olmo

ALLERGY GRID

O = OPTIONAL X = CAN'T OMIT

MENU ITEM	HAS GLUTEN	HAS ALLIUM	HAS SESAME	HAS DAIRY	HAS GRAPES	HAS CINNAMON	HAS CITRUS	HAS EGG	HAS PORK	HAS FIN FISH	HAS NIGHTSHADE	HAS BEEF	HAS SOY	HAS TREE NUTS
BAGELS														
Original	X													
Everything	X	X	X											
Sesame	X		X											
Everything Everything	X	X	X	X										
Poppy	X													
Onion Sea Salt	X	X												
Cacio e Pepe	X			X										
Za'atar	X	X												
Pumpkin (Seasonal)	X													
Cinnamon Raisin (Monthly Special)	X				X	X								
SCHMEARS	GLUTEN	ALLIUM	SESAME	DAIRY	GRAPES	CINNAMON	CITRUS	EGG	PORK	FIN FISH	NIGHTSHADE	BEEF	SOY	TREE NUTS
Plain				X										
Scallion		X		X										
Beet & Veggie Dill				X										
Spicy Scallion		X		X										
Spinach Artichoke		X		X			X							
Cinnamon Raisin				X	X	X								
Avocado Mash														
SANDWICHES	GLUTEN	ALLIUM	SESAME	DAIRY	GRAPES	CINNAMON	CITRUS	EGG	PORK	FIN FISH	NIGHTSHADE	BEEF	SOY	TREE NUTS
Bagel w Schmear	X	O		X			O							
Bagel w Butter	X													
Bacon, Egg, Cheese	X			X				X						
Sausage, Egg, Cheese	X			X				X	X					
Lox with Love	X	X		O						X	X			
Egg & Cheese	X			X				X						
Egg (No Cheese)	X							X						
Mortadella, Egg, Cheese	X			X				X	X					
Turkey, Egg, Cheese	X		X	X				X						
Pastrami, Egg, Cheese	X			X				X				X		
El Diablo	X	X		X				X						
Olmo BLT	X	X	X					O			X			
Hot Turkey	X	X	X						X					
Hot Pastrami	X	X		X										
Okonomiyaki	X	X	X	X									O	
Health Nut	X	X									X			
BAKED GOODS	GLUTEN	ALLIUM	SESAME	DAIRY	GRAPES	CINNAMON	CITRUS	EGG	PORK	FIN FISH	NIGHTSHADE	BEEF	SOY	TREE NUTS
Latke	Only on days with doughnuts	X						X						
Babka	X			X		O								
Ricciarelli														X
Doughnut	X			X				X						
Muffins	X			X				X						