

THE COVE ALLERGY MENU

The Cove is committed to ensuring a safe and delicious food experience for everyone who walks through our doors. This menu addresses the most common food allergies as a guide of what to avoid. If you have an allergy that is not on our list, please let us know so that we can figure out how to get you fed!

MILK/DAIRY- STEER CLEAR!-Avocado Dip (SC), Chipotle Mayo (SC), Lamb Sauce (SC), Poblano Sauce (Y/SC), Celery dressing (Y/SC), Kid's Hot Dog Buns ("May Contain"), All Dairy Cheeses.

TOTALLY OK!- Cashew Cheese, All Mayos Except for Chipotle, All Vegan Sauces, All Mustards, Vinaigrette, Tamarind Sauce, Cashew Sauce.

EGG- STEER CLEAR! Eggceptional Burger (served with egg), Sweet Potato Hash (served with egg), GF Buns (egg wash), Mayo, Chipotle Mayo, Pesto Aioli, Sriracha Mayo (AKA Sweet Potato Fries Sauce), Poblano Sauce, Honey Mustard, Wasabi Sauce, Celery Dressing, Remoulade.

TOTALLY OK!- Vegan Mayo, Vegan Chipotle Mayo, Yellow Mustard, Spicy Mustard, All Wheat Buns, Wheat Tortilla, Both Corn Tortillas, Vinaigrette, Cashew Sauce, Tamarind Sauce.

SOY- STEER CLEAR! Wheat Buns, Wheat Tortilla, Tempeh, Tofu Bacon, Jackfruit (BBQ in marinade), Fries, Sweet Potato Fries, BBQ Sauce, Chipotle Mayo, Vegan Chipotle Mayo, Honey Mustard, Pesto Aioli, Poblano Sauce, Sriracha Mayo, Mayo, Vegan Mayo, Wasabi Sauce, Celery Dressing, Remoulade, BBQ Sauce.

TOTALLY OK!- GF Bun, Ciabatta, Cashew Sauce, Vinaigrette, Salsa, Avocado Dip, Lamb Sauce, Spicy Mustard, Tamarind Sauce.

WHEAT/GLUTEN- STEER CLEAR! Burger Buns (Kid and Regular), Hot Dog Buns, Large Wheat Tortilla, and Ciabatta Buns.

TOTALLY OK!- Any of our burgers can be made gluten free by substituting a GF bun, or by going 'naked' (the burgers, not us). All tacos are served on corn tortillas, and can be made on our GF grill if requested. All of our sauces and our tempeh are gluten free.

TREE NUTS- STEER CLEAR! The vegan cheese on our Vegan Bacon Cheese is made from cashews, as is the sauce on our Tempeh Tacos. The Warm Beet Salad has walnuts. ***Note: Our walnuts are warmed on our veggie griddle, so any items from our vegan/vegetarian menu are at risk for cross contamination with tree nuts.***

TOTALLY OK!- All sauces except for the Cashew Sauce, all of our **dairy** cheeses, and all menu items except for the Warm Beet Salad (which can be ordered without walnuts).

FISH/SHELLFISH- STEER CLEAR! Fish Taco, Shrimp Taco, Lisa Special (Two Fish Tacos), and Seafood Sampler (One Fish Taco, One Shrimp Taco). ***Note: All items that are requested as gluten free are made on the same griddle as our seafood, as is Ruben's Sweet Potato Hash. The only exceptions to this are Nachos, Lentil Stew, Kale Avocado Salad, and our Healthy Sides.***

TOTALLY OK!- All other menu items, unless they're on a gluten free bun. All Sauces.