

GOOP KITCHEN ALLERGEN GUIDE

Our kitchens use all major allergens in one or more of our recipes. We cannot guarantee that our food is completely free of any allergen. If you have a severe allergy, we do not recommend ordering from our restaurant. As some of our kitchens are in a shared space, we are a gluten-free kitchen but do not claim to be celiac friendly. PLEASE NOTE: Our sandwich bread does contain a wheat starch and buckwheat flour that is certified gluten-free. We do not recommend those that have a wheat allergy consume our sandwiches. If you do order in store, before placing your order, please inform any of our team members or reach out to help@goopkitchen.com, OR TEXT 310-954-1286

*Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness; especially if you have a medical condition.

PLEASE SEE A LA CARTE SECTION FOR ALLERGY INFORMATION ON ALL MODIFICATIONS (PROTEINS, SAUCE, DRESSINGS)

DISH	TREE NUTS								VEGAN	GARLIC
	DAIRY	FISH	SEEDS	EGGS	SOY	SESAME				
BOWLS AND PLATES										
G-Potle Taco Crunch Bowl	Choose No Cheese			X		X		Choose Mushroom Carnitas, No Cheese		X
Mediterranean Hummus Bowl*	Choose No Soccata & No Feta			X		*When Salsa Verde Is Selected	X			X
Fall Salmon Bowl *		X	Choose No Superseed	Choose No Superseed		*When Salsa Verde Is Selected	Choose No Superseed			X
The goop Teriyaki Bowl*		*When Miso Salmon Is Selected		X		X	X			X
SALADS										
Little Gem Caesar Salad	In Parmesan & Spicy Calabrian Caesar Dressing					In Ranch Dressing Option		Remove Parmesan & Select Caesar Dressing		X
Thai Crispy Rice Crunch Salad			X	X		X	X	Contains Honey		X
Smokeshow Salmon Salad		X				*Choose No 7 Minute Egg				X
The Greenest Green Salad			In The Crunchies Served On The Side	In The Crunchies On The Side & Chickpeas & Beans			In The Crunchies Served On The Side	X		Remove Chickpeas; Also In The Crunchies On The Side
Everyday Kale and Brussels Salad	Choose No Cheese			In The Crunchies On The Side				Choose No Cheese		X
GP's Classic-ish Cobb*	Choose No Blue Cheese					Choose Remove Egg				Choose No Tomatoes
The BEST Arugula Salad	Choose No Parmesan							Choose No Parmesan		Crispy Shallots/Capers On Side
Fall Harvest Chopped Salad	Choose No Cheese		Choose No Almonds			In Ranch Dressing Option		Choose No Cheese		In The Crunchies Served On The Side
Brentwood Chinese Chicken Salad			In The Crunchies Served On The Side	X		X	X	Choose No Chicken		In The Crunchies Served On The Side
Not So Simple Salad								X		Choose No Tomatoes
SANDWICHES & HANDHELDS										
Rotisserie Chicken Caesar Wrap			The Wrap Contains Coconut							X
GP's Go-To Turkey Sandwich	X			X			X			X
Falaf-OH Hummus Wrap			The Wrap Contains Coconut	X			X	X		X
The Italian Job	X			X			X			X
Summer Salad Rolls			In The Dressing Served On The Side	X			X	X	Contains Honey	X
Curry Chicken Salad Summer Rolls										X
Turkey Thai Lettuce Wraps			X	X		X	X			X
Tofu Thai Lettuce Wraps			X	X		X	X	Honey In Cashew Dressing		X
SOUPS & SIDE SALADS										
Kosas Inner Glow Soup & Salad Set			In The Crunchies Served On The Side	In The Crunchies Served On The Side			X			
Rotiserie Chicken Soup For The Soul										X
Japanese Sweet Potato Soup						X		X		X
Organic Turmeric Spiced Chicken Bone Broth										
Chef Kim's Magic Mineral Broth								X		
Curry Cauliflower Soup						In The Lime Crema, Served On The Side		X		X
Not So Simple Salad								X		Remove Tomatoes
The BEST Arugula Salad	Choose No Parmesan							Choose No Parmesan		Crispy Shallots/capers on side
Little Gem Caesar Salad	Remove Parmesan & Choose GCC Caesar Dressing.					In GCC Ranch Dressing Option		Remove Parmesan & Choose GCC Caesar Dressing.		X
Everyday Kale and Brussels Salad	Choose No Cheese			In The Crunchies Served On The Side				Choose No Cheese		In The Crunchies Served On The Side
DESSERTS										
Coco Chocolate Chip Cookies			X					X		
The Pumpkin Spice Cookie			X					X		
Dark Chocolate & Sea Salt Brownies			X		X					
Maple Pumpkin Bread				X	X					
DRESSINGS, SAUCES & CRUNCHIES										
GCC Dijon Mustard Vinaigrette								X		
GCC Cashew Vinaigrette			X	X		X	X	Contains Honey		X
GCC Carrot-Ginger Vinaigrette				X		X	X	Contains Honey		X
GCC Miso Honey Vinaigrette				X		X	X	Contains Honey		X
GCC Ranch Dressing						X		X		X
GCC Maple Mustard Vinaigrette								X		
Spicy Calabrian Caesar Dressing	X									X
GCC Caesar Dressing								X		X
GCC Greek Goddess Dressing			Contains Coconut					X		X
GCC Lemon Vinaigrette								X		
GCC Red Wine Vinaigrette								X		X
GCC Apple Cider Vinaigrette								X		
GCC Teriyaki Sauce				X		X	X	X		X
GCC Arbol-Amarillo Salsa (IYKYK)				X			X	X		X
GCC Shallot-Garlic Chili Crunch Oil				X			X	X		X
GCC Salsa Verde						X		X		X
GCC Pineapple Mango Chutney										X
GCC BBQ Sauce						X		X		X
GCC Garlic Aioli								X		X
GCC Herby Aioli (GCC Tartar Sauce)								X		X

DISH	DAIRY	FISH	TREE NUTS	SEEDS	EGGS	SOY	SESAME	VEGAN	GARLIC
Herb and Garlicky "Croutons"								X	X
Superseed Crunchies			X	X			X	X	X
Candied Puffed Rice and Seed Mix				X				X	X
Crispy Rice & Turmeric Spiced Candied Cashews			X					X	
Grain-free "Wontons," Toasted Quinoa and Roasted Almonds			X	X			X	X	X
Super Secret Pizza Seasoning	X								
A LA CARTE PROTEINS AND SIDES									
Hand-Pulled Organic Chicken									X
Smoked Salmon		X							
Herb-Roasted Salmon*		X							X
BBQ-Glazed Tofu				X		X	X	X	X
GP's Soccata	X								X
Mushroom Carnitas								X	X
7-Minute Egg*					X				
Half an Avocado								X	
Curry Chicken Salad									X
Seeded Crackers			X	X			X	X	X
Super Secret Pizza Seasonings	X								
ROTISSERIE A LA CARTE MAINS									
Rotisserie Chicken									
Herb Roasted Salmon		X							X
Whole & Half Roasted Cauliflower					Served In The Sauce On The Side			X	X
ROTISSERIE SIDES									
Green Beans and Carmelized Shallots								X	
Herb Roasted Butternut Squash	X			X					X
Simple Garlic Broccoli								X	X
Olive Oil Garlic Mashed Potatoes	X								X
Creamy Cheddar Mac-n-Cheese	X								
Smashed Fingerling Potatoes						In Salsa Verde		X	In Salsa verde
Curried Potato Salad								X	
Greek Style Beet Salad	Feta & Seasoning Contains Dairy								X
GP's Soccata	X								X
Garlic Roasted Japanese Sweet Potatoes			In GDC Cashew Vinaigrette Served On The Side	X			In GDC Cashew Vinaigrette Served On The Side	X	X
Maple Glazed Carrots	Choose No Feta		X	X				Contains Honey	
PIZZAS									
Pepperoni Potts	Choose No Cheese								X
The Fall Classic	X								X
Pesto Both Worlds	X			X					X
The Goopfellas Pizza	X								X
Shroom Shroom	X								X
One Potato, Two Potato	X								X
The Hott Italian	X								X
Mosey's BBQ Chicken Pizza	Choose No Cheese							Choose BBQ Mushrooms & No Cheese	X
Queen Margherita	X								X
The Naked Pie								X	X
The Great Bambino	Choose No Cheese								X
Cheese & Thank You	X								X
PASTAS									
GP'S Turkey Bolognese	Choose No Parmesan								X
Classic Spaghetti with Tomato and Basil	Choose No Parmesan							Choose No Parmesan	X
Pesto Pasta				X				X	X
Penne, No Vodka	X								X
SUPERFINA SIDES									
Turkey Meatballs	X				X				X