

LITTLE BEET

INGREDIENTS LIST – WINTER 2022

Sides

Black Beans & Corn

corn, black beans, piquillo peppers, chipotle lime dressing

ALLERGENS: ALLIUM, CITRUS, LEGUME, NIGHTSHADE, VINEGAR

➔ Butternut Squash Soup

butternut squash, white onions, garlic, safflower oil, coconut oil, coconut milk, water, maple syrup, salt, sage, turmeric, coriander, cumin, cinnamon, cayenne

ALLERGENS: ALLIUM, COCONUT, NIGHTSHADE

Charred Broccoli

broccoli, salt, pepper, olive oil

Green Beans

green beans, garlic, olive oil, salt, pepper, aleppo

ALLERGENS: ALLIUM

➔ Roasted Beets & Lentils

roasted red beets, black lentils, red onions, salt, horseradish, lemon dressing

ALLERGENS: ALLIUM, CITRUS, LEGUMES, SULFITES

➔ Roasted Rainbow Carrots

rainbow carrots, salt, pepper, safflower oil

➔ Sautéed Greens

kale, chickpeas, kale sauce, golden raisins

ALLERGENS: ALLIUM, CITRUS, SESAME, SULFITES

Sesame Avocado

avocado, sesame seeds, lemon dressing, kosher salt, pepper

ALLERGENS: ALLIUM, AVOCADO, CITRUS, SESAME

Shaved Brussels Sprouts

Brussels sprouts, dried cranberries, lemon dressing, pepper flakes, pecorino cheese, salt

ALLERGENS: ALLIUM, CITRUS, DAIRY, NIGHTSHADE, SULFITE

Spicy Cold Noodles

red cabbage, kelp, sesame oil, rice vinegar, lime juice, honey, tamari, sriracha, salt, cilantro, safflower oil, garlic, xanthan gum, vermicelli noodles, water, carrots, scallions

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE, SESAME, SOY, SULFITE, XANTHAN GUM

Sweet Potatoes

sweet potatoes, salt, olive oil

Proteins

Baked Beet Falafel

beets, chickpeas, brown rice, onions, chickpea flour, carrots, tahini, canola oil, apple cider vinegar, coconut oil, sea salt, olive oil, paprika, garlic, coriander, liquid smoke, garlic powder, cumin, cayenne pepper

ALLERGENS: ALLIUM, COCONUT, NIGHTSHADE, SESAME, SULFITE

Braised Pork

pork, pork braise liquid, salt, pepper

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE

Roasted Chicken

chicken thigh, green garlic puree, safflower oil, sumac

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE

Salmon Poké

salmon (raw), scallion, tofu & salmon poké marinade

ALLERGENS: ALLIUM, FISH, NIGHTSHADE, SESAME, SOY

Seared Salmon

salmon, olive oil, lemon juice, salt

ALLERGENS: CITRUS, FISH

Sweet N' Spicy Tofu

tofu, tofu & salmon poké marinade

ALLERGENS: ALLIUM, NIGHTSHADE, SESAME, SOY

LITTLE BEET

INGREDIENTS LIST – WINTER 2022

Bases

Basmati Rice

basmati rice, salt, bay leaf, green garlic puree

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE

Quinoa

quinoa, job's tears, amaranth, scallion, safflower oil, lemon juice, lemon zest puree

ALLERGENS: ALLIUM, CITRUS

Bowls

Beet Falafel Bowl

basmati rice, roasted beets & lentils, baked beet falafel, charred broccoli, turmeric tahini sauce, hibiscus pickled onions

ALLERGENS: ALLIUM, CITRUS, COCONUT, LEGUME, NIGHTSHADE, NUT, SESAME, SULFITE, VINEGAR

Brussel Hustle Bowl

shaved Brussels sprouts, roasted chicken, field greens, avocado white bean dip, parsley chimichurri, hibiscus pickled onions, lemon dressing, super seed mix

ALLERGENS: ALLIUM, AVOCADO, CITRUS, DAIRY, NIGHTSHADE, SULFITE, VINEGAR, XANTHAN GUM

➔ Chef's Soup Bowl

butternut squash soup, roasted chicken, basmati rice, sautéed greens, chimichurri sauce, super seed mix

ALLERGENS: ALLIUM, CITRUS, COCONUT, LEGUME, NIGHTSHADE, SESAME, SULFITE

Junior Bowl

roasted chicken, charred broccoli, sweet potatoes

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE

Yuzu Poké Bowl

salmon poké, yuzu vinaigrette, field greens, spicy cold noodles, pickled ginger, sesame avocado, sesame seeds, lemon dressing

ALLERGENS: ALLIUM, AVOCADO, CITRUS, FISH, NIGHTSHADE, SESAME, SOY, SULFITE, XANTHAN GUM

Sub Recipes

Avocado Bean Dip

white beans, lime juice, avocado, kale, red onion, kosher salt, mint, water, cilantro

ALLERGENS: ALLIUM, AVOCADO, CITRUS

Beet Hummus

chickpeas, tahini, beets, lemon juice, water, garlic confit, kosher salt, garlic, cumin, cayenne

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE, SESAME, SULFITE

Chipotle Aioli Sauce

safflower oil, vegan mayonnaise, water, chipotle peppers, maple syrup, lime juice, sesame oil, garlic, kosher salt, xanthan gum

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE, SESAME

Chipotle Lime Dressing

cilantro, lime, maple syrup, safflower oil, chipotles in adobo, salt, pepper

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE, VINEGAR

Green Garlic Puree

spinach, parsley, salt, pepper, lemon zest puree, garlic, shallot, calabrian paste, olive oil, dried dill, cardamom, ginger, cumin

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE

Hibiscus Pickled Onions

red onion, rice wine vinegar, sugar, hibiscus flowers, salt

ALLERGENS: ALLIUM, SULFITE

Kale Sauce

safflower oil, garlic, lemon juice, tahini, water, salt

ALLERGENS: ALLIUM, CITRUS, SESAME

Lemon Dressing

safflower oil, lemon juice, maple syrup, rice wine vinegar, salt, pepper, garlic, xanthan gum

ALLERGENS: ALLIUM, CITRUS, XANTHAN GUM

LITTLE BEET

INGREDIENTS LIST – WINTER 2022

Parsley Chimichurri

parsley, shallot, garlic, safflower oil, lemon zest, red wine vinegar, red pepper flakes

ALLERGENS: ALLIUM, CITRUS, VINEGAR

Pork Braise Liquid

orange juice, water, salt, pepper, chipotle peppers, garlic, shallot

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE

Super Seed Mix

pumpkin seed, sunflower seed, hemp seed, safflower oil, kosher salt, maple syrup

Sweet Chili Garlic Sauce

piquillo peppers, safflower oil, rice wine vinegar, sriracha, sugar, serrano pepper, lime juice, garlic, kosher salt, xanthan gum

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE, SULFITE

Tofu & Salmon Poké Marinade

sriracha, tamari, maple syrup, sushi vinegar, sesame oil

ALLERGENS: ALLIUM, NIGHTSHADE, SESAME, SOY, SULFITE

Turmeric Almonds

almonds, safflower oil, turmeric, kosher salt, black pepper

ALLERGENS: NUT

Turmeric Tahini Sauce

tahini, water, lemon, lemon zest, kosher salt, turmeric, garlic, cayenne

ALLERGENS: ALLIUM, CITRUS, NIGHTSHADE, SESAME

Yuzu Vinaigrette

safflower oil, yuzu juice, lemon juice, maple syrup, kosher salt, xanthan gum

ALLERGENS: CITRUS, XANTHAN GUM