	-	-
Add Chicken	SOY - WHEAT	-
Applesauce	-	VEGETARIAN
Bread Bowl	WHEAT	VEGETARIAN
Country Sausage Patties	-	-
Cream Cheese	MILK	VEGETARIAN
Crisp Bacon	-	-
Fresh Fruit	-	VEGETARIAN
Light Cream Cheese	MILK	VEGETARIAN
Strawberry Cream Cheese	MILK	VEGETARIAN
Focaccia Bread Slice with Olive Oil	WHEAT	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
SOUPS		
Broccoli Cheese	MILK - SOY	-
Cheesy Baked Potato	EGG - MILK - SOY	-
Chicken Noodle	EGG - SOY - WHEAT	-
Clam Chowder	FISH (POLLOCK) - MILK - MOLLUSKS (CLAM) - SOY - WHEAT	-
Southwest Chicken Tortilla	MILK - SOY - WHEAT	-
Tomato Florentine	EGG - MILK - WHEAT	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
DESSERTS		
Chocolate Chip Cookie	EGG - MILK - SOY - WHEAT	-
Frosted Sugar Cookie	EGG - MILK - SOY - WHEAT	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
KID MENU		
Grilled Cheese Sandwich	MILK - WHEAT	VEGETARIAN
BREAKFAST		
Asiago Bagel	MILK - SOY - WHEAT	-
Braeda® Belgian Waffle	EGG - MILK - WHEAT	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Egg & Cheese Casserole	EGG - MILK - SOY - TREE NUTS (COCONUT)	-
Egg & Cheese Sandwich	EGG - MILK - SOY - TREE NUTS (COCONUT) - WHEAT	-
Honey Oat Bagel	SOY - WHEAT	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Plain Bagel	SOY - WHEAT	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Strawberry & Whipped Cream Braeda® Belgian Waffle	EGG - MILK - WHEAT	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Toast	WHEAT	VEGETARIAN
COFFEE AND SPECIALTY DRINKS		
Mocha	MILK	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Latte	MILK	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Coffee	-	VEGETARIAN
Hot Chocolate	MILK	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Chai Tea Latte	MILK	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Iced Chai	MILK	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Iced Latte	MILK	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Iced Mocha	MILK	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Apple Juice	-	VEGETARIAN
Orange Juice	-	VEGETARIAN
CHIPS		
Harvest Cheddar Sun Chips	MILK - WHEAT	-
Nacho Cheese Doritos	MILK	-
Jalapeno - Mrs. Vicki	MILK	VEGETARIAN
Sea Salt & Vinegar - Mrs. Vicki	MILK	VEGETARIAN

Plain Baked Lays	SOY	VEGETARIAN
DRESSINGS		
Asian Sesame	SOY - WHEAT	VEGETARIAN
Balsamic Vinaigrette	SOY	VEGETARIAN
Garden Herb Ranch	EGG - MILK - SOY	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Fat Free Ranch	MILK - SOY	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Poppyseed	EGG	VEGETARIAN
Southwest Ranch	EGG - MILK - SOY	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
TEA		
Tazo Iced Tea	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Calm	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
China Green Tips	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Lotus	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Zen	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Awake	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Wild Sweet Orange	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Organic Chai	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Earl Grey	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Passion	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
Refresh	-	MAY CONTAIN ANIMAL-DERIVED INGREDIENTS
FRIED ITEMS		
Chicken Strips	MILK - SOY - WHEAT	-
French Fries	MILK - SOY - WHEAT	NOT VEGETARIAN DUE TO SHARED FRYER
**ALL Fried Items May Contain: EGG, FISH, MILK, PEANUTS, SHELLFISH, SOY, TREE NUTS, WHEAT, AND GLUTEN.		