

YAFO ALLERGY GUIDE

	GLUTEN	DAIRY	TREE NUTS	EGGS	SOY	SESAME	PLANT BASED	ALLIUM
Bases							🌱	
Cumin Rice							🌱	
Cous Cous	🌱						🌱	
Cauliflower Rice							🌱	
Quinoa							🌱	
Hummus						🌱	🌱	🌱
Romaine							🌱	
Spinach & Kale							🌱	
Kale Crunch							🌱	
Spreads								
Hummus						🌱	🌱	🌱
Tunisian Hummus						🌱	🌱	🌱
Tzatziki		🌱						🌱
Baba Ganoush						🌱		🌱
Cold Toppings								
Cucumber							🌱	
Tomato							🌱	
Cuke & Tomato Salad							🌱	🌱
Chickpea Salad							🌱	
Purple Cabbage Slaw				🌱	🌱			
Lemon Quinoa Salad							🌱	
Bulgar Tabbouleh	🌱						🌱	
Sumac Onions							🌱	🌱
Seasoned Beets							🌱	
Stuffed Grape Leaves					🌱		🌱	🌱
Spicy Carrot Salad							🌱	🌱
Mediterranean Pickles							🌱	🌱
Kalamata Olives							🌱	
Feta Cheese		🌱						
Hardboiled Egg				🌱				
Avocado							🌱	
Hot Sides								
Cauliflower w/ Tahini						🌱	🌱	M
Brussels Sprouts							🌱	🌱
Garlic Potato Wedges							🌱	🌱
Turkish Street Corn		🌱					🌱	🌱
Yogurt Mac & Cheese	🌱	🌱						
Proteins								
Falafel							🌱	🌱
Crispy Eggplant							🌱	
Mixed Mushrooms							🌱	
Harissa Salmon								🌱
Shawarma Chicken								🌱
Greek Lemon Chicken								🌱
Amba Chicken Salad				🌱	🌱			🌱
Kibbeh Lamb			🌱					🌱
Chef's Entrées								
Chicken SpanikoPita	🌱	🌱						🌱
Stuffed Avocado		M		🌱	🌱			🌱
Steak Kabobs						M		🌱
Israeli Hot Chicken	🌱	M		🌱	M			🌱
Kibbeh Lamb Pita Tacos	🌱		🌱			M		🌱
Chicken Schnitzel	🌱			🌱				🌱
Rotisserie Chicken								🌱
Angel Pita Bread	🌱						🌱	
Sauces								
Green Schug							🌱	🌱
Red Schug							🌱	🌱
Toum							🌱	🌱
Lemon Tahini						🌱	🌱	🌱
Granch	🌱	🌱		🌱	🌱			🌱
Harrisa Yogurt	🌱	🌱		🌱	🌱			🌱
Greek Vinaigrette							🌱	🌱
Hot Sauce							🌱	🌱
Desserts								
Baklava	🌱	🌱	🌱	🌱	🌱			
Cookies	🌱	🌱	M	🌱	🌱			

M = can be modified