

12/5/2011		Hugo's Common Allergen List					
CATEGORY	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
We have no seafood or shell fish except in Trout Picatta, Calamari Appetizer and Fish Specials.				Oil free means no added oils, dishes may contain natural fats, such as egg, meat and cheese			
We have no peanuts in our facilities.				Can be cooked with minimum oil means pan is wiped with a minimum amount of olive oil			
Specials are not listed here.							
Updated Sept 10, 2011- We try our best to keep this accurate, however vendors may substitute ingredients before we've had the chance to research allergens. If you are extremely allergic, please don't take chances, this is a guide not a guarantee.							
Items in green we can cook or make without that ingredient.							
BREAKFASTS	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
Papa's Eggs	butter	no	no	yes	no	no	Can be cooked with minimum oil
Chilaquiles	butter, sour cream	no	no	yes	no	no	Can be cooked with minimum oil
El Desayuno Burrito De La Casa	butter, mozzarella	no	no	yes	tortilla	tortilla	Can be cooked with minimum oil
Huevos Rancheros	butter, mozzarella	no	no	yes	no	no	Can be cooked with minimum oil
Go Green Frittata	no	no	no	yes	mango chutney in sauce	no	Can be cooked with minimum oil
Eggs Benedict	butter	no	no	yes	English muffin	english muffin	English Muffin has low oil/ High oil dish
Eggs Blackstone	no	no	no	yes	no	no	Low Oil
Herbed Omelette	butter	no	no	yes	no	no	Can be cooked with minimum oil
Tofu Scramble	no	no	no	no	tofu, sauce	no	Can be cooked with minimum oil
Green Tamales & Eggs	butter, sour cream	no	no	yes	smart balance margarine in tamale mix	no	Has medium amount of oil in recipe
Chipotle Scramble	mozzarella chz.	no	no	yes	no	no	Honey chipotle has high oil
Protein Scramble	butter	no	no	yes	no	no	Can be cooked with minimum oil
Eggs any style	butter	no	no	yes	no	no	Can be cooked with minimum oil, poached or basted
w bacon or sausage	butter	no	no	yes	no		
w chicken breast	butter	no	no	yes	no		
w Angus beef patty	butter	no	no	yes	no		
Pasta Mama	butter, parmesan	no	flax in pasta	yes	no	semolina	Can be cooked with minimum oil
Pasta Papa	butter, parmesan	no	flax in pasta	yes	no	semolina	Can be cooked with minimum oil
Pasta Emilia	butter, parmesan	no	flax in pasta	yes	no	semolina	Can be cooked with minimum oil
Red Posole and Eggs	butter, mozzarella			yes			cooked
Desayuno Fuerte	butter, parmesan	no	no	yes	no	no	baked it would be low oil/ sautee greens
Breakfast Salad	butter	almonds in rice, sub brown rice	no	yes	mustard in sauce	no	Dressing has oil/ can be cooked with minimum oil
Oatmeal Frittata	butter, cottage cheese	granola	no	yes	no	granola	Can be cooked with minimum oil
Almond Energy Pancakes	no	granola	granola	no	no	no	Can be cooked with minimum oil
Pineapple Coconut Pancakes	no	coconut, almonds	no	no	no	no	Can be cooked with minimum oil
Pumpkin Pancakes	buttermilk	no	no	egg whites	soy flour	flour	Can be cooked with minimum oil
Buttermilk Pancakes	buttermilk	no	no	egg whites	soy flour	flour	Can be cooked with minimum oil
Cinnamon Dream French Toast	no	topped with nuts	no	yes	no	bread	minimum oil to griddle cook
Strawberry Energy Parfait	yogurt	granola	granola	no	no	no	NO OIL
The Energy Bowl	no	granola	granola	no	no	no	NO OIL
Hugo's Hot Cereal	no	no	no	no	no	oats, kamut	NO OIL
Golden Cereal	no	no	no	no	no	no	NO OIL
Fresh Fruit Salad	no	no	no	no	no	no	NO OIL
Fruit and yogurt	yogurt	mixed nuts	no	no	no	no	NO OIL
	cottage cheese	mixed nuts	no	no	no	no	

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STARTERS	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
Ginseng Chicken Soup	no	no	no	no	no	no	no oil
Red Pozole	no	no	no	no	no	no	no oil
Asian Spring Rolls	no	no	sesame seeds	no	sesame seeds in sauce	no	no oil if you leave out dressing
Green Tamales	sour cream	no	no	no	tamale mix	no	high oil
Vegan Mac & Cheese	no	cashews	sunflower seeds in sauce	no	no	pasta	minimal oil
Traditional Mac & Cheese	cream 3 cheese mix	no	flax in pasta	no	no	semolina	minimal oil
CalGarlic-Parmesan Cheese Bread	butter and parmesan	no	no	no	no	bread	medium oil
Los Nachos	no	no	no	no	braggs amino in sauce	no	high oil, tortillas and sauce
SOUPS	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
Brazilian black bean	no	no	no	no	no	no	no oil
Coconut curry and red lentil	no	coconut milk	no	no	no	no	no oil
Mexican white bean and vegetables	no	no	no	no	no	no	no oil
Roated butternut squash	no	no	no	no	no	no	no oil
Sweet tomato basil	no	no	no	no	tofu	no	no oil
Cauliflower dal	no	nutmeg	no	no	no	no	no oil
Italian roasted red pepper and veggies	no	no	no	no	no	no	no oil
Hearty Dal with greens	no	no	no	no	no	no	no oil
Power green	no	nutmeg	pumpkin seeds	no	braggs amino mix	no	no oil
Inca red beet and quinoa	no	no	no	no	no	no	no oil
Potato leek	no	no	no	no	Bragg's and tofu	no	no oil
Split pea	no	no	no	no	no	no	no oil
Caramelized onion and Frensh lentil	no	no	no	no	no	no	no oil
Egyptian Chick Pea	no	no	no	no	braggs amino mix	no	no oil
SALADS	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
Organic Mixed Greens	no	no	mustard in dressing	no	no	no	depending on dressing
Caesar Salad	no	no	mustard in dressing	no	dressing	croutons	depending on dressing
Roasted Beet Quinoa Salad	gorgonzola chz.	walnuts	mustard in dressing	no	no	no	depending on dressing
Gorgonzola & Walnut Salad	gorgonzola chz.	walnuts	mustard in dressing	no	no	no	depending on dressing
Sesame Salad	no	almonds	mustard, sesame in dressing	no	dressing and marinade	no	depending on dressing
Mexican Salad	parmesan chz.	no	mustard in dressing	no	dressing	no	depending on dressing
Power of Green Salad	no	no	mustard in dressing, topped w/seeds	no	no	no	depending on dressing
Kelp Noodle Bowl	no	no	dressing	no	dressing	no	depending on dressing
SANDWICHES	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
NEW - GLUTEN FREE FLAT BREAD	NO	NO	NO	NO	NO	NO	MEDIUM OIL
	no	no	no	no	vegenaise	bread	NO VEGENAISSE

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Chicken Club	no	no	no	no	vegenaisse	bread		NO VEGENAISSSE/ Low oil because of chicken marinade
Tofu Club	no	no	tofu marinade	no	vegenaisse	bread		NO VEGENAISSSE/ Low oil because of tofu marinade
Avocado Hummus Wrap	no	no	hummus, dressing	no	dressing, tortilla	tortilla		no oil
Hugo Burger	no	no	no	no	vegenaisse	bread		No oil if hold Santa Fe vegenaisse
Hugo Turkey Burger	no		no	yes,pattie	vegenaisse	bread		No oil if hold Santa Fe vegenaisse
BBQ Turkey Sandwich	mozzarella chz.	no	no	no	bbq sauce	bread		BBQ sauce is low oil, hold crispy onion rings
BBQ Vegetable Sandwich	mozzarella chz.	no	no	no	bbq sauce & veggie marinade	bread		BBQ sauce is low oil, hold crispy onion rings
New American Veggie Burger	no	pinenuts in veg. patty	pinenuts in veg. patty	no	vegenaisse	bread		Veggie patty recipe has low oil, hold Vegenaissse
Cuban Sandwich	goat cheese	no	no	no	no	bread		NO PLANTAINS OR HONEY-CHIPOTLE/ Low oil because of chicken marinade
Mung Bean & Rice Burrito	no	no	no	no	tortillas, caesar dressing for salad	tortillas		tortilla has oil
Lentils & Leafy Green Burrito	mozzarella chz.	no	no	no	tortilla	tortilla		tortilla has oil
ENTREES	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN		OIL
Vegan Mac & Cheese	no	cashews	sunflower seeds	no	no	pasta		minimal oil in pasta
Traditional Macaroni & Cheese		no	flax in pasta	no	no	pasta		minimal oil in pasta
Pasta Victor	cream, parmesan	no	flax in pasta	no	no	pasta		Can be sauteed with no oil / Low oil in pasta
Vegan Pasta Victor	no	cashews	sunflower seeds in sauce	no	no	pasta		Can be sauteed with no oil / Low oil from pasta
Creamy Green Risotto	no	cashews	sunflower seeds in sauce	no	no	no		Can be sauteed with no oil / Low oil from pasta
Creamy Green Pasta	no	cashews	sunflower seeds in sauce	no	no	pasta, veg bacon		Can be sauteed with no oil / Low oil from pasta
Spaghetti with Turkey Meatballs	Parmesan in meatballs	meatballs	flax in pasta	meatballs	braggs amino mix in marinara	pasta, veg bacon		Can be sauteed with no oil / Low oil from pasta
Spaghetti with Vegetable Meatballs	topped w/Parmesan	pinenuts in veg. balls	flax in pasta	no	braggs amino mix in marinara	pasta		HIGH OIL-Veggie balls have low oil in recipe but are deep fired/ Low oil in pasta
Carbonara	cream, parmesan	no	flax in pasta	no	no	pasta		High Oil
Vegan Carbonara	no	cashews	sunflower seeds in sauce	no	in veggie bacon	pasta, veg bacon		Can be sauteed with no oil / Low oil from pasta
Green Casserole	goat and mozzarella chz.	pesto, veg patty, sauce	fennel, sunflower, pumpkin seeds in veg. patty, sauce	no	braggs amino mix in marinara	no		Can be sauteed with no oil
Vegan Green Casserole	no	pesto, veg patty, sauce	veg. patty, sauce	no	braggs amino mix in marinara	no		Can be sauteed with no oil
Tika Masala Vegetable Patties	yogurt	veg. patty has nutmeg, sauce	veg. patty	no	no	no		Low oil / broth sautee leafy greens
Green Tamale Plate	mozzarella cheese	no	no	no	smart balance margarine in tamale mix	no		Med oil in tamale recipe/ broth sautee zuc/corn/peppers and spinach
Shepard's Pie	no	no	no	no	Bragg's in gravy, vegenaisse in potatoes	no		mashed potatoes, gravy

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Tres Tacos Chicken	no	no	no	no	no	no	Can be sauteed with no oil/ Low oil in chicken marinade/ Caesar dressing is high oil
Tres Tacos Steak	no	no	no	no	no	no	Can be sauteed with no oil / Low oil in steak marinade/ Caesar dressing for salad is high oil
Tres Tacos Tofu	no	no	marinade has seeds	no	tofu	no	Can be sauteed with no oil/ Caesar dressing for salad is high oil
Asian Stir Fry	no	no	sesame seeds	no	braggs amino, mango chutney in sauce	no	Can use Bragg's instead of Sesame-chili for sautee
Morrocian-Style Stew	no	nutmeg	no	no	no	no	No oil
Turkey Meatloaf	cheddar, parmesan cheese	pinenuts in loaf	no	in loaf	braggs amino mix in gravy	no	Gravy has med oil, sub Marinara or Roasted Tomato sauce
Orange Mustard Chicken	no	no	mustard seed in sauce	no	no	no	can be cooked w no oil
Chimichuri Steak	no	no	no	no	no	no	oil in sauce and in marinade
SAUCES	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
Mushroom-Herb Gravy	no	no	no	no	Bragg's in sauce	no	High
Marinara Sauce	no	no	no	no	Bragg's in sauce	no	No oil
Roasted Tomato Chipotle	no	no	no	no	no	no	No oil
Cilantro-Mint Chutney	no	no	no	no	no	no	No oil
Tika Masala Sauce	no	coconut	no	no	no	no	No oil
BBQ Sauce	no	no	no	no	Bragg's in sauce	no	Low oil
Chimichuri Sauce	no	no	no	no	no	no	Med oil
Honey Chipotle Sauce	no	no	no	no	no	no	High oil
Nacho Sauce	no	no	no	n	margerine	no	medium oil
Sesame Chili Sauce	no	no	sesame seeds	no	mango chutney,braggs amino in sauce	no	Low oil
Tomatillo Sauce	no	no	no	no	no	no	No oil
Pico De Gallo	no	no	no	no	no	no	No oil
Caesar	no	no	mustard	no	vegenaisse, BRAGGS	no	high oil
Ranch	no	no	no	no	vegenaisse	no	high oil
Apple mint sauce	no	no	no	no	yes	no	No oil
Sherry vinaigrette	no		mustard				high oil
Balsamic vinaigrette	no		mustard				high oil
sesame ginger vinaigrette	no		sesame seeds		soy sauce/Bragg's		no oil
mango tahini	no		sesame seeds		soy sauce/Bragg's		no oil
roasted garlic jalapeno	no	no	sesame, mustard	no	no	no	no
Red pepper hummus	no	no	sesame seeds	no	no	no	no
CREATE A PLATE	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
Sauteed Leafy Greens	no	no	no	no	no	no	Can be broth sauteed
Steamed Vegetable Medley**	no	no	no	no	no	no	Can be broth sauteed
Zucchini, Corn Roasted Red Peppers	no	no	no	no	no	no	Can be broth sauteed
Sauteed Mixed Mushrooms & Onions	no	no	no	no	no	no	Can be broth sauteed
Roasted Vegetables	no	no	no	no	braggs amino mix	no	No oil
Broccolini & Garlic	no	no	no	no	no	no	Can be broth sauteed
Garlic Spinach	no	no	no	no	no	no	Can be broth sauteed

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Canadian Bacon	no	no	no	no	no	no	No oil
DESSERTS	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
Chocolate Brownie	no	pecans,flax,hemp seeds	no	no	no	no	no oil
Pumpkin Pie	no	pecans, coconut	pumpkin seeds	no	smart balance margarine	no	Low oil
Chocolate Mousse	egg, cream	nutmeg in cookie	no	yes	soy in cookie	no	No oil
Banana Split	w/ ice cream	toppings	no	ice cream	no	no	No oil
NY Style Blueberry Cheesecake	no	pecans, coconut	in canola oil	no	smart balance margarinein crust	no	Low oil
Mango Sundae	w/ ice cream	toppings	no	no	no	no	Only in candied walnuts, high
Chocolate Sundae	w/ ice cream	toppings	no	ice cream	no	no	med oil
Strawberry Energy Parfait	yogurt	granola	granola	no	no	no	No oil
Hugo's Ice Cream Chocolate	milk	no	no	yes	no	no	No oil
Hugo's Ice Cream Tahitian Vanilla	milk	no	no	yes	no	no	No oil
Hugo's Mango Sorbet	no	no	no	no	no	no	No oil
Hugo's Blueberry Sorbet	no	no	no	no	no	no	No oil
KID'S MENU	DAIRY	TREE NUTS	SEEDS	EGGS	SOY	FLOUR/GLUTEN	OIL
Breakfast Combo 3X1	check pancake list	no	no	yes	no	check pancake list	can be cooked with minimum oil, low oil in pancakes
L'il Parfait	yogurt	granola	granola	no	no	no	No oil
Pasta Jack	cooked in butter	no	flax in pasta	yes	no	semolina	Low oil
Burger & Fries	no	no	no	no	no	bread	Fries have oil/ low oil in bread
L'il Green Casserole	mozzarella chz.	pesto, veg patty, sauce	fennel,pumpkin,sunflower seeds in veg. patty, sauce	no	braggs amino mix in marinara	no	Can be sauteed with no oil
L'il Mac & Cheese	cream cheddar mozzarella	no	flax in pasta	no	no	semolina	minimal oil on pasta
Vegan Mac & Cheese	no	cashews	sunflower seeds in sauce	no	no	pasta	minimal oil
L'il Vegetable Stir-Fry & Rice	no	no	sesame seeds	no	braggs amino in sauce	no	Can be broth sauteed
Cheese Quesadilla	cheese	no	no	no	in tortilla	tortilla	med oil in tortilla and in Daiya vegan cheese
Grilled Tofu	no	no	sesame seed oil	no	braggs amino mix in marinade	no	Low oil
Grilled Chicken Breast	no	no	no	no	no	no	Low oil
Fusilli Pasta	no	no	flax in pasta	no	braggs amino mix in marinara sauce	semolina	Pasta has low oil/ sautee without oil
Turkey Sliders	Parmesan in patties, parm and mozz on top	pine nuts in patties	no	yes	braggs amino mix in marinara sauce	bread	No oil
Veggie Sliders	mozz & parm on top	pine nuts in patties	pumpkin,sunflower seeds	no	braggs amino mix in marinara sauce	bread	HIGH OIL, veggie balls low oil in recipe, deep fried