



# FOOD ALLERGEN CHART

	Gluten	Dairy	Egg	Soy	Fish	Nuts	Vegan?
Lonesome Chicken							no
Pieces of Chicken							no
Popcorn Chicken							no
Miso-Grilled Chicken				x			no
Crispy Chicken							no
Miso-Grilled Tofu				x			yes
Crispy Tofu							yes
Brioche Buns	x	x	x	x			no
GF Wrap				x			yes
The Lovebird			x	x	x		no
LBLT			x				no
Baja Bird		x	x				no
Buffalo Bleu Bird		x					no
Rancher Bird		x					no
Caesar Dressing		x	x		x		no
Scallion Vinagrette							no
Cilantro-Lime Vinagrette							no
Caesar		x					no
The Bella							yes
Brussels to the Beet				x			yes
South by Southwest							yes
Hand-Cut Fries							yes
Crispy Brussels Sprouts				x			yes
Homemade Coleslaw			x				no
Mac & Cheese		x					no
Fried Pickles							yes
Lovebird Special Sauce			x	x	x		no
Honey Mustard			x				no
Spiced Local Honey							no
Sweet Chili							yes
Spicy Buffalo		x					no
Chipotle Mayo		x					no

REGARDLESS OF THIS CHART, PLEASE NOTIFY STAFF IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY TO PREVENT CROSS-CONTAMINATION IN THE KITCHEN