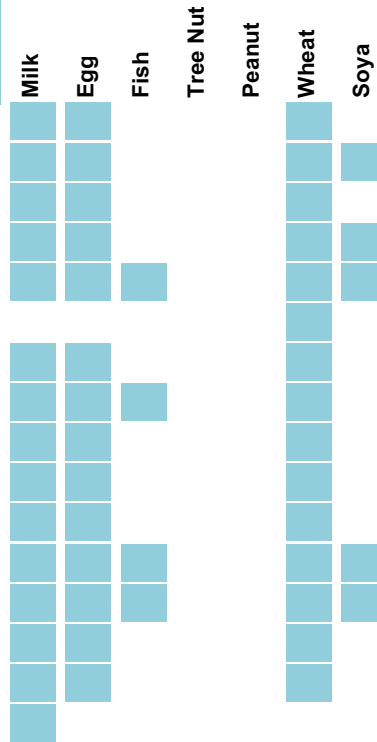


Saladelia at Perkins Library Allergen Information

ALLERGY CHART

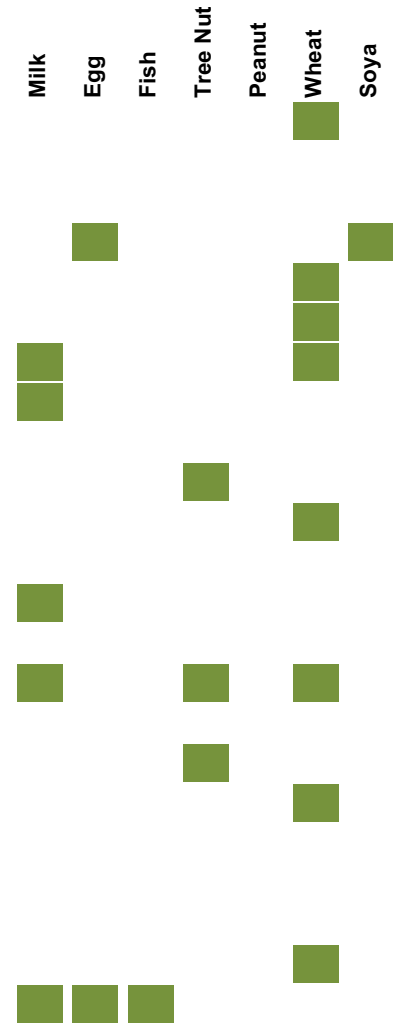
Sandwiches

- Buffalo Chicken Pita
- Chicken Melt
- Chicken Parmesan
- Chicken Salad Croissant
- Chicken Salad Roll
- Falafel Pita
- Ham & Brie
- House Cured Salmon
- Mozzeralla & Tomato
- Prosciutto Sandwich
- Painted Hill Roast Beef
- Tuna Salad Croissant
- Tuna Salad Roll
- Turkey & Arugula
- Turkey Cranberry
- Turkey Havarti (GF)



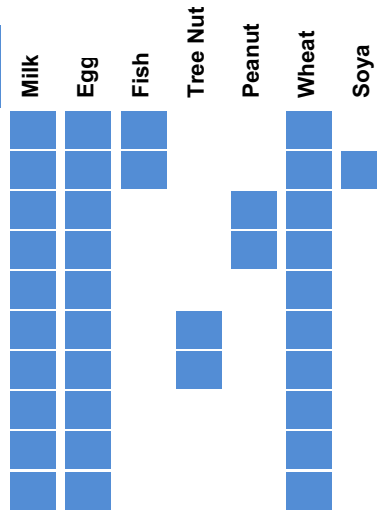
Signature Sides

- Basil Rotini
- Beet Salad
- Andean Black Bean
- Chicken Salad
- Chicken Apple Cous Cous
- Fattoush
- Feta Bowtie
- Garbonzo
- Green Beans
- Hummus
- Kale Makmoorah
- Mediterrear Eggplant
- Mozzarella & Tomato
- Okra
- Orzo Pasta
- Quinoa Salad
- Red Pepper Hummus
- Red Pepper Penne
- Rice & Lentil Mujaddara
- Roasted Vegetable
- S. West Black Beans & Rice
- Tabbouleh
- Albacore Tuna Salad



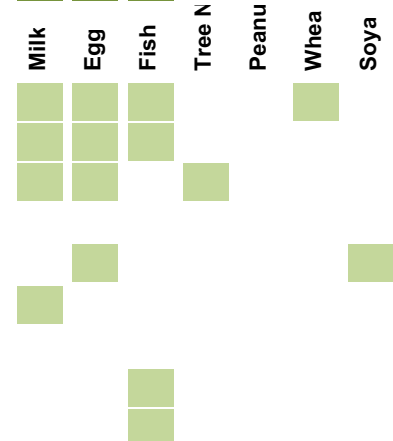
Wraps

- Chicken Caesar Wrap
- Chicken Salad Wrap
- Greek Chicken Wrap
- Greek Wrap
- Honey Mustard Chix Wrap
- Hummus Wrap
- Pesto Turkey Wrap
- Southwest Turkey Wrap
- Southwest Vegetarian Wrap
- Veggie Wrap



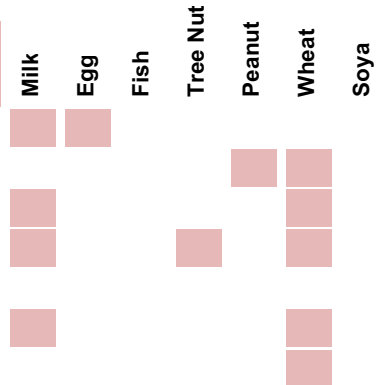
Salads

- Kale Caesar
- Chicken Ceasar Salad
- Beet & Goat Cheese Salad
- Garden Salad
- Garden Chicken Salad
- Greek Salad
- Grilled Chicken Garden
- Tuna Garden Salad
- Salmon Garden Salad



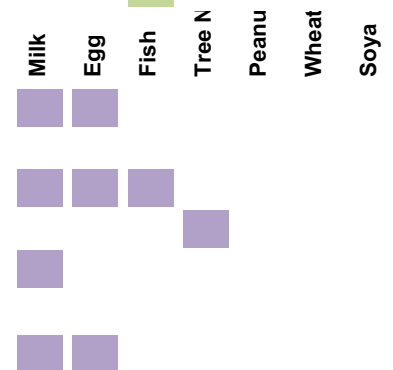
Snacks

- Crudite w/ white french
- Hummus & Pita
- Fruit & Cheese
- Granola Parfait
- Fresh Fruit
- Banana Parfait
- Pita Crisps



Dressings

- 1000 Island Dressing
- Ponegrante Balsamic
- Caesar Dressing
- Lemon Tahini
- Tzatziki
- Vinaigrette
- White French



SALADELIA @ PERK

A L L E R G Y C H A R T

Breakfast Panini

- Burrito, Egg & Cheese
- Burrito, Bacon
- Burrito, Sausage
- Burrito, Portobello
- Burrito, Turkey Sausage
- Bagel, Egg & Cheese
- Bagel, Bacon
- Bagel, Sausage
- Bagel, Portobello
- Bagel, Turkey Sausage
- Crossiant, Egg & Cheese
- Crossiant, Bacon
- Crossiant, Sausage
- Croissant, Portobello
- Crossiant, Turkey Sausage
- Biscuit, Egg & Cheese
- Biscuit, Bacon
- Biscuit, Sausage
- Biscuit, Portobello
- Biscuit, Turkey Sausage
- Egg White Foccacia
- Greek Scrambler

	Milk	Egg	Fish	Tree Nut	Peanut	Wheat	Soya
Burrito, Egg & Cheese	■	■				■	
Burrito, Bacon	■	■				■	
Burrito, Sausage	■	■				■	
Burrito, Portobello	■	■				■	
Burrito, Turkey Sausage	■	■				■	
Bagel, Egg & Cheese	■	■				■	
Bagel, Bacon	■	■				■	
Bagel, Sausage	■	■				■	
Bagel, Portobello	■	■				■	
Bagel, Turkey Sausage	■	■				■	
Crossiant, Egg & Cheese	■	■				■	
Crossiant, Bacon	■	■				■	
Crossiant, Sausage	■	■				■	
Croissant, Portobello	■	■				■	
Crossiant, Turkey Sausage	■	■				■	
Biscuit, Egg & Cheese	■	■				■	
Biscuit, Bacon	■	■				■	
Biscuit, Sausage	■	■				■	
Biscuit, Portobello	■	■				■	
Biscuit, Turkey Sausage	■	■				■	
Egg White Foccacia	■	■				■	
Greek Scrambler	■	■				■	

Lunch Panini

- Chicken Pesto
- French Beef
- Greek Grilled Cheese
- Reuben
- Tuna Melt
- Turkey Chipotle
- Turkey Reuben
- Turkey Swiss
- Egg White Foccacia
- Gyro
- Chicken Melt
- Chicken Parm
- Meat Loaf

	Milk	Egg	Fish	Tree Nut	Peanut	Wheat	Soya
Chicken Pesto	■	■		■		■	
French Beef	■	■				■	
Greek Grilled Cheese	■	■				■	
Reuben	■	■				■	
Tuna Melt	■	■	■			■	■
Turkey Chipotle	■	■				■	
Turkey Reuben	■	■				■	
Turkey Swiss	■	■				■	
Egg White Foccacia	■	■				■	
Gyro	■	■				■	
Chicken Melt	■	■				■	■
Chicken Parm	■	■				■	
Meat Loaf	■	■				■	

Entrée

- Beef Lasagna
- Chicken Burrito
- Chicken Quesadilla
- Mac & Cheese
- Quiche Broccoli
- Quiche Loraine
- Quiche Spinach
- Grilled Salmon Steak
- Spanakopita
- Veggie Burrito
- Veggie Lasagna
- Veggie Quesadilla

	Milk	Egg	Fish	Tree Nut	Peanut	Wheat	Soya
Beef Lasagna	■					■	
Chicken Burrito	■					■	
Chicken Quesadilla	■					■	
Mac & Cheese	■					■	
Quiche Broccoli	■	■				■	
Quiche Loraine	■	■				■	
Quiche Spinach	■	■				■	
Grilled Salmon Steak			■			■	
Spanakopita	■					■	
Veggie Burrito	■					■	
Veggie Lasagna	■					■	
Veggie Quesadilla	■					■	