



HB Product Information Binder

November 2019

Ingredients are listed alphabetically, not by volume

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Ingredients are listed alphabetically, not by volume

To our beloved customers:

We believe that your overall health and what you eat are intertwined.

Hippocrates said it best when he said,

“Let food be thy medicine, and medicine be thy food.”

At HeartBeet, we pride ourselves on being transparent about what’s in the recipes on our menu. Knowing what you’re eating gives you the information you need to make smarter decisions about your food choices.

We also know how difficult it can be for people with allergies or food sensitivities to eat out at most restaurants because of lack of transparency. As such, we hope this product information guide makes it easier for you to order and to make choices that will make you feel better when you walk through our doors.

If you have any questions or any substitution requests, please do ask a staff member and we will do our best to accommodate you whenever possible. Please note that due to possibilities of cross-contamination at HeartBeet, we recommend people with life-threatening allergies to nuts not dine at HeartBeet.

Please note that all ingredients are listed in alphabetical order, not in order of weight, to make scanning through them easier for people who are looking to see if a menu item has a specific ingredient.

Thank you for choosing HeartBeet Organic Superfoods Cafe,

Monika Kinsman

Ingredients are listed alphabetically, not by volume

Founder & CEO



Ingredients are listed alphabetically, not by volume

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ACAI CELEBRATION BOWL

Breakfast Bowl

Complete Ingredients List

agave, almonds, apples, bananas, cinnamon, coconut water, coconut meat, shredded coconut, water, cranberries, flax seeds, hemp seeds, lemon juice, maple syrup, oats (GF), olive oil, pumpkin seeds, salt, strawberries, sunflower seeds, vanilla

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	No
Coconut	Yes
Corn	No (<u>all</u> menu items are free of corn)
Dairy	No (<u>all</u> menu items are free of dairy)
Gluten	No (<u>all</u> menu items are free of gluten)
Goitrogens	Strawberries
Nightshades	No
Peanuts	No
Sesame	No
Soy	No
Tree Nuts	Almonds
Wheat	No

Ingredients are listed alphabetically, not by volume

ALIVE

Organic Juice

Complete Ingredients List

apple, carrot, spinach, parsley

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	No
Coconut	No
Corn	No (<u>all</u> menu items are free of corn)
Dairy	No (<u>all</u> menu items are free of dairy)
Gluten	No (<u>all</u> menu items are free of gluten)
Goitrogens	Spinach
Nightshades	No
Peanuts	No
Sesame	No
Soy	No
Tree Nuts	No
Wheat	No

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ALMOND MILK

Menu Item Component

Complete Ingredients List

almonds, dates, salt, vanilla

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	No
Coconut	No
Corn	No (<u>all</u> menu items are free of corn)
Dairy	No (<u>all</u> menu items are free of dairy)
Gluten	No (<u>all</u> menu items are free of gluten)
Goitrogens	No
Nightshades	No
Peanuts	No
Sesame	No
Soy	No
Tree Nuts	Almonds
Wheat	No

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AWAKEN

Warm Grain Bowl

Complete Ingredients List

avocado, carrots, cucumber, garlic, ginger, kale, lemon, mushrooms, nori, quinoa, sesame oil, tamari, zucchini

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	No
Coconut	No
Corn	No (<u>a</u> ll menu items are free of corn)
Dairy	No (<u>a</u> ll menu items are free of dairy)
Gluten	No (<u>a</u> ll menu items are free of gluten)
Goitrogens	Kale
Nightshades	No
Peanuts	No
Sesame	Yes
Soy	Tamari (wheat-free). Ask for soy-free option.
Tree Nuts	No
Wheat	No

Ingredients are listed alphabetically, not by volume

BERRY BASIL LIMEADE

Iced Drink

Complete Ingredients List

Agave, basil, blueberries, lime, strawberries

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	No
Coconut	No
Corn	No (<u>all</u> menu items are free of corn)
Dairy	No (<u>all</u> menu items are free of dairy)
Gluten	No (<u>all</u> menu items are free of gluten)
Goitrogens	Strawberries
Nightshades	No
Peanuts	No
Sesame	Yes
Soy	No
Tree Nuts	No
Wheat	No

Ingredients are listed alphabetically, not by volume

BUDDHA BOWL

Warm Grain Bowl

Complete Ingredients List

agave, cashews, chili pepper, cilantro, cucumber, cumin, garlic, ginger, jalapeño, kale, lemon, lime, mushrooms, olive oil, quinoa, red rice, salt, sesame oil, tamari, vinegar (apple cider), walnuts

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	No
Coconut	No
Corn	No (<u>all</u> menu items are free of corn)
Dairy	No (<u>all</u> menu items are free of dairy)
Gluten	No (<u>all</u> menu items are free of gluten)
Goitrogens	Kale
Nightshades	Jalapeño, chili peppers
Peanuts	No
Sesame	Yes
Soy	Tamari (wheat-free). Ask for soy-free option.
Tree Nuts	Cashews, walnuts
Wheat	No

Ingredients are listed alphabetically, not by volume

CELESTIAL SEA

Superfood Smoothie

Complete Ingredients List

almond butter, cacao, coconut, dates, mint, Vitamineral Green

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	No
Coconut	No
Corn	No (<u>all</u> menu items are free of corn)
Dairy	No (<u>all</u> menu items are free of dairy)
Gluten	No (<u>all</u> menu items are free of gluten)
Goitrogens	Vitamineral Green (contains many greens)
Nightshades	No
Peanuts	No
Sesame	No
Soy	No
Tree Nuts	Almonds
Wheat	No

Ingredients are listed alphabetically, not by volume

CHIA BOWL

Breakfast Bowl

Complete Ingredients List

almond milk, apples, chia seeds, cinnamon, dates, strawberries

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	No
Coconut	No
Corn	No (<u>all</u> menu items are free of corn)
Dairy	No (<u>all</u> menu items are free of dairy)
Gluten	No (<u>all</u> menu items are free of gluten)
Goitrogens	Strawberries
Nightshades	No
Peanuts	No
Sesame	No
Soy	No
Tree Nuts	Almonds
Wheat	No

Ingredients are listed alphabetically, not by volume

CHOCOLATE MOUSSE TORTE

Pure Pies

Complete Ingredients List

almonds, cacao, cashews, coconut, dates, maple syrup, salt

Allergens

ITEM	CONTAINED IN THIS ITEM
Cacao	Yes
Coconut	Yes
Corn	No (<u>all</u> menu items are free of corn)
Dairy	No (<u>all</u> menu items are free of dairy)
Gluten	No (<u>all</u> menu items are free of gluten)
Goitrogens	No
Nightshades	No
Peanuts	No
Sesame	No
Soy	No
Tree Nuts	Almonds, cashews
Wheat	No

Ingredients are listed alphabetically, not by volume

CHOCOLATE TRUFFLES

Mini Desserts

Ingredients

- Agave
- Cacao
- Coconut, oil
- Coconut, shredded
- Salt, pink Himalayan crystal
- Vanilla, extract

Special Flavor Ingredients

- Almond: Almonds
- Goji: Goji berries
- Ginger: Crystalized ginger, sugar
- Nibby Mint: Cacao nibs, mint extract
- Espresso: Contains Trader Joe's dark chocolate espresso beans (bittersweet chocolate, sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract, roasted arabic coffee, confectioners glaze)
- Salted Caramel: Agave, almond butter, maple syrup, vanilla extract

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Limited to the Goji Truffle, which contains goji berries
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: Limited to the Espresso Truffle, which contains soy lecithin
- Tree Nuts: Almonds limited to the Almond and Salted Caramel Truffles

Ingredients are listed alphabetically, not by volume

- Wheat: No

Added Sugar Alternatives

- Agave
- Maple syrup (limited to the Salted Caramel Truffle)
- Sugar (contained only in the Ginger Truffle, which contains crystalized ginger, and in the Espresso Truffle, which has pieces of chocolate covered espresso beans).

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COCONUT VANILLA MAPLE BARS

Mini Desserts

Ingredients

- Agave
- Almonds
- Cinnamon
- Coconut, butter
- Coconut, oil
- Coconut, shredded
- Cranberries, dried
- Flax seeds
- Hemp seeds
- Maple syrup
- Oats
- Olive oil
- Pumpkin seeds
- Salt, pink Himalayan crystal
- Sunflower seeds
- Vanilla, extract

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: Almonds
- Wheat: No

Ingredients are listed alphabetically, not by volume

COCONUT CURRY

Soups

Ingredients

- Coconut, young Thai
- Coriander
- Cumin
- Curry, powder
- Dates
- Garlic
- Jalapeño
- Lime
- Mushrooms
- Salt, pink Himalayan crystal
- Tamari, wheat-free
- Zucchini

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: Jalapeño
- Peanuts: No
- Sesame: No
- Soy: Tamari (wheat-free)
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

COCONUTTY

Superfood Smoothies

Ingredients

- Cashews
- Coconut, young Thai
- Dates
- Salt, pink Himalayan crystal

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: Cashews
- Wheat: No

Ingredients are listed alphabetically, not by volume

CREAMSICLE (STRAWBERRY)

Superfood Smoothies

Ingredients

- Agave
- Almond
- Coconut, butter
- Dates
- Salt, pink Himalayan crystal
- Strawberries
- Vanilla, extract
- Vanilla, ground powder

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Strawberries
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: Almond
- Wheat: No

Added Sugar Alternatives

- Agave

Ingredients are listed alphabetically, not by volume

FLOURISH

Warm Grain Bowls

Ingredients

- Basil
- Cashews
- Cilantro
- Coconut, young Thai
- Coriander
- Cumin
- Curry, powder
- Dates
- Garlic
- Jalapeño
- Lime
- Mushrooms
- Olive oil
- Quinoa
- Red rice
- Salt, pink Himalayan crystal
- Spinach
- Tamari, wheat-free
- Walnuts
- Zucchini

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Spinach
- Nightshades: Jalapeño
- Peanuts: No
- Sesame: No
- Soy: Tamari, wheat-free
- Tree Nuts: Cashews, walnuts
- Wheat: No

Ingredients are listed alphabetically, not by volume

Ingredients are listed alphabetically, not by volume

GINGER LEMONADE

Iced Drinks

Ingredients

- Agave
- Ginger
- Lemon

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

GINGER SHOT

Elixir Shots

Ingredients

- Ginger

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

GLOW

Organic Juices

Ingredients

- Apple
- Bell pepper, red
- Cabbage, purple
- Carrot
- Celery
- Jalapeño
- Lemon
- Parsley

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Cabbage
- Nightshades: Bell pepper, jalapeño
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

HUNGRY-NO-MORE

Savory Salads

Ingredients

- Basil
- Cucumber
- Dill
- Kale
- Celery
- Lemon
- Mushrooms
- Nutritional yeast
- Olive oil
- Onion
- Parsley
- Salt, pink Himalayan crystal
- Salt, Tuscan herbs
- Spinach
- Spring mix
- Tahini (sesame seeds)
- Tomato

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Kale, spinach
- Nightshades: Tomato, chili pepper (in the Tuscan herb salt)
- Peanuts: No
- Sesame: Tahini
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

JUGGERNAUT

Savory Salads

Ingredients

- Avocado
- Cabbage
- Celery
- Cumin
- Garlic
- Ginger
- Kale
- Lemon
- Mushrooms
- Olive oil
- Onion
- Parsley
- Pepper, chili
- Red rice
- Quinoa
- Salt, pink Himalayan crystal
- Sesame oil, toasted
- Spring mix
- Tahini (sesame seeds)
- Tamari, wheat-free
- Salt, pink Himalayan crystal
- Walnuts
- Zucchini

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Cabbage, kale, spinach (in the spring mix)
- Nightshades: Pepper, chili
- Peanuts: No
- Sesame: Tahini
- Soy: Tamari (wheat-free), sesame oil (toasted)

Ingredients are listed alphabetically, not by volume

- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

KEY LIME PIE

Pure Pies

Ingredients

- Agave
- Avocado
- Cashews
- Coconut, young Thai
- Coconut, oil
- Coconut, shredded
- Dates
- Lecithin, soy
- Lime
- Macadamia nuts
- Salt, pink Himalayan crystal
- Spinach

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: Lecithin
- Tree Nuts: Macadamia nuts, Cashews
- Wheat: No

Ingredients are listed alphabetically, not by volume

MIGHTY THAI SALAD

Savory Salads

Ingredients

- Agave
- Basil
- Cabbage
- Carrots
- Cashews
- Cayenne
- Cilantro
- Dates
- Garlic
- Tahini (sesame seeds)
- Tamari, wheat-free

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Cabbage
- Nightshades: Cayenne
- Peanuts: No
- Sesame: Yes
- Soy: Yes, tamari (wheat-free)
- Tree Nuts: Cashew
- Wheat: No

Added Sugar Alternatives

- Agave
- Dates

Ingredients are listed alphabetically, not by volume

LONGEVITY

Organic Juices

Ingredients

- Apple
- Beet
- Carrot
- Cucumber

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

MACAROONS

Mini Desserts

Chocolate Macaroon Ingredients

- Agave
- Cacao
- Coconut
- Salt, pink Himalayan crystal

Vanilla Macaroon Ingredients

- Agave
- Almonds
- Cacao
- Coconut
- Salt, pink Himalayan crystal

All Dipped Macaroons Also Include:

- Cacao

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: Almonds limited to the Vanilla Macaroons

Ingredients are listed alphabetically, not by volume

- Wheat: No

Ingredients are listed alphabetically, not by volume

MAGENTA LOVE

Organic Juices

Ingredients

- Apple
- Beet
- Cucumber
- Ginger

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Added Sugar Alternatives

- None

Ingredients are listed alphabetically, not by volume

MARINATED KALE SALAD

Savory Salads

Ingredients

- Agave
- Carrot
- Cashews
- Chili, Thai
- Coconut
- Cucumber
- Cumin
- Garlic
- Kale
- Lemon
- Lemongrass
- Liquid smoke
- Maple syrup
- Nori
- Olive oil
- Onion
- Salt, pink Himalayan crystal
- Tahini (sesame seeds)
- Tamari (wheat-free)
- Vinegar, apple cider
- Walnuts
- Zucchini

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Kale
- Nightshades: Chili pepper
- Peanuts: No
- Sesame: Tahini
- Soy: Tamari (wheat-free)
- Tree Nuts: Walnuts

Ingredients are listed alphabetically, not by volume

- Wheat: No

Ingredients are listed alphabetically, not by volume

MINT CHOCOLATE MARBLE

Pure Pies

Ingredients

- Agave
- Almonds
- Cacao
- Cacao, butter
- Cashews
- Coconut, chips
- Coconut, young Thai
- Coconut, oil
- Dates
- Maple syrup
- Mint, extract
- Mint, fresh
- Salt, pink Himalayan crystal
- Spinach

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Spinach
- Nightshades: No
- Peanuts: No
- Sesame: No
- Tree Nuts: Almonds, cashews
- Wheat: No

Ingredients are listed alphabetically, not by volume

MISO MADNESS

Soups

Ingredients

- Almonds
- Carrots
- Cayenne
- Cilantro
- Garlic
- Miso, chickpea
- Mushrooms
- Olive oil
- Tomato
- Salt, pink Himalayan crystal
- Zucchini

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: Cayenne, tomato
- Peanuts: No
- Sesame: No
- Tree Nuts: Almonds
- Wheat: No

Ingredients are listed alphabetically, not by volume

STRAWBERRY CREAM CAKE

Pure Pies

Ingredients

- Agave
- Cacao
- Cashews
- Coconut, oil
- Dates
- Cherry, extract
- Coconut, butter
- Coconut, shredded
- Coconut, water
- Macadamia nuts
- Maple syrup
- Salt, pink Himalayan crystal
- Strawberries

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Strawberries
- Nightshades: No
- Peanuts: No
- Sesame: No
- Tree Nuts: Cashews, macadamia nuts
- Wheat: No

Ingredients are listed alphabetically, not by volume

NOURISH

Superfood Smoothies

Ingredients

- Almonds
- Avocado
- Banana
- Celery
- Dates
- Kale
- Salt, pink Himalayan crystal
- Spinach
- Strawberries
- Vanilla, extract

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Kale, spinach, strawberries
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: Almonds
- Wheat: No

Added Sugar Alternatives

- Dates

Ingredients are listed alphabetically, not by volume

OH MY WONKA

Superfood Smoothies

Ingredients

- Agave
- Almonds
- Cacao
- Cashews
- Dates
- Mint, extract
- Salt, pink Himalayan crystal
- Vanilla, extract

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: Almonds, cashews
- Wheat: No

Ingredients are listed alphabetically, not by volume

POPEYE'S LAST STAND

Soups

Ingredients

- Agave
- Almond butter
- Carrots
- Cayenne
- Cilantro
- Garlic
- Miso, chickpea
- Mushrooms
- Olive oil
- Salt, pink Himalayan crystal
- Spinach
- Quinoa
- Red rice
- Tahini (sesame seeds)
- Tamari, wheat-free
- Tomato
- Zucchini

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Spinach
- Nightshades: Cayenne, tomato
- Peanuts: No
- Sesame: Yes
- Soy: Tamari (wheat-free)
- Tree Nuts: Almonds
- Wheat: No

Ingredients are listed alphabetically, not by volume

RAPTURE

Superfood Smoothies

Ingredients

- Açai berries
- Agave
- Blueberries
- Coconut, young Thai
- Pineapple
- Vanilla, ground powder

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

RAW ENERGY ORBS

Mini Desserts

Ingredients

- Agave
- Almond butter
- Cacao
- Coconut, shredded
- Sunflower seeds
- Tahini (sesame seeds)

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: Tahini
- Soy: No
- Tree Nuts: Almonds
- Wheat: No

Ingredients are listed alphabetically, not by volume

REFRESH

Organic Juices

Ingredients

- Celery
- Cucumber
- Kale
- Spinach

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Kale, spinach
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

REVIVE

Superfood Smoothies

Ingredients

- Avocado
- Celery
- Cucumber
- Jalapeño
- Kale
- Lemon
- Parsley
- Salt, pink Himalayan crystal
- Spinach

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Kale, spinach
- Nightshades: Jalapeño
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

SAVORY BREAKFAST BOWL

Breakfast Bowls

Ingredients

- Agave
- Avocado
- Basil
- Cacao
- Chipotles
- Goji berries
- Olive oil
- Quinoa
- Salt, Celtic sea
- Tomato
- Vinegar, apple cider

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: Chipotles, goji berries, tomato
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

SNAKE BITE

Elixir Shots

Ingredients

- Apples
- Cayenne
- Ginger
- Lemon
- Parsley

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: Cayenne
- Peanuts: No
- Sesame: No
- Soy: No
- Tree Nuts: No
- Wheat: No

Ingredients are listed alphabetically, not by volume

STRAWBERRY CREAM CAKE

Pure Pies

Ingredients

- Agave
- Cacao
- Cashews
- Coconut, oil
- Dates
- Cherry, extract
- Coconut, butter
- Coconut, shredded
- Coconut, water
- Macadamia nuts
- Maple syrup
- Salt, pink Himalayan crystal
- Strawberries

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Strawberries
- Nightshades: No
- Peanuts: No
- Sesame: No
- Tree Nuts: Cashews, macadamia nuts
- Wheat: No

Ingredients are listed alphabetically, not by volume

THAI BOWL

Warm Grain Bowls

Ingredients

- Agave
- Basil
- Carrot
- Cayenne
- Chili, Thai
- Cilantro
- Coconut
- Cucumber
- Cumin
- Garlic
- Ginger
- Lemon
- Lemongrass
- Lime
- Liquid smoke
- Maple syrup
- Onion
- Quinoa
- Red rice
- Salt, pink Himalayan crystal
- Tahini (sesame seeds)
- Tamari, wheat-free
- Zucchini

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: Cabbage
- Nightshades: Chili pepper, cayenne
- Peanuts: No
- Sesame: Tahini
- Soy: Tamari (wheat-free)
- Tree Nuts: No

Ingredients are listed alphabetically, not by volume

- Wheat: No

Ingredients are listed alphabetically, not by volume

TIRAMISU MAGIC

Pure Pies

Ingredients

- Almonds
- Cacao
- Cashews
- Coconut, meat
- Coconut, oil
- Coconut, water
- Coffee, espresso
- Dates
- Lecithin, soy
- Maple syrup
- Salt, pink Himalayan crystal

Common Allergens

- Corn: No
- Dairy: No
- Gluten: No
- Goitrogens: No
- Nightshades: No
- Peanuts: No
- Sesame: No
- Soy: Lecithin
- Tree Nuts: Almonds, cashews
- Wheat: No

Ingredients are listed alphabetically, not by volume

FOOD ALLERGIES & SENSITIVITIES

Food allergy is a serious medical condition affecting up to 15 million people in the United States, including 1 in 13 children. Whether you're [newly diagnosed](#) or brushing up on the facts, learning all you can about the disease is the key to staying safe and living well with food allergies.

Overview

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy results when the immune system mistakenly targets a harmless food protein – an allergen – as a threat and attacks it.

Unlike other types of food disorders, such as [intolerances](#), food allergies are “IgE mediated.” This means that your immune system produces abnormally large amounts of an antibody called immunoglobulin E – IgE for short. IgE antibodies fight the “enemy” food allergens by releasing histamine and other chemicals, which trigger the symptoms of an allergic reaction.

Corn

Allergic reactions to corn are rare and a relatively small number of case reports can be found in medical literature. However, the reports do indicate that reactions to corn can be severe. Reactions to corn can occur from both raw and cooked corn. Individuals who are allergic to corn should receive individualized expert guidance from their allergists. We do not use any corn or corn products at Thrive in any of our dishes.

Dairy / Milk

Allergy to dairy products and cow's milk is the most common food allergy in infants and young children. Symptoms of a milk allergy reaction can range from mild, such as hives, to severe, such as [anaphylaxis](#). To prevent a reaction, strict avoidance of dairy products is essential.

Approximately 2.5 percent of children younger than three years of age are allergic to milk alone. Nearly all infants who develop an allergy to milk do so in their first year of life. Many children eventually outgrow milk allergies. The allergy is most likely to persist in children who have high levels of cow's milk antibodies in their blood. [Blood tests](#) that measure these antibodies can help your allergist determine whether or not a child is likely to outgrow a milk allergy.

Ingredients are listed alphabetically, not by volume

Sensitivity to dairy products vary from person to person. Some people have a severe reaction after ingesting a tiny amount of dairy. Others have only a mild reaction after ingesting a moderate amount of dairy. Reactions to dairy can be severe and life-threatening (read more about [anaphylaxis](#)).

Differences between Milk Allergy and Lactose Intolerance

Milk allergy should not be confused with [lactose intolerance](#). A food allergy is an overreaction of the immune system to a specific food protein. When the food protein is ingested, it can trigger an allergic reaction that may include a range of symptoms from mild symptoms (rashes, hives, itching, swelling, etc.) to severe symptoms (trouble breathing, wheezing, loss of consciousness, etc.).

A food allergy can be potentially fatal. Unlike food allergies, food intolerances do not involve the immune system. People who are lactose intolerant are missing the enzyme lactase, which breaks down lactose, a sugar found in milk and dairy products. As a result, lactose-intolerant patients are unable to digest these foods, and may experience symptoms such as nausea, cramps, gas, bloating and diarrhea. While lactose intolerance can cause great discomfort, it is not life-threatening.

Wheat & Gluten

Wheat allergy is most common in children, and is usually outgrown before reaching adulthood, often by age three. Symptoms of a wheat allergy reaction can range from mild, such as hives, to severe, such as [anaphylaxis](#).

To prevent a reaction, strict avoidance of wheat and wheat products is essential. Always read ingredient labels to identify wheat ingredients.

A wheat allergy can present a challenge for the diet as well as for baking, because wheat is the nation's predominant grain product. Someone on a wheat-restricted diet can eat a wide variety of foods, but the grain source must be something other than wheat. In planning a wheat-free diet, look for alternate grains such as amaranth, barley, corn, oat, quinoa, rice, rye, and tapioca. When baking with wheat-free flours, a combination of flours usually works best. Experiment with different blends to find one that will give you the texture you are trying to achieve.

Ingredients are listed alphabetically, not by volume

Differences between Wheat Allergy and Celiac Disease or Gluten Intolerance

A wheat allergy should not be confused with “gluten intolerance” or celiac disease. A food allergy is an overreaction of the immune system to a specific food protein. When the food protein is ingested, it can trigger an allergic reaction that may include a range of symptoms from mild symptoms (rashes, hives, itching, swelling, etc.) to severe symptoms (trouble breathing, wheezing, loss of consciousness, etc.). A food allergy can be potentially fatal.

Celiac disease (also known as celiac sprue), which affects the small intestine, is caused by an abnormal immune reaction to gluten. Usually diagnosed by a gastroenterologist, it is a digestive disease that can cause serious complications, including malnutrition and intestinal damage, if left untreated. Individuals with celiac disease must avoid gluten, found in wheat, rye, barley and sometimes oats.

People who are allergic to wheat often may tolerate other grains. However, about 20 percent of children with wheat allergy also are allergic to other grains. Be sure to ask your doctor whether foods containing barley, rye, or oats are safe for you or your child to eat.

Goitrogens

Goitrogens are substances (whether in drugs, chemicals, or foods) that disrupt the production of thyroid hormones by interfering with iodine uptake in the thyroid gland. This triggers the pituitary to release TSH, which then promotes the growth of thyroid tissue, eventually leading to goiter. At Thrive, we use the following Goitrogens:

- Strawberries
- Cabbage
- Kale
- Spinach

Nightshades

At first glance, the nightshades may look like a random collection of foods that couldn't possibly be related. However, every nightshade plant produces fruits that all sport that same adorable little green elfish hat (except potatoes).

Nightshades of all types were considered inedible prior to the 1800's, because some varieties, such as “deadly nightshade” (atropa belladonna) were known to be so toxic.

Ingredients are listed alphabetically, not by volume

However, today most Americans eat “edible” nightshades every day in the form of French fries, mashed potatoes, salsa, spaghetti sauce, ketchup, and many other popular foods.

An allergic reaction to nightshade vegetables is considered uncommon, according to Medline Plus. Most food allergies are caused by nuts, milk, eggs, soy, wheat, fish and peanuts. If you suspect that you have an allergy to nightshade vegetables, talk with your doctor for further testing.

At HeartBeet, we use the following nightshades:

- Bell pepper, red
- Cayenne pepper
- Chilis
- Goji berries
- Jalapeño
- Potato

Peanuts

Peanut allergy is one of the most common food allergies. Peanuts can cause a severe, potentially fatal, allergic reaction ([anaphylaxis](#)).

To prevent a reaction, strict avoidance of peanut and peanut products is essential. Always read ingredient labels to identify peanut ingredients.

Allergy to peanuts appears to be on the rise in children. According to a FARE-funded study, the number of children in the U.S. with peanut allergy more than tripled between 1997 and 2008.¹ Studies in the United Kingdom and Canada also showed a high prevalence of peanut allergy in schoolchildren.

Peanut allergies tend to be lifelong, although studies indicate that approximately [20 percent of children with peanut allergy do eventually outgrow their allergy](#). Younger siblings of children allergic to peanuts may be at increased risk for allergy to peanuts. Your doctor can provide guidance about testing for siblings.

Peanuts are not the same as [tree nuts](#) (almonds, cashews, walnuts, etc.), which grow on trees. Peanuts grow underground and are part of a different plant family, the legumes. Other examples of legumes include beans, peas, lentils and [soybeans](#). If you are allergic to peanuts,

Ingredients are listed alphabetically, not by volume

you do not have a greater chance of being allergic to another legume (including soy) than you would to any other food.

Trace amounts of peanut can cause an allergic reaction. Casual contact with peanuts, such as touching peanuts or peanut butter residue, is less likely to trigger a severe reaction. Casual contact becomes a concern if the area that comes into contact with peanuts then comes into contact with the eyes, nose or mouth (for example, a child with peanut allergy gets peanut butter on her fingers, and then rubs her eyes).

Based on recent studies, an estimated 25-40 percent of people who have peanut allergy also are allergic to tree nuts.² In addition, peanuts and tree nuts often come into contact with one another during manufacturing and serving processes. For these reasons, allergists usually tell their patients with peanut allergy to avoid tree nuts as well.

Sesame

A 2010 survey showed that hundreds of thousands of Americans are affected by sesame allergy. Although the exact prevalence of sesame allergy is unknown, several reports have shown that sesame allergy prevalence has increased significantly in the worldwide population over the past two decades.

Sesame is not currently included in the list of major allergens that must be declared by food manufacturers as part of the [Food Allergen Labeling Consumer Protection Act \(FALCPA\)](#), although [FARE supports the addition of sesame](#) to the list of “major food allergens” that are required to be identified on ingredient labels of processed foods. In the meantime, FARE continues to expand its educational resources to support individuals with sesame allergy in avoiding their allergen.

Soy / Soybeans

Soybean allergy is one of the more common food allergies, especially among babies and children. Approximately 0.4 percent of children are allergic to soy. Studies indicate that an allergy to soy generally occurs early in childhood and often is outgrown by age three. Research indicates that the majority of children with soy allergy will outgrow the allergy by the age of 10.

Allergic reactions to soy are typically mild; however, although rare, severe reactions can occur (read more about [anaphylaxis](#)). Therefore it is advised that people with soy allergy have quick access to an [epinephrine auto-injector](#) (such as an EpiPen®, Auvi-Q™ or Adrenaclick®) at all times.

Ingredients are listed alphabetically, not by volume

To prevent a reaction, strict avoidance of soy and soy products is essential. At Thrive, we use two forms of soy in some of our products. We use wheat-free tamari, which is a soy-based product. We also use soy lecithin in some of our desserts, which is an emulsifier that helps our desserts stick together. To ensure you do not ingest soy at Thrive, be sure to avoid any products that contain these two ingredients.

Soybeans are a member of the legume family, which include plant species that bear seed pods that split upon ripening. Some examples of other legumes include beans, peas, lentils and peanut. People with a soy allergy are not necessarily allergic to other legumes. If you are allergic to soy, you do not have a greater chance of being allergic to another legume (including [peanut](#)) than you would to any other food.

In the United States, soybeans are widely used in processed food products. Soybeans alone are not a major food in the diet, but because soy is used in so many products, eliminating all those foods can result in an unbalanced diet. Consult with a dietitian to help you plan for proper nutrition.

Tree Nuts

Tree nut allergy is one of the most common food allergies in children and adults. Tree nuts can cause a severe, potentially fatal, allergic reaction ([anaphylaxis](#)). Medical experts advise that people with a tree nut allergy have quick access to an [epinephrine auto-injector](#) (such as an EpiPen®, Auvi-Q™ or Adrenaclick®) at all times.

To prevent a reaction, strict avoidance of tree nuts and tree nut products is essential.

An allergy to tree nuts tends to be lifelong; recent studies have shown that approximately 9 percent of children with a tree nut allergy eventually outgrow their allergy. Younger siblings of children who are allergic to tree nuts may be at increased risk for allergy to tree nuts. Your doctor can provide guidance about testing for siblings.

Tree nuts include, but are not limited to, walnut, almond, hazelnut, cashew, macadamia nuts, pistachio, and Brazil nuts. These are not to be confused or grouped together with [peanut](#), which is a legume, or [seeds](#), such as sunflower or sesame. At Thrive, we use the following tree nuts in many of our products and advise that people with severe reactions think twice about eating at our restaurant:

- Almonds
- Cashews
- Macadamia nuts

Ingredients are listed alphabetically, not by volume

- Walnuts

A person with an allergy to one type of tree nut has a higher chance of being allergic to other types. Therefore, many experts advise patients with allergy to tree nuts to avoid all nuts. Patients may also be advised to also avoid peanuts because of the higher likelihood of [cross-contact](#) with tree nuts during manufacturing and processing.

Ingredients are listed alphabetically, not by volume

ABOUT CACAO

About Cacao

The fruit of the cacao tree contains a small bean from which all chocolate is made - the cacao bean! Cacao is an incredible health food in its natural state, filled with energy-boosting nutrients. Loaded with minerals such as magnesium which may contribute to normal bone health and healthy immune function, cacao is also high in copper and manganese. This amazing food has been revered for centuries by cultures such as the Aztec and Maya.

The cacao powder that we carry is made from only the finest variety of certified organic heirloom cacao beans, which have never been hybridized or genetically modified. Our cold-pressing process reduces the fat content of the cacao, allowing us to grind it down to create a fine, richly flavored, easy-to-use powder. Through this low temperature process, we are able to preserve the delicate nutrients and true, natural taste of raw cacao.

“Cacao” vs. “Cocoa”

When you see “cacao” vs. “cocoa”, think “raw” vs. “processed and roasted”. “Cocoa powder” is what cacao is called once it’s been processed.

Cacao Nibs vs. Cacao Powder

Our smoothies, the Oh My Wonka and Celestial Sea, and our hot drink called the Chocolate Truffle Bomb contain cacao powder in them. When we add cacao powder to a smoothie, it turns the whole drink a chocolatey-brown color. In contrast, when we add cacao nibs to a smoothie instead, you wind up with little chunks of chocolate, kind of like adding chocolate chips to a drink.

Two Yummy Off-Menu Variations to Try

We offer two amazing off-menu variations to our popular drink the Coconutty for \$1.99 extra:

- Cacao Coconutty - the original Coconutty with Cacao Powder added
- Cookies-n-Cream Coconutty - the original Coconutty with cacao nibs, ground vanilla bean, and coconut butter.

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