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	DAIRY	FISH	TREE NUTS	SEEDS	EGGS	SOY	SESAME	VEGAN	GARLIC
C. Datia Taga Crunch David	Choose No Cheese	BOWLS	AND PLATES	x		x	1	Choose Mushroom Carnitas,	x
G-Potle Taco Crunch Bowl Mediterranean Hummus Bowl*	Choose No Soccata & No Feta			X		"When Salsa Verde Is	x	No Cheese	x
Fall Salmon Bowl *		х	Choose No Superseed	Choose No Superseed		Selected "When Salsa Verde Is Selected	Choose No Superseed		x
The goop Teriyaki Bowl*		*When Miso Salmon Is Selected		x		X	x		х
			ALADS					н	
Little Gem Caesar Salad	In Parmesan & Spicy Calabrian Caesar Dressing					In Ranch Dressing Option		Remove Parmesan & Select Caesar Dressing	х
Thai Crispy Rice Crunch Salad	Calabran Caesar Dressing		х	x		X	x	Contains Honey	х
Smokeshow Salmon Salad		x			*Choose No 7 Minute				x
The Greenest Green Salad			In The Crunchies	In The Crunchies On The Side & Chickpeas &	Egg		In The Crunchies	x	Remove Chickpeas: Also
Everyday Kale and Brussels Salad	Choose No Cheese		Served On The Side	In The Crunchies On The			Served On The Side	Choose No Cheese	The Crunchies On The Sir X
GP's Classic-ish Cobb*	Choose No Blue Cheese			Side	Choose Remove Egg				Choose No Tomatoes
The BEST Arugula Salad	Choose No Parmesan							Choose No Parmesan	Crispy Shallots/Capers C
Fall Harvest Chopped Salad	Choose No Cheese		Choose No Almonds			In Ranch Dressing		Choose No Cheese	Side In The Crunchies Served
••	Choose No Cheese		In The Crunchies	x		Option	x	Choose No Chicken	The Side In The Crunchies Served
Brentwood Chinese Chicken Salad			Served On The Side	*		~	*		The Side
Not So Simple Salad								x	Choose No Tomatoes
	SA	NDWICHE	S & HANDH The Wrap Contains	IELDS			1		
Rotisserie Chicken Caesar Wrap			Coconut						X
GP's Go-To Turkey Sandwich	x		The Wrap Contains	х			х		х
Falaf-OH Hummus Wrap			The Wrap Contains Coconut	х			х	x	х
The Italian Job	x			х			х		х
Summer Salad Rolls			In The Dressing Served On The Side	х		х	х	Contains Honey	х
Curry Chicken Salad Summer Rolls									х
Turkey Thai Lettuce Wraps			х	x		х	х		х
Tofu Thai Lettuce Wraps			х	х		х	х	Honey In Cashew Dressing	х
		SOUPS &	SIDE SALAD	S					
Kosas Inner Glow Soup & Salad Set			In The Crunchies Served On The Side	In The Crunchies Served On The Side			х		
Rotiserie Chicken Soup For The Soul									х
Japanese Sweet Potato Soup						х		х	х
Organic Turmeric Spiced Chicken Bone Broth									
Chef Kim's Magic Mineral Broth								x	
Curry Cauliflower Soup						In The Lime Crema,		x	х
Not So Simple Salad						Served On The Side		x	Remove Tomatoes
The BEST Arugula Salad	Choose No Parmesan							Choose No Parmesan	Crispy Shallots/capers of
Little Gem Caesar Salad	Remove Parmesan & Choose					In GCC Ranch Dressing		Remove Parmesan & Choose	side X
	GCC Caesar Dressing. Choose No Cheese			In The Crunchies Served		Option		GCC Caesar Dressing. Choose No Cheese	In The Crunchies Served
Everyday Kale and Brussels Salad	Choose No Cheese	DEC	SERTS	On The Side				Choose No Cheese	The Side
Oner Oberelate Ohin Oneline		DEC						~	
Coco Chocolate Chip Cookies			x					x	
The Pumpkin Spice Cookie			х					х	
Dark Chocolate & Sea Salt Brownies			х		х				
Maple Pumpkin Bread				х	х				
	DRESS	SINGS, SA	UCES & CR	UNCHIES	1	1	1	1	
GCC Dijon Mustard Vinaigrette								х	
GCC Cashew Vinaigrette			х	x		х	х	Contains Honey	х
GCC Carrot-Ginger Vinaigrette				х		х	х	Contains Honey	х
GCC Miso Honey Vinaigrette				x		х	х	Contains Honey	х
GCC Ranch Dressing						х		х	х
GCC Maple Mustard Vinaigrette								х	
Spicy Calabrian Caesar Dressing	x		1						х
GCC Caesar Dressing								x	х
GCC Greek Goddess Dressing			Contains Coconut					x	х
GCC Lemon Vinaigrette								x	
GCC Red Wine Vinaigrette								x	x
GCC Apple Cider Vinaigrette								x	
GCC Teriyaki Sauce				x		x	x	x	x
	_			x		^		x	
GCC Arbol-Amarillo Salsa (IYKYK)							x		x
GCC Shallot-Garlic Chili Crunch Oil				X			x	X	X
GCC Salsa Verde						x		х	x
GCC Pineapple Mango Chutney									X
GCC BBQ Sauce						х		х	х
GCC Garlic Aioli								x	х
GCC Herby Aioli (GCC Tartar Sauce)								х	х

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