

FARE		FARE INGREDIENT / ALLERGEN SHEET WINTER '24	
		* at FARE we use all major allergens in our kitchens, so we cannot guarantee that our food is completely free of any allergen. If you have a severe allergy, we recommend not ordering from our restaurant.	
CATEGORY	ITEM	INGREDIENTS	ALLERGENS
BASES	LEMONY KALE	kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper	NONE
	ARUGULA	arugula	NONE
	HOUSE GRAINS	brown rice, black rice, olive oil, salt	NONE
SEASONAL TOPPERS (WINTER 2024)	HARISSA SWEET POTATOES	sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander) salt	NONE
	CAESAR SLAW W/ PISTACHIO CRUMBLE	cabbage, red onion, kale, parsley, hemp seeds, sunflower seeds, dijon mustard, tamari, lemon juice, garlic, seaweed, olive oil, salt, pepper, FARE Pistachio Crumble (pistachio, pumpkin seed, hemp seed, flax seed, garlic powder, chili flakes, dill, dried onion, sea salt)	SOY, TREE NUTS
	MAC + CHEESE	butter, milk, Monterey cheese, cheddar cheese, parmesan cheese, all-purpose flour, mustard powder, smoked paprika, garlic, rosemary, sodium citrate, salt, semolina flour	DAIRY, WHEAT
	EGGPLANT, CHICKPEAS + FETA	chickpeas, eggplant, FARE dressing (olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), feta cheese, cilantro	DAIRY
	BEETS W/ MUSTARD VINAIGRETTE	beet, whole grain mustard (mustard seeds, distilled vinegar, salt, white wine, sugar), balsamic vinegar, olive oil, salt, pepper	NONE
	HONEY + THYME CARROTS	carrots, olive oil, honey, salt, thyme	NONE
	TAHINI BROCCOLI, GRAPES + SMOKED ALMONDS	broccoli, grapes, red onion, tahini dressing (sesame, maple syrup, salt, water), smoked almonds (almonds, vegetable oil (almond, canola, safflower and/or sunflower), salt, corn maltodextrin, natural hickory smoke flavor, yeast, hydrolyzed corn and soy protein, natural flavors)	SESAME, ALMOND, SOY
PROTEINS	SMOKY CHICKEN	chicken, salt, oregano, garlic powder, smoked paprika	NONE
	BASIL TURKEY MEATBALL	ground turkey, parmesan cheese, ricotta cheese, basil, parsley, garlic, olive oil, salt, pepper	DAIRY
	ROASTED SALMON	salmon, olive oil, salt, pepper	FISH
	SOFT BOILED EGG	egg	EGG
	AVOCADO MASH	avocado, lemon juice, salt	NONE
SAUCES	SPICY RED PEPPER	roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt	NONE
	CREAMY TAHINI	tahini (sesame seeds), olive oil, lemon juice, water, garlic, salt	SESAME
	HERBY PESTO	parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt	NONE
	FARE DRESSING	olive oil, lemon juice, garlic, red pepper flakes, salt, pepper	NONE
FARE FAVES (WINTER 2024)	SMOKY CHICKEN BOWL	lemony kale (kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), house grains (brown rice, black rice, olive oil, salt), maple harissa sweet potatoes (sweet potato, olive oil, maple syrup, harissa powder (cayenne, garlic, cumin, chili powder, cinnamon, smoked paprika, coriander) salt), Caesar slaw (cabbage, red onion, kale, parsley, hemp seeds, sunflower seeds, dijon mustard, tamari, lemon juice, garlic, seaweed, olive oil, salt, pepper, FARE Pistachio Crumble (pistachio, pumpkin seed, hemp seed, flax seed, garlic powder, chili flakes, dill, dried onion, sea salt) ), smoky chicken (chicken, salt, oregano, garlic powder, smoked paprika), creamy tahini (tahini (sesame seeds), olive oil, lemon juice, water, garlic, salt	SOY, TREE NUT, SESAME
	TURKEY BASIL MEATBALL BOWL	lemony kale (kale, olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), mac + cheese (butter, milk, Monterey cheese, cheddar cheese, parmesan cheese, all-purpose flour, mustard powder, smoked paprika, garlic, rosemary, sodium citrate, salt, semolina flour), tahini broccoli, grapes + smoked almonds broccoli, grapes, red onion, tahini dressing (sesame, maple syrup, salt, water), smoked almonds (almonds, vegetable oil (almond, canola, safflower and/or sunflower), salt, corn maltodextrin, natural hickory smoke flavor, yeast, hydrolyzed corn and soy protein, natural flavors), turkey basil meatballs (ground turkey, parmesan cheese, ricotta cheese, basil, parsley, garlic, olive oil, salt, pepper), herby pesto (parsley, cilantro, olive oil, red wine vinegar, coriander, cumin, garlic, smoked paprika, red pepper flakes, salt)	DAIRY, WHEAT, SESAME, SOY, ALMONDS
	ROASTED SALMON BOWL	arugula, beets w/ mustard vinaigrette (beet, whole grain mustard (mustard seeds, distilled vinegar, salt, white wine, sugar), balsamic vinegar, olive oil, salt, pepper), honey + thyme carrots (carrots, olive oil, honey, salt, thyme), roasted salmon (salmon, olive oil, salt, pepper), creamy tahini (tahini (sesame seeds), olive oil, lemon juice, water, garlic, salt	FISH, SESAME
	SEASONAL VEGGIE BOWL	arugula, Caesar slaw (cabbage, red onion, kale, parsley, hemp seeds, sunflower seeds, dijon mustard, tamari, lemon juice, garlic, seaweed, olive oil, salt, pepper, FARE Pistachio Crumble (pistachio, pumpkin seed, hemp seed, flax seed, garlic powder, chili flakes, dill, dried onion, sea salt) ), eggplant, chickpeas + feta (chickpeas, eggplant, FARE dressing (olive oil, lemon juice, garlic, red pepper flakes, salt, pepper), feta cheese, cilantro), honey + thyme carrots (carrots, olive oil, honey, salt, thyme), creamy tahini (tahini (sesame seeds), olive oil, lemon juice, water, garlic, salt	DAIRY, SESAME, TREE NUTS (PISTACHIO), SOY
	AVOCADO TOAST	sourdough bread (wheat, water, salt), avocado, lemon juice, pickled carrots (carrot, vinegar, water, honey, fennel seed, star anise, cardamom, salt), olive oil, lemon juice, garlic, red pepper flakes, salt, pepper, microgreens, FARE Super Seed Mix (pumpkin seeds, sunflower seeds, sesame seeds, nigella seeds, dried onion, fennel seeds, caraway, salt)	WHEAT, SESAME
SWEETS	TAHINI BROWNIE	tahini (sesame seeds), eggs, coconut sugar, maple syrup, cocoa powder, coconut flour, vanilla bean paste, salt	SESAME, TREE NUTS (COCONUT)
	CHOCOLATE CHIP COOOKIE	GF oat flour, almond flour, olive oil, maple syrup, dark chocolate chips (cocoa mass, sugar, cocoa butter, emulsifier: soya lechitchen, natural vanilla), vanilla bean paste, baking soda, salt	TREE NUTS
	SEEDY COOKIE	GF rolled oats, ground flax seed, chia seed, hemp seed, pumpkin seed, sunflower seed, maple syrup, raisins, cinnamon, salt	NONE

<b>BREAKFAST</b>	OVERNIGHT OATS W/ APPLE COMPOTE	GF rolled oats, chia seeds, coconut milk (coconut, water, guar gum), water, maple syrup, vanilla bean paste, cinnamon, salt, apple compote (apples, maple syrup, lemon juice, cinnamon, cloves, salt)	TREE NUTS (COCONUT)
	EGG WHITE BITES	egg white, milk, cream, feta cheese, spinach, salt, pepper	EGG, DAIRY
	EGG SANDWICH	egg, milk, havarti cheese, caramelized onion (olive oil, salt, pepper), english muffin (enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: corn meal, corn flour, sugar, wheat gluten, salt, leavening (sodium bicarbonate, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), preservatives (calcium propionate, monocalcium phosphate (dough conditioner), soybean oil (processing aid)	EGG, DAIRY, WHEAT
	EGG BOWL	egg, milk, sweet potato, red onion, salt, oregano, garlic powder, smoked paprika, spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt), microgreens	EGG, DAIRY
	EGG WRAP	egg, whole milk, flour tortilla (Wheat flour Breached and Enriched (Niacin, Reduced tron, Thiamine Mononitrate, Riboflavin, Folic Acid), Rice flour, Water, Shortening (Partially Hydrogenated Soybean/Cottonseed Oils, Mono-And Di-glycerides, Polysorbate 60), Less Than 2% Salt, Sugar, Leavening (Sodium Bicarbonate, Sodium Acid, Pyrophosphate, Calcium Sulfate), Calcium Propionate (Preservative), Fumaric Acid, Monodiglycerides, Sorbic Acid (Preservative), Enzyme, Sodium Metabisulfite (Dough Conditioner), and Cellulose Gum), sweet potato, spinach, feta cheese, salt, pepper, spicy red pepper sauce (roasted red peppers, roasted carrots, fresno chili, red wine vinegar, garlic, smoked paprika, salt)	EGG, WHEAT, DAIRY
	AVOCADO TOAST	sourdough bread (wheat, water, salt), avocado, lemon juice, pickled carrots (carrot, vinegar, water, honey, fennel seed, star anise, cardamon, salt), olive oil, lemon juice, garlic, red pepper flakes, salt, pepper, microgreens, FARE Super Seed Mix (pumpkin seeds, sunflower seeds, sesame seeds, nigella seeds, dried onion, fennel seeds, caraway, salt)	WHEAT, SESAME
<b>SMOOTHIES / SMOOTHIE BOWLS</b>	PINK PROTEIN SMOOTHIE	strawberry, banana, pineapple, Sprout Living Epic Protein (Yellow Pea, Pumpkin Seed, Sunflower Seed, Sacha Inchi, Cranberry Seed), Vanilla Lucuma Blend (Lucuma Fruit, Ceylon Cinnamon, Baobab Fruit, Acerola, Vanilla Bean), Coconut Crystals, Heirloom Red Banana, Jerusalem Artichoke, Himalayan Pink Salt, Stevia Leaf, water	TREE NUT (COCONUT)
	GREEN SMOOTHIE	apple, pineapple, spinach, avocado, ginger, water	NONE
	BLUE SMOOTHIE	blueberry, banana, almond, date, hemp seeds, cinnamon	TREE NUT
<b>SOUP</b>	BUTTERNUT SQUASH SOUP (NOT INCLUDING SOURDOUGH)	butternut squash, apple, carrot, coconut milk, olive oil, maple syrup, nutmeg, smoked paprika, cinnamon, salt, FARE Super Seed Mix (pumpkin seeds, sunflower seeds, sesame seeds, nigella seeds, dried onion, fennel seeds, caraway, salt)	TREE NUT (COCONUT)