

# Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
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## Specials - May / June 2015

### APPETIZER

Grilled Crostini	v vt n	no	yes	yes	no	no	yes	yes	olive oil, garlic, oregano, telera mini rolls, *arugula pistachio pesto, *red pepper hummus, arugula, *red pickle onion
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### ENTREES

Chocolate Mole Pancakes	v vt gf n	no	yes	yes	no	no	no	yes	cocoa, gluten free flour, baking powder, baking soda, cloves, salt, pepper, nutmeg, cinnamon, chili powder, polenta, rice milk, olive oil, vanilla beans, *candied pecans, *pumpkin brittle crumble, organic cane syrup. topped with almonds.
Pozole & Eggs	(v) vt gf	yes	no	no	yes	no	no	no	hominy, anaheim green chilies, red peppers, green peppers, onion, garlic, tomato juice, eggs, mozzarella, cilantro, oregano, cumin, chili powder, black pepper, *chipotle adobados, masarina flour, salt
Arugula Salad	v vt gf n	no	yes	no	no	no	no	pesto	arugula, purple fingerling potatoes, tomatoes, cauliflower, broccoli, *arugula-pistachio pesto, *red pickled onions,
Chile Relleno	(v) vt gf n	yes	yes	yes	no	no	no	yes	pablano pepper, *red lentil mix batter, *chorizo patty, gluten free flour, potatoes, tomato, red onion, jalapeno, garlic, cilantro, red and green cabbage, *papas rancheras, *pico de gallo, cotija cheese, *negra salsa
New Californio Plate	(v) vt gf n	yes	yes	yes	no	no	no	yes	*pinto beans, *papas rancheras, *cauliflower steak, *chile relleno, *red pickle onions, cotija cheese, *arugula pistachio pesto
Carnitas Plate	gf	yes	no	no	no	no	no	yes	pork butt, salt, bay leaf, garlic, black pepper, orange, onion, coca cola, water, ztf oil, corn tortilla, *ghost pepper hot sauce, *tomatillo sauce, *guacamole, *pinto beans, cotija cheese, cilantro, lime
Mary's Guajillo Chicken	gf	no	no	no	no	no	no	yes	chicken, salt, black pepper, olive oil, *guajillo sauce, cilantro
Churros con Champurrado	v vt gf	no	no	no	no	no	no	yes	*sticky buns, *champurrado, *sugar & cinnamon mixture

### DRINKS

Effective 4/29/2015

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Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Hibiscus Lemonade									hibiscus, lemon juice, lime juice, organic cane syrup, salt
Smashed Jalapeno-Cucumber									muddled cilantro, cucumber & jalapeno, gin, lime juice, organic cane sugar

## SPECIAL SIDES

Cup of Pozole Stew 6oz	v vt gf	no	no	no	no	no	no	no	hominy, anaheim green chilies, red peppers, green peppers, onion, garlic, tomato juice, cilantro, oregano, cumin, chili powder, black pepper, *chipotle adobados, masarina flour, salt
Papas Rancheras 6 oz	v vt gf	no	no	no	no	no	no	yes	fingerling potatoes, red onion, jalapeno, olive oil, tomatoes, garlic, oregano, cumin, cilantro salt, black pepper
Refried Pinto Beans 6 oz	v vt gf	no	no	no	no	no	no	yes	pinto beans, yellow onion, cholula hot sauce, salt, olive oil

## SPECIAL SAUCES

Arugula & Pistachio Pesto	v vt gf n	no	yes	no	no	no	no	yes	pistachio, arugula, green onion, garlic, lemon zest, lemon juice, black pepper, salt, olive oil
Champurrado Sauce									masarina flour, cocoa powder, brown sugar, cinnamon, cloves, nutmeg, salt, rice milk, vegan chocolate chips
Ghost Pepper (Hot) Sauce	v vt gf	no	no	no	no	no	no	no	guajillo peppers, ghost peppers, chili flakes, white wine vinegar, salt, onion powder, garlic, black pepper, oregano, cumin, arrowroot, sugar
Red Guajillo Sauce	v vt gf								guajillo chiles, red onion, oregano, cumin, black pepper, salt, garlic

## BREAKFAST

ALMOND ENERGY PANCAKES	v vt gf n	no	granola	granola	no	no	no	yes	strawberries, organic cane syrup, gluten free flour, baking powder, baking soda, cinnamon, rice milk, polenta, oil, molasses, maple syrup, vanilla beans chopped, rye flake oats, kamut flake oats, steel cut oats, almonds, pistachio, walnut, quinoa, pecan, pumpkin seeds, sunflower seeds, cashew nuts, rice puffs, cardamon, ginger, black pepper, kosher salt, cherries, cranberries, golden raisins, coconut
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<b>BLUEBERRY PANCAKES</b>	v vt gf	no	no	no	no	no	no	yes	powdered sugar,gluten free flour, rice milk, blueberries, orange zest, baking soda, baking powder,cinnamon, ztf oil, kosher salt, *blueberry cane syrup, dry polenta, ground polenta
<b>BREAKFAST SALAD</b>	(v) vt gf n	butter	almonds in rice	no	yes	mustard in basamic vinaigrett	no	yes	ginger, garlic, egg whites, tamari soy sauce, spinach, turmeric, basmati rice, almonds, currants, baby mix lettuce, balsamic vinegar, oyster mushrooms, shiitake mushrooms, cumin, kosher salt, olive oil, black pepper
<b>BUTTERMILK PANCAKES</b>	vt	buttermil k	no	no	yes	no	flour	yes	buttermilk pancake flour, bannana, currant
<b>BYO OMELETTE OR SCRAMBLE</b>	(v) (vt) gf							yes	garnished with orange slice
<b>CHILAQUILES</b>	(v) (vt) gf	butter, sour cream	no	no	yes	no	no	yes	yellow onion, tortilla chips, egg, *tomato chipotle sauce, sour cream, *turkey sausage, garnished with orange slice
<b>CHIPOTLE SCRAMBLE</b>	(vt) gf	butter, cheddar, mozz chz	no	no	yes	no	no	yes	chicken breast, red bell pepper, yellow onion, green onion, egg, mild cheddar cheese, mozzarella cheese, sour cream, corn tortilla, *honey chipotle sauce, garnished with orange slice
<b>CINNAMON SWIRL FRENCH TOAST</b>	v vt gf	no	no	no	no	soy lethacin in flour	no	yes	gluten free flour, rice milk, yeast, vegan butter, sugar, kosher salt, cinnamon, currants, orange, vanilla beans, brown rice
<b>DESAYUNO FUERTE</b>	(v) vt gf	butter, parm	no	no	yes	no	no	yes	*potato cakes, egg, garlic, yellow onion, tomatoes, spinach, parmesan cheese, kosher salt, black pepper
<b>EGGS ANY STYLE</b>	(vt) gf	butter	no	no	yes	no	no	butter	garnished with orange slice
<b>EGGS BENEDICT</b>	(vt) (gf)	butter	no	no	yes	English muffin	English muffin	yes	english muffin, pork loin boneless, *hollandaise sauce, egg, garnished with orange slice
<b>EGGS BLACKSTONE</b>	(v) (vt) gf	no	no	no	yes	no	no	yes	*black bean cakes, pork loin, *roasted tomato chipotle sauce oil free, egg, garnished with orange slice
<b>EL DESAYUNO BURRITO DE LA CASA</b>	(v) vt	butter, mozz	no	no	yes	tortilla	tortilla	yes	flour tortilla, egg, *pico de gallo, mozzarella cheese, green bell pepper, red bell pepper, *roasted tomato chipotle sauce oil free, *guacamole, garnished with orange slice
<b>FRESH FRUIT &amp; COTTAGE CHEESE</b>	vt gf	cottage cheese	mixed nuts	no	no	no	no	no	cottage cheese, banana, strawberries, hazelnuts, currants, red grapes, pineapple, gala apple, fiji apple

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<b>FRESH FRUIT &amp; YOGURT</b>	vt gf	yogurt	mixed nuts	no	no	no	no	no	lowfat yogurt, banana, strawberries, hazelnuts, currants, pineapple, fiji apple, gala apple, red grapes
<b>FRESH FRUIT SALAD</b>	v vt gf	no	no	no	no	no	no	no	pineapple, red grapes, fiji apples, gala apple, currants, hazelnuts, strawberries, banana
<b>GO GREEN FRITTATA</b>	(v) vt gf	no	no	no	yes	mango chutney in sauce	no	yes	olive oil, garlic, quinoa, *spinach basil pesto, egg whites, pea sprouts, *apple mango mint chutney sauce (contains garlic), kosher salt, black pepper, euro greens, asparagus, zucchini squash, broccolini
<b>GOOD MORNING ENERGY CEREAL</b>	(v) vt gf n	no	granola	granola	no	no	no	no	pistachio, walnut, quinoa, pecan, pumpkin seeds, sunflower seeds, cashew, almond, rice puff, cinnamon, cardamom, ginger, black pepper, kosher salt, maple syrup, cherries, cranberries, golden raisins, coconut
<b>GREEN TAMALES AND EGGS</b>	(v) vt gf n	butter, sour cream	almond milk	sesame, mustard in avo salsa	yes	no	no	yes	eggs, *corn tamales, *tortilla strips, sour cream, cilantro, *avocado tomato black bean salsa, *tomatillo sauce, lemon juice
<b>HERBED OMELETTE</b>	(v) vt gf	butter	no	no	yes	no	no	yes	egg whites, mushrooms, tomatoes, spinach, red bell pepper, sage, tarragon, thyme, garnished with orange slice
<b>HUEVOS RANCHEROS</b>	(v) vt gf n	butter, mozz	no	no	yes	no	no	yes	eggs, corn tortilla, mozzarella cheese, *toasted tomato chipotle sauce oil free, avacados, cilantro
<b>HUGO'S HOT CEREAL</b>	(v) vt	no	no	no	no	no	oats, kamut	no	currants, kamut flake oats, rye flake oats, rolled oats, apple juice, steel cut oats
<b>MACHACA &amp; EGGS</b>	gf	yes	almonds in rice	chili seeds	yes	no	yes	yes	beef chuck roll, egg, green bell pepper, red bell peppers, red onion, roma tomatoes, corn tortilla, mozzarella cheese, olive oil, *tomato chipotle sauce oil free, *negro salsa, *pico de gallo
<b>OATMEAL FRITTATA</b>	vt n	butter, cottage cheese	granola	no	yes	no	granola	yes	kamut flake oats, rye flake oats, steel cut oats, cinnamon, maple syrup, almonds, *apple sauce-fiji, strawberries, cottage cheese, egg whites
<b>PAPA'S EGGS</b>	gf	butter	no	no	yes	no	no	yes	garlic, bacon, *turkey sausage, egg, green onion, parsley, kosher salt, seasoning salt, garlic pepper, italian seasoning, paprika, onion powder, black pepper, garnished with orange slice
<b>PASTA MAMA</b>	(v) vt (gf)	butter, parm	no	flax in pasta	yes	no	semolina	yes	*linguini pasta, garlic, black pepper, parsley, parmesan cheese, egg, kosher salt, garlic pepper, italian seasoning, paprika, onion powder, seasoning salt

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<b>PASTA PAPA</b>	(gf)	butter, parm	no	flax in pasta	yes	no	semolina	yes	*linguini pasta, garlic, black pepper, parsley, parmesan cheese, egg, green onion, bacon,*turkey sausage, *hugos seasoning
<b>PROTEIN SCRAMBLE</b>	gf	butter	no	no	yes	no	no	yes	chicken breast, oyster mushrooms, shiitake mushrooms, broccoli, asparagus, yellow onion, egg whites, garlic, kosher salt, black pepper, sage, tarragon, thyme, garnished with orange slice
<b>STRAWBERRY ENERGY BOWL</b>	vt gf n	yogurt	granola	granola	no	no	no	no	banana, strawberries, strawberry yogurt, pistachio, walnut, quinoa, pecan, pumpkin seeds, sunflower seeds, cashew, almond, rice puff, cinnamon, cardamom, ginger, black pepper, kosher salt, maple syrup, cherries, cranberries, golden raisins, coconut
<b>TOFU SCRAMBLE</b>	v vt gf	no	no	no	no	tofu, sauce	no	Can be cooked with	mushrooms, tofu, green onion, roma tomatoes, ginger, garlic, olive oil, spinach, soy braggs amino mix, *yams & sweet potato, garnished with orange slice

## STARTERS

<b>ASIAN SPRING ROLLS</b>	v vt gf	no	no	sesame seeds	no	in sauce	no	in sauce	rice paper wrappers, basil, mint, kelp noodles, cucumber, carrot, pea sprouts, avocados, baby mix lettuce
<b>CAULIFLOWER PAKORA</b>	v vt gf	no	no	sesame seeds in sauce	no	no	no	no	cauliflower, *red lentil mix batter, *kapha spices, *roasted garlic and jalapeno dressing, *pickled jalapenos and vegetables
<b>GREEN TAMALES</b>	(v) vt gf n	sour cream	almond milk	sesame, mustard in avo salsa	no	no	no	yes	*sweet green corn tamales, *tomatillo sauce, *avocado tomato and black bean salsa, sour cream, cilantro
<b>LOS NACHOS</b>	v vt gf	no	no	no	no	no	no	yes	corn tortilla, avocados, green chili, cilantro, *nacho sauce, *tomato chipotle black beans, *pico de gallo
<b>SWEET POTATO FRIES</b>	v vt gf	no	dipping sauce	no	no	no	no	yes	sweet potato, potato flour, *seasoning, arrowroot powder, sherry vinegar, ztf oil, black pepper, kosher salt.
<b>TRADITIONAL MAC &amp; CHEESE</b>	vt gf	cream 3 cheese mix	no	flax in pasta	no	no	semolina	yes	*fusilli pasta, mild cheddar cheese, gorgonzola cheese, mozzarella cheese, manufacturing cream, kosher salt, parmesan cheese, black pepper

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Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
<b>VEGAN MAC &amp; CHEESE</b>	v vt (gf) n	no	cashews	sunflower seeds in sauce, flax in pasta	no	no	pasta	yes	*fusilli pasta, mushroom, peas, garlic, kosher salt, black pepper, *crispy onions, *cashew cheese sauce vegan

## SOUPS

<b>TOMATO BASIL BISQUE</b>	v vt gf	no	no	no	no	tofu	no	no	yellow onion, garlic, tomato, tofu, kosher salt, black pepper, unrefined sugar, rice milk, basil
<b>GINSENG CHICKEN SOUP</b>	gf	no	no	no	no	no	no	no	chicken breast, celery, yellow onion, garlic, ginger, shiitake mushrooms, kosher salt, black pepper, ginseng, cilantro, spinach
<b>Tortilla, Tomato &amp; Black Bean (Served Monday)</b>	v vt gf	no	no	no	no	no	no	no	yellow onion, zucchini squash, yellow squash, garlic, roma tomatoes, corn tortilla, tomato paste, cumin, table salt, corn, black beans, cilantro, seasoning salt, garlic pepper, italian seasoning, paprika, onion powder, black pepper, kosher salt
<b>Spinach, Zucc, Sweet Corn (Served Tuesday)</b>	v vt gf	no	no	no	no	no	no	no	yellow onion, garlic, idaho potato, spinach, yellow squash, rice milk, table salt, black pepper, corn, tarragon
<b>Coconut Curry and Red Lentil (Served Wednesday)</b>	v vt gf	no	coconut milk	no	no	no	no	no	yellow onion, garlic, carrot, celery, red lentil beans, coconut milk, coriander, cumin, curry powder, kosher salt, black pepper, *vegetable balls
<b>Hearty Dal with Greens (Served Thursday)</b>	v vt gf	no	no	no	no	no	no	no	yellow onion, garlic, ginger, paprika, cumin, black pepper, red lentil beans, garbonzo beans, tomato, white rose potato, lemon juice cayenne pepper
<b>Split Pea (Served Friday)</b>	v vt gf	no	no	no	no	no	no	no	yellow onion, celery, garlic, peas, kosher salt, carrot, black pepper
<b>Roasted Vegetable (Served Saturday)</b>	v vt gf	no	no	no	no	no	no	no	yellow onion, celery, carrot, broccoli, zucchini, yellow squash, red bell pepper, tomato paste, garlic, white rose potato, bay leaf, coriander, cumin, onion powder, tarragon, thyme, sage, rosemary, unrefined sugar, maple syrup, italian seasoning, black pepper, ginger, paprika, basil
<b>Power of Green (Served Sunday)</b>	v vt gf	no	no	pumpkin seeds	no	braggs aminos	no	no	yellow onion, celery, garlic, zucchini, green bell pepper, asparagus, tarragon, thyme, euro greens, spinach, nutmeg, black pepper, pumpkin seeds, soy braggs amino mix, lemon juice, basil

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## SALADS

<b>KELP NOODLE BOWL</b>	v vt gf	no	no	sesame seeds dressing	no	dressing	no	dressing	kelp noodles, pea sprouts, sea vegetables, pickled ginger, green onion, cilantro, sesame seeds, *sesame chile sauce, snow peas, carrot, jicama
<b>THE POWER OF GREEN SALAD</b>	v vt gf	no	no	sunflr seeds, mustard in dressing	no	no	no	dressing	euro greens, cherries, avocados, sunflower seeds, *sherry vinagrette dressing, asparagus, zucchini, broccoli
<b>MEXICAN SALAD</b>	(v) (vt) gf	parmesan chz.	no	mustard in dressing	no	dressing	no	dressing	romaine lettuce, avocados, kalamata olives, parmesan cheese, black beans, kosher salt, *pico de gallo, *caesar dressing
<b>SESAME SALAD</b>	(v) (vt) gf n	no	almonds	mustard, sesame in dressing	no	dressing and chicken marinade	no	dressing	baby mix lettuce, snow peas, jicama, orange, almonds, *sesame ginger dressing
<b>QUINOA BEET SALAD</b>	(v) v gf n	gorgonzola chz.	walnuts	mustard in dressing	no	no	no	dressing	carrot, beets, green onion, cherries, walnut, gorgonzola cheese, baby mix lettuce, quinoa, *sherry vinagrette dressing
<b>HOUSE SALAD</b>	v vt gf	no	no	mustard in dressing	no	no	no	dressing	baby mix lettuce, tomatoe, carrot, pea sprouts, *balsamic dressing
<b>CAESAR SALAD</b>	(v) vt (gf) n	yes	croutons	croutons & mustard in dressing	no	dressing	croutons	dressing	romaine lettuce, parmesan cheese, *croutons, *caesar dressing

## SANDWICH

<b>AVOCADO HUMMUS WRAP</b>	v vt	no	no	hummus, dressing	no	dressing, tortilla	tortilla	dressing	spinach tortilla, pea sprouts, tomatoes, avocados, cucumber, *roasted garlic-red pepper hummus, *sesame ginger dressing
<b>BBQ SANDWICH</b>	(gf)	mozz	no	BBQ sauce	no	rustic bun, BBQ	rustic bun	crispy onion	turkey breast, mozzarella cheese, egg bun, *crispy onions, *bbq sauce
<b>CLUB - CHX, PORK, TURKEY</b>	(gf)	no	no	no	no	vegenaise	bread	yes	*guacamole, vegenaie, black pepper, romaine lettuce, tomatoes, country white bread, bacon

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CLUB - TOFU	(v) (vt) (gf)	no	no	tofu marinade	no	vegenais e	bread	yes	*tofu, vegenaise, black pepper, romaine lettuce, tomatoes, country white bread, veggie bacon
CUBAN SANDWICH	(vt) (gf)	goat cheese	no	mustard	no	no	bread	yes	*flat bread, chicken breast, goat cheese, tomatoes, red onion, black pepper, kosher salt, *honey chipotle sauce, plantains, baby mix lettuce, *balsamic dressing
HUGO'S BURGER - BEEF	(gf)	no	no	no	no	Santa Fe vegenais e	bread	Santa Fe vegenaise	*burger patty, egg bun, red onion, tomatoes, romaine lettuce, *santa fe vegenaise
HUGO'S BURGER - TURKEY	(gf)	no	no	no	yes	Santa Fe vegenais e	bread	Santa Fe vegenaise	*turkey patty, egg bun, red onion, tomatoes, romaine lettuce, *santa fe vegenaise
HUGO'S BURGER - VEGGIE PATTY	v vt (gf)	no	pinenuts in veg. patty	pinenuts in veg. patty	no	Santa Fe vegenais e	bread	yes	*veggie patty, tomatoes, red onion, egg bun
KALE BURRITO	(v) vt	mozz	no	no	no	tortilla	tortilla	garbanzo, tortilla	spinach tortilla, *guacamole, *garbazos frito, *kale and cauliflower, *negra nacho sauce, *pico de gallo, mozzarella cheese
KALE TACOS	v vt gf	no	no	no	no	no	no	garbanzos	corn tortilla, garbanzo beans, kosher salt, kale, cauliflower, *negra salsa, *pico de gallo
MUNG BEAN & RICE BURRITO	(v) vt (gf) n	mozz, goat chz	pesto sauce	no	no	tortilla	tortilla	yes	*mung beans and rice, whole wheat tortilla, goat cheese, mozzarella cheese, red bell pepper, basil, basil, olive oil, pine nuts
MUNG BEAN & RICE PIZZA	(v) vt (gf) n	mozz, goat chz	pesto sauce	no	no	no	no	yes	*flat bread, *mung beans and rice, mozzarella cheese, goat cheese, red bell pepper, basil, basil, olive oil, pine nuts
MUNG BEAN & RICE QUESDILLA	(v) vt (gf) n	mozz, goat chz	pesto sauce	no	no	tortilla	tortilla	yes	*mung beans and rice, whole wheat tortilla, basil, olive oil, pine nuts, mozzarella cheese, goat cheese, basil, red bell pepper
TRES TACOS - CHICKEN	(gf)	no	no	no	no	no	no	yes	corn tortilla, chickent breast, black beans, corn, *pico de gallo, *roasted tomato chipotle sauce oil free, *guacamole, kosher salt, black pepper, romain lettuce
TRES TACOS - STEAK	(gf)	no	no	no	no	no	no	yes	corn tortilla, steak, corn, *pico de gallo, *roasted tomato chipotle sauce oil free, black pepper, kosher salt, romaine lettuce, *guacamole, *black beans
TRES TACOS - TOFU	(v) (vt) (gf)	no	no	no	no	tofu	no	yes	tofu, corn tortilla, corn, *pico de gallo, *roasted tomato chipotle sauce oil free, black pepper, kosher salt, *black beans, *guacamole, romaine lettuce



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TRES TACOS - VEGGIE	(v) (vt) (gf)	no	no	no	no	no	no	no	corn tortilla, carrot, asparagus, cauliflower, zucchini, yellow squash, butternut, potato, fennel seeds, soy braggs amino mix, paprika, seasoning salt, onion powder, garlic, italian seasoning, black beans, corn, *pico de gallo, *roasted tomato chipotle sauce oil free, *guacamole, kosher salt, black pepper, romaine lettuce

## PASTA

CARBONARA	(v) (vt) (gf)	cream, parmesan	no	flax in pasta	no	no	pasta	yes	bacon, prosciutto, green onion, garlic, parmesan cheese, white wine, manufacturing cream, *linguini pasta, parsley, kosher salt, black pepper, crushed red pepper,
CARBONARA - VEGAN	v vt (gf) n	no	cashews	sunflower seeds in sauce, flax in pasta	no	veggie bacon	pasta	yes	*linguini pasta, olive oil, garlic, *veggie bacon, mushrooms, green onion, parsley, kosher salt, black pepper, white wine, crushed red pepper, *cashew cheese sauce vegan
CREATE-A-PASTA	(v) vt (gf)								
MAC & CHEESE	vt (gf)	yes	no	flax in pasta	no	no	pasta	yes	*fusilli pasta, manufacturing cream, mild cheddar cheese, mozzarella cheese, parmesan cheese, gorgonzola cheese, kosher salt, black pepper
MAC AND CHEESE - VEGAN	v vt (gf) n	no	cashews	sunflower seeds	no	no	pasta	yes	*fusillie pasta, mushrooms, peas, garlic, *cashew cheese sauce vegan, kosher salt, black pepper, *crispy onions
PASTA VICTOR	(v) (vt) (gf)	cream, parmesan	no	flax in pasta	no	no	pasta	yes	chicken breast, corn, sundried tomato, kosher salt, black pepper, white wine, *roasted tomato chipotle sauce oil free, manufacturing cream, cilantro, parmesan cheese, *linguini pasta, garlic, olive oil
PASTA VICTOR - VEGAN	v vt (gf) n	no	cashews	sunflower seeds in sauce, flax in pasta	no	tofu	pasta	yes	*linguini pasta, olive oil, garlic, tofu, corn, cilantro, kosher salt, black pepper, white wine, *cashew cheese sauce vegan, *roasted tomato chipotle sauce oil free, sundried tomato
SPAGHETTI WITH TURKEY BALLS	(v) (vt) (gf) n	Parmesan in meatball	meatballs	flax in pasta	meatballs	marinara	pasta	yes	*linguini pasta, olive oil, artichoke hearts, tomatoes, *turkey meatballs, *marinara sauce, parmesan cheese, basil

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<b>SPAGHETTI WITH VEGGIE BALLS</b>	v vt (gf) n	Parmesan	pinenuts in veg. balls	flax in pasta	no	marinara	pasta	yes	olive oil, *linguini pasta, artichoke hearts, tomatoes, yellow onion, *marinara sauce, *vegetable balls, basil

## ENTREES

<b>ASIAN STIR FRY</b>	(v) (vt) gf	no	no	Sesame-chili sauce	no	Sesame-chili sauce	no	Sesame-chili sauce	snow peas, tomatoes, mushrooms, broccolini, cilantro, green onion, jicama, olive oil, *sesame chile sauce
<b>CHICKEN CARCIOFI</b>	(vt) gf	butter	no	no	no	no	no	yes	chicken breast, olive oil, artichoke hearts, tomatoes, spinach, lemon juice, white wine, garlic, butter, kalamata olives
<b>CHIMICHURRI STEAK</b>	gf	no	no	no	no	no	no	yes	tenderloin beef, black pepper, garlic, parsley, olive oil, yellow onion, *chimichuri sauce
<b>CREATE-A-PLATE (3-5 Choice)</b>	(v) vt gf								
<b>GREEN TAMALES PLATE</b>	(v) vt gf n	mozz	almond milk	no	no	no	no	yes	*sweet green corn tamales, *tomatillo sauce, mozzarella cheese, *pico de gallo
<b>KALE TACO CASSEROLE</b>	(v) vt gf	mozz	no	no	no	no	corn tortillas	garbanzos	corn tortilla, *guacamole, kale, garlic, yellow onion, cauliflower, black pepper, kosher salt, tomatillo, cilantro, unrefined sugar, chipotle chile, white vinegar, garlic, brown sugar, bay leaf, cumin, oregano, ztf oil, *negra/nacho sauce, mozzarella cheese, *pico de gallo
<b>MARKET FRESH FISH</b>	gf	no	no	no	no	no	no	yes	salmon fillet, black pepper, kosher salt, olive oil, lemon
<b>MUNG BEANS AND RICE CASSEROLE</b>	(v) vt gf	mozz, goat chz	pesto	no	no	no	no	pesto	*mung beans and rice, basil, pine nuts, olive oil, kosher salt, black pepper, mozzarella cheese, goat cheese, red bell pepper, basil
<b>ORANGE MUSTARD CHICKEN</b>	(vt) gf	no	no	mustard	no	no	no	yes	chicken breast, olive oil, *orange mustard sauce, garlic, kosher salt, black pepper, parsley, gluten free flour
<b>ROPA VIEJA</b>	gf	no	side tumeric rice	no	no	no	no	yes	beef chuck roll, garlic, kosher salt, black pepper, bay leaf, yellow onion, green & red peppers, ground cumin, thyme, oregano, bay leaf, white wine, *marinara, *roasted tomato-chipotle sauce, green olives, white vinegar, italian parsley, olive oil.

## Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
<b>TIKKA MASALA PLATE</b>	(v) (vt) gf n	no	pine nuts in veg patty	pine nuts in veg patty	no	no	no	yes	*vegetable burger, *tikka masala sauce, cilantro
<b>TURKEY MEATLOAF</b>	(v) (vt) gf n	cheddar, parmesa n cheese	pinenuts	no	yes	braggs amino in gravy	no	mashed potatoes	turkey, kosher salt, rosemary, yellow onion, cheddar, parmesan, parsley, pine nuts, egg, rice puffs, garlic, seasoning salt, paprika, onion powder, black pepper, sundried tomato, *mushroom herb gravy oil free
<b>VERY GREEN CASSEROLE</b>	(v) vt gf n	yes	pesto, veg patty, sauce	veg. patty, sauce	no	braggs amino in marinara	no	yes	olive oil, asparagus, zucchini, broccolini, spinach, *marinara oil free, basil, pine nuts, olive oil, sage, tarragon, thyme, kosher salt, *vegetable burger, goat cheese, mozzarella cheese, black pepper, garlic

### KID'S MENU

<b>BREAKFAST COMBO 3x1</b>	(vt) (gf)	check pancake list	no	no	yes	no	check pancake list	yes	*buttermilk pancakes, egg, bacon
<b>KID'S FUSILLI (or SPAGHETTI) PASTA</b>	v vt	no	no	flax in pasta	no	braggs amino in marinara sauce	pasta	yes	*linguini pasta, broccoli, *marinara oil free
<b>KIDS BURGER &amp; FRIES</b>	(v) (vt) (gf)	cheese	no	no	no	no	bread	fries	beef patty, egg bun
<b>KIDS GRILLED CHICKEN</b>	gf	no	no	no	no	no	no	yes	chicken breast
<b>KIDS GRILLED TOFU</b>	v vt gf	no	no	sesame seed oil	no	braggs amino in marinade	no	yes	tofu
<b>KIDS GRILLED CHEESE or QUESADILLA</b>	(v) (vt)	yes	no	no	no	tortilla	bread	sandwich grilled in oil	*marinara oil free with quesadilla option
<b>L'IL MAC AND CHEESE</b>	vt (gf)	cream cheddar mozzarell	no	flax in pasta	no	no	pasta	yes	*fusilli pasta, mild cheddar cheese, gorgonzola cheese, mozzarella cheese, manufacturing cream, kosher salt, black pepper
<b>L'IL PASTA MAMA</b>	vt (gf)	butter, parm	no	flax in pasta	yes	no	pasta	yes	*linguini pasta, parmesan cheese, egg, kosher salt, butter

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# Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
L'IL VEGAN MAC AND CHEESE	v vt (gf) n	no	cashews	sunflower seeds in sauce	no	no	pasta	yes	*fusilli pasta, mushroom, peas, garlic, kosher salt, black pepper, *crispy onions, *cashew cheese sauce vegan

## DESSERTS

BROWNIE TORTE	v vt gf n	no	pecans	hemp, flax	no	no	no	no oil	black beans, vanilla bean, cocoa powder, gluten free devils food cake mix, hemp seeds, unrefined sugar, baking powder, baking soda, rice milk, pecan, kosher salt, gala apple, figi apple, strawberries, mint, powdered sugar, japanese sweet potato, agar-agar flakes, pecan, orange juice, cocoa powder, kosher salt, unrefined sugar, *cane syrup
CHOCOLATE MOUSSE	vt gf	egg, cream	no	no	yes	no	no	cookie	vegan chocolate chips, egg, espresso, manufacturing cream, orange, *whipped cream, *lemon cookies, vanilla beans, *cane syrup
CHOCOLATE PECAN BROWNIE SUNDAE	(v) vt gf n	w/ gelato	walnut garnish	no	no	no	no	yes	black beans, vanilla bean, cocoa powder, gluten free devils food cake mix, hemp seeds, unrefined sugar, baking powder, baking soda, rice milk, pecan, kosher salt, gala apple, figi apple, *whipped cream, *caramel sauce, walnuts, cinnamon, gelato, *cane syrup
FLAN DE ALMENDRA	v vt gf n	no	almonds	no	no	no	no	no	mango puree, vanilla beans, coconut milk, almond butter, unrefined sugar, agar-agar flakes, cornstarch, ginger, xanthan gum, kosher salt, *carmel sauce, *whipped cream vegan, *lemon cookies, mint
STICKY BUNS	v vt gf n	no	pecans	no	no	no	no	yes	cinnamon, vanilla beans, brown sugar, maple syrup, cornstarch, earth balance butter, japanese sweet potato, agar-agar flakes, pecan nuts, orange juice, cocoa powder, gluten free flour, baking powder, baking soda, kosher salt, unrefined sugar, dry active yeast, olive oil, rice milk, white vinegar, xanthan gum
STRAWBERRY SHORTCAKE	vt n	yes	almonds	no	no	no	yes	yes	*buttermilk biscuit, strawberries, *strawberry syrup, almond, powdered sugar, whipped cream, mint leaf.
SHORTBREAD COOKIES	v vt gf	no	no	no	no	no	no	yes	gluten free flour, unrefined sugar, lemon, earth balance butter, kosher salt

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## Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
<b>GELATO - Vanilla Bean</b>	vt gf	yes	made on equip that is used for nuts and seeds	made on equip that is used for nuts and seeds	no	no	no	no	Whole Milk, Cream, Cane Sugar, Dextrose, Non Fat Dry Milk, Gelato Base, Vanilla Paste, Bourbon Vanilla Extract, Vanilla Bean Seeds.
<b>GELATO - Belgian Chocolate</b>	vt gf	yes	made on equip that is used for nuts and seeds	made on equip that is used for nuts and seeds	no	no	no	no	Whole Milk, Cream, Cane Sugar, Dextrose, Cocoa Powder, 72% Dark Chocolate, Gelato Base, Invert Sugar
<b>GELATO - Rooibos Africana</b>	vt gf	yes	made on equip that is used for nuts and seeds	made on equip that is used for nuts and seeds	no	no	no	no	Whole Milk, Cream, Cane Sugar, Dextrose, Non Fat Dry Milk, Organic Rooibos Africana Tea, Gelato Base, Invert Sugar
<b>SORBET - Passionfruit</b>	v vt gf	no	no	no	no	no	no	no	Water, Passion Fruit Puree, Cane Sugar, Glucose, Dextrose, Sorbet Base, Citric Acid
<b>SORBET - Strawberry</b>	v vt gf	no	no	no	no	no	no	no	Water, Frozen Strawberries, Cane Sugar, Dextrose, Glucose, Sorbet Base, Citric Acid

### CREATE-A-PLATE SIDES

<b>Leafy Greens (Sauteed)</b>	v vt gf	no	no	no	no	no	no	yes	euro greens, olive oil, garlic, kosher salt, black pepper
<b>Zucchini, Corn &amp; Roasted Red Peppers</b>	v vt gf	no	no	no	no	no	no	yes	zucchini, red bell pepper, corn, olive oil, kosher salt, black pepper
<b>Mixed Mushrooms &amp; Onions (Sauteed)</b>	v vt gf	no	no	no	no	no	no	yes	mushrooms, yellow onion, kosher salt, black pepper, garlic, olive oil
<b>Yams &amp; Sweet Potatoes (Roasted)</b>	v vt gf	no	no	no	no	no	no	yes	red garnet yam, sweet potato, black pepper, kosher salt, nutmeg, olive oil
<b>Broccoli &amp; Garlic</b>	v vt gf	no	no	no	no	no	no	yes	olive oil, garlic, broccolini, kosher salt, black pepper

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## Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
<b>Tomato Chipotle Black Beans</b>	v vt gf	no	no	no	no	no	no	no	black beans, yellow onion, kosher salt, *roasted tomato chipotle sauce oil free
<b>Mung Beans &amp; Rice</b>	v vt gf	no	no	no	no	no	no	no	mung beans, basmati rice, red bell pepper, green bell pepper, zucchini, celery, broccoli, garlic, yellow onion, turmeric, cumin, black pepper, bay leaf, curry powder, carrot, ginger, kosher salt
<b>Green Tamale</b>	v vt gf	no	no	no	no	no	no	yes	corn, almond milk, unrefined sugar, spinach, earth balance butter, polenta, masarina flour, unrefined sugar, kosher salt, baking powder
<b>Garlic-Spinach</b>	v vt gf	no	no	no	no	no	no	yes	spinach, garlic, olive oil, kosher salt, black pepper
<b>Plantains (Fried)</b>	v vt gf	no	no	no	no	no	no	yes	
<b>Garbanzos (Organic Mashed)</b>	v vt gf	no	no	no	no	no	no	yes	garbanzo beans, kosher salt
<b>Beets (Cooked)</b>	v vt gf	no	no	no	no	no	no	no	beets, kosher salt, black pepper,
<b>Quinoa (Organic Golden)</b>	v vt gf	no	no	no	no	no	no	no	

### PROTEIN CHOICES

<b>Bacon (House-Made Veggie)</b>	v vt gf	no	no	no	no	yes	no	yes	quinoa, red lentil beans, paprika, black pepper, onion powder, garlic, dill seed, celery salt, zanthan gum, arrowroot powder,, liquid smoke seasoning, braggs amino mix tamari soy, masarina flour, brown sugar, beets, earth balance butter, olive oil
<b>Bacon (Pork)</b>	gf	no	no	no	no	no	no	pork fat	
<b>Bacon (Turkey)</b>	gf	no	no	no	no	yes	no	yes	
<b>Burger - Beef</b>	gf	no	no	no	no	no	no	beef fat	
<b>Burger - Veggie</b>	v vt gf n	no	yes	yes	no	no	no	yes	mung beans, olive oil, porcini mushrooms, celery, carrot, zucchini, yellow squash, mushrooms, garlic, brown rice, basil, pine nuts, kosher salt, black pepper, baking powder, baking soda, fennel seed, tarragon, rice puffs, polenta, pumpkin seeds, sunflower seeds
<b>Burger -Turkey</b>	gf	no	no	no	yes	no	no	turkey fat	turkey, kosher salt, seasoning salt, garlic, italian seasoning, paprika, onion powder, black pepper, garlic, yellow onion, parsley, egg, rice puff

# Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Chicken (Marinated/Grilled)	gf	no	no	no	no	no	no	yes	
Chicken (Plain)	gf	no	no	no	no	no	no	no	
Meatballs - Turkey (4)	gf n	yes	yes	no	yes	no	no	yes	*marinara oil free, turkey, olive oil, mild cheddar cheese, parmesan cheese, parsley, pine nuts, garlic, black pepper, kosher salt, egg italian seasoning, rice puffs, yellow onion, brown rice
Meatballs - Veggie (4)	v vt gf n	no	yes	yes	no	no	no	yes	mung beans, olive oil, porcini mushrooms, celery, carrot, zucchini, yellow squash, mushrooms, garlic, *brown rice, *basil pesto, kosher salt, black pepper, baking powder, baking soda, fennel seed, tarragon, rice puffs, polenta, pumpkin seeds, sunflower seeds
Pork Loin (House-Smoked)	gf	no	no	no	no	no	no	pork fat	
Tenderloin	gf	no	no	no	no	no	no	yes	beef tenderloin, kosher salt, black pepper, olive oil
Tofu (Marinated/Grilled)	v vt gf	no	no	no	no	Yes	no	yes	
Tofu (Plain)	v vt gf	no	no	no	no	Yes	no	no	
Turkey (Sliced or Diced)	gf	no	no	no	no	Yes	no	Yes	
Turkey Loaf	gf n	yes	yes	no	yes	no	no	no	turkey, kosher salt, *hugos seasoning, rosemary, garlic, onion, *sundried tomato pesto, cheddar cheese, parmesan cheese, parsley, pine nuts, egg, rice puff, sundried tomato,
Turkey Sausage Patties	gf	no	no	no	no	no	no	no	turkey, white wine, fennel seed, black pepper, kosher salt, onion powder, garlic pepper, italian seasoning, *hugos seasoning, *orange zest, crushed red pepper

## SIDES

Applesauce	v vt gf	no	no	no	no	no	no	no	gala apple, fiji apple, apple juice
Black Bean Cakes	v vt gf	no	no	no	no	no	no	yes	yellow onion, cayenne pepper, black pepper, garlic, chili powder, ztf oil, oregano, cumin, black beans, kosher salt
Egg Whites (Two)	vt gf	no	no	no	yes	no	no	cooked in oil or butter	organic egg whites

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# Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Eggs (Two, Any Style)	vt gf	no	no	no	yes	no	no	cooked in oil or butter	organic eggs
Energy Cereal (1/2)	v vt gf n	no	yes	yes	no	no	no	no	pistachio, walnut, quinoa, pecan, pumpkin seeds, sunflower seeds, cashew, almond, rice puff, cinnamon, cardamom, ginger, black pepper, kosher salt, maple syrup, cherries, cranberries, raisins, coconut
Flax Seed	v vt gf n	no	no	yes	no	no	no	no	
Fries	v vt gf	no	no	no	no	no	no	yes	kennebeck potato, kosher salt
Fruit Cup	v vt gf	no	no	no	no	no	no	no	pineapple, gala apple, fiji apple, red grapes
Hot Cereal (Granola)	v vt gf	no	no	no	no	no	yes	no	kamut flake oats, rye flake oats, steel cut oats, cinnamon, almond, maple syrup, molasses, unrefined sugar
Kelp Noodles 5oz	v vt gf	no	no	no	no	no	no	no	
Mashed Potatoes	v vt gf	no	no	no	no	yes	no	yes	idaho potato, artichoke hearts, rice milk, kosher salt, white pepper, yellow onion, garlic, vegenaise
Potato Chips	v vt gf	no	no	no	no	no	no	yes	idaho potato, kosher salt, white vinegar
Potato Pancakes	v vt gf	no	no	no	no	no	no	yes	white rose potato, parsley, kosher salt, black pepper, potato flour, garlic, onion powder, seasoning salt, garlic pepper, italian seasoning, paprika, black pepper
Rice (Brown)	v vt gf	no	no	no	no	no	no	no	
Rice (Tumeric)	v vt gf n	no	yes	no	no	no	no	yes	basmati rice, currants, turmeric, cumin, garlic, kosher salt, almond, olive oil, black pepper
Roasted Potatoes	v vt gf	no	no	no	no	no	no	yes	white rose potato, olive oil, rosemary, kosher salt, black pepper, seasoning salt, garlic pepper, italian seasoning, paprika, onion powder, black pepper
Sweet Potato Fries	v vt gf	no	dipping sauce	no	no	no	no	yes	sweet potato, potato flour, *seasoning, arrowroot powder, sherry vinegar, ztf oil, black pepper, kosher salt.
Tortilla Chips	v vt gf	no	no	Yes	no	no	no	yes	tortilla thin corn
Veggies - Sauteed	v vt gf	no	no	no	no	no	no	yes	carrot, zucchini, cauliflower, broccoli, olive oil
Veggies - Steamed	v vt gf	no	no	no	no	no	no	no	carrot, zucchini, cauliflower, broccoli



# Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Yogurt	v gf	yes	no	no	no	no	no	no	plain lowfat yogurt

## SYRUPS

Blueberry	v vt gf	no	no	no	no	no	no	no	gluten free flour, rice milk, blueberries, orange zest, baking soda, baking powder, cinnamon, ztf oil, kosher salt, polenta, unrefined sugar
Blueberry Compote	v vt gf	no	no	no	no	no	no	no	blueberries, unrefined sugar, orange juice, kosher salt, cornstarch
Cane Sugar (Spiced)	v vt gf	no	no	no	no	no	no	no	unrefined sugar, ginger, cinnamon, nutmeg, cloves, kosher salt, cardamom
Maple (Pure)	v vt gf	no	no	no	no	no	no	no	pure maple syrup
Strawberry Syrup	v vt gf	no	no	no	no	no	no	no	*cane syrup, strawberries, salt, lemon juice, water.

## DRESSINGS

Balsamic Vinaigrette	v gf	no	no	mustard	no	no	no	yes	shallots, ztf oil, dijon mustard, balsamic vinegar, kosher salt, black pepper
Caesar	v gf	no	no	mustard	no	vegenaise, Braggs	no	yes	rosemary, garlic, soy braggs amino mix, kosher salt, black pepper, dijon mustard, vegenaize, white vinegar, lemon juice, tasco red sauce, ztf oil, olive oil
Garlic Jalapeno	v gf	no	no	sesame, mustard	no	no	no	no	garlic, chile jalapeno, japanese sweet potato, white vinegar, lime juice, rice milk, lemon juice, horseradish, dijon mustard, tahini paste, oregano, white pepper, onion powder, tabasco red sauce, kosher salt, green onion, parsley
Mango-Tahini	v gf	no	no	yes	no	mango chutney, braggs amino	no	no	mango puree, orange juice, mango chutney (contains garlic), soy braggs amino mix, white sesame seeds, crushed red pepper, tahini paste
Ranch	v gf	no	no	no	no	vegenaise se	no	vegenaise	vegenaise, italian seasoning, cayenne pepper, lemon juice, rice milk, kosher salt, black pepper, oregano
Sesame Chili	v gf	no	no	sesame seeds	no	mango chutney, braggs amino	no	no	mango chutney (contains garlic), soy braggs amino mix, white sesame seeds, crushed red pepper, tahini paste

# Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Sesame Ginger	v gf	no	no	sesame seed oil	no	soy sauce/Bragg's	no	yes	ginger, white vinegar, dijon mustard, vegenaize, kosher salt, garlic, black pepper, sesame oil, ztf oil, rice syrup, tahini paste
Sherry Vinaigrette	v gf	no	no	mustard	no	no	no	yes	shallots, dijon mustard, black pepper, table salt, sherry vinegar, ztf oil

## SAUCES

BBQ Sauce	v vt gf	no	no	mustard	no	Bragg's aminos	no	yes	garlic, cumin, coriander, garlic, yellow onion, yellow mustard, molasses, white vinegar, chili powder, brown sugar, soy braggs amino mix, tomato paste, tabasco red sauce, liquid smoke seasoning, kosher salt
Carbonara Sauce	gf	yes	no	no	no	no	no	yes	bacon, prosciutto, green onion, garlic, parmesan, white wine, cream, parsley, kosher salt, black pepper, chili flakes, olive oil
Chimichurri	v vt gf	no	no	no	no	no	no	yes	tomatillo, jalapeno chile, garlic, oregano, lemon juice, parsley, kosher salt, olive oil
Cilantro-Mint Chutney	v vt gf	no	no	no	no	no	no	no	cilantro, mint, jalapeno chile, kosher salt, lemon juice, unrefined sugar, garlic, ginger
Ghost Pepper (Hot) Sauce	v vt gf	no	no	no	no	no	no	no	guajillo peppers, ghost pepper, chili flakes, water, white vinegar, kosher salt, onion powder, roasted garlic powder, black pepper, <del>sesame, cumin, coriander powder, unrefined sugar</del>
Gravy (Mushroom)	v vt gf	no	no	no	no	Bragg's in gravy	no	no	mushroom, yellow onion, garlic, rosemary, potato flour, gluten free flour, black pepper, sage, tarragon, thyme, braggs amino mix, tamari soy
Guacamole	gf	no	no	no	no	no	no	no	avocado pulp, red onion, cilantro, kosher salt, black pepper, lemon juice
Hollandaise	vt gf	yes	no	no	yes	no	no	Butter	unsalted butter, egg, lemon juice, kosher salt, black pepper, tabasco red sauce
Honey Chipotle (1oz)	vt gf	no	no	no	no	no	no	yes	cilantro, honey, ztf oil, kosher salt, olive oil, chipolte chile, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, cumin, oregano, kosher salt
Hummus	v vt gf	no	no	sesame seeds	no	no	no	no	red bell pepper, garbonzo beans, lemon, white sesame seeds, white pepper, table salt, cumin, cayenne, yellow onion, garlic, basil
Marinara	v vt gf	no	no	no	no	Bragg's aminos	no	no	tomato, braggs amino acids, italian seasoning, oregano, garlic, basil, black pepper

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## Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Nacho Sauce	v vt gf	no	no	no	no	no	no	yes	carrot, idaho potato, nutritional yeast, agar-agar flakes, kosher salt, turmeric, white pepper, onion powder, garlic, rice milk, arrowroot powder, earth balance butter, oregano, cumin, chhili powder, red bell pepper, green bell pepper, jalapeno chile, cholula hot sauce, green onion
Negra	v vt gf	no	no	no	no	no	no	no	tomatoes, guajillo chile, cilantro, kosher salt, chipolte, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, cumin, oregano, kosher salt
Negra-Nacho	v vt gf	no	no	no	no	no	no	yes	onion powder, garlic, rice milk, arrowroot powder, earth balance butter, oregano, cumin, chili powder, red bell pepper, green bell pepper, jalapeno chile, cholula hot sauce, green onion, tomatoes, guajillo chile, cilantro, kosher salt, chipolte, white vinegar, brown sugar, tomato paste, oregano, black pepper, bay leaf, carrot, turmeric, agar-agar flakes, potato, nutritional yeast, white pepper
Pepper Mayo	v vt gf	no	no	no	no	yes	no	yes	black pepper, vegenaïse
Pesto (1oz)	v vt gf	no	yes	no	no	no	no	yes	basil, kosher salt, black pepper, garlic, pine nuts, olive oil
Pico de Gallo	v vt gf	no	no	no	no	no	no	no	cilantro, yellow onion, jalapeno chile, tomatoes, lemon juice, oregano, black pepper, kosher salt
Sante Fe Mayo	v vt gf	no	no	no	no	yes	no	yes	chili powder, vegenaïse
Sour Cream	vt gf	yes	no	no	no	no	no	no	
Tika-Masala	v vt gf	no	coconut	no	no	no	no	no	tomatoes, crushed red pepper, garlic, ginger, curry powder, coconut milk, kosher salt, cilantro, arrowroot powder, coriander, cumin, black pepper, cayenne, fennel seed, cardamom, cloves, nutmeg
Tomatillo Sauce	v vt gf	no	no	no	no	no	no	no	tomatillo, yellow onion, cilantro, kosher salt, unrefined sugar, black pepper, chipolte chile, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, cumin, oregano
Tomato-Chipotle	v vt gf	no	no	no	no	no	no	no	tomatoes, yellow onion, garlic, cilantro, lemon juice, black pepper, kosher salt, tomato juice, chipolte chile, white vinegar, brown sugar, bay leaf, cumin, oregano, tomato paste
Vegan Victor Sauce	v vt gf	no	yes	no	no	no	no	yes	olive oil, garlic, corn, cilantro, kosher salt, black pepper, white wine, *cash cheese sauce, *tomato-chipotle sauce, sundried tomato, chili flakes

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# Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Vegan Carbonara Sauce	v vt gf	no	no	no	no	yes	no	yes	olive oil, garlic, *veggie bacon, mushrooms, green onion, kosher salt, black pepper, *cashew cheese sauce, white wine
Victor Sauce	vt gf	yes	no	no	no	no	no	yes	corn, sundried tomato, chili flakes, kosher salt, black pepper, white wint, *tomato-chipotle sauce, cream, cilantro, parmesan, garlic, olive oil

## BREAD CHOICES

Countrybread	v vt	no	no	no	no	no	yes	no	
Rustic Bun	v vt	no	no	no	no	yes	yes	yes	
English Muffin	vt	yes	no	no	no	yes	yes	yes	
Flatbread	v vt gf	no	no	flax seeds	no	no	no	yes	gluten free flour, yeast, kosher salt, unrefined sugar, polenta, olive oil, garlic, rice milk, turmeric, flax seed oats
Multigrain	v vt	no	no	yes	no	no	yes	no	
Tortilla - Corn	v vt gf	no	no	no	no	no	no	no	
Tortilla - Spinach	v vt	no	no	no	no	yes	yes	yes	
Tortilla - Wheat	v vt	no	no	no	no	yes	yes	yes	
Rustic Dinner Rolls	v vt	no	no	no	no	yes	yes	yes	
WW Ciabatta	v vt	no	no	no	no	no	yes	no	
Croutons	v vt n	no	cashews	sunflower seeds	no	no	yes	no	ciabatta white garlic bread, oregano, italian seasoning, thyme, black pepper, garlic, parsley, garlic pepper, paprika, onion powder, seasoning salt, sunflower seeds, cashew, rice milk, yeast, white pepper, turmeric

## CHEESE CHOICES

Goat	vt	yes	no	no	no	no	no	no	
Daiya Vegan	v vt gf	no	coconut oil	no	no	no	no	yes	
Gorgonzola	vt	yes	no	no	no	no	no	no	
Parmesan	vt	yes	no	no	no	no	no	no	

Effective 4/29/2015

## Hugo's Common Allergen List

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Cheddar	vt	yes	no	no	no	no	no	no	
Mozzarella	vt	yes	no	no	no	no	no	no	
Cottage Cheese	vt	yes	no	no	no	no	no	no	

