

Ayza Ingredient Chart

FOOD ITEM	NUTS	DAIRY	GLUTEN	SOY	ONION	GARLIC	EGGS	VEGETARIAN	VEGAN
Artichoke	no	yes	yes ¹	yes	no	yes	yes	yes	no
Arugula salad	yes	yes ³	no	no	no	no	no	yes	no
Avocado	no	yes	yes	no	no	yes*	yes	yes	no
Avocado burger	yes*	yes	no	no	no	no	no	no	no
Avocado toast	no	no	yes	no	yes*	no	no	yes	yes
Brioche bread	no	yes	yes	no	no	no	yes	yes	no
Bruschetta bread	no	no	yes	no	no	no	no	yes	yes
Burgers	yes*	yes ³	yes	unknown	yes	yes*	yes	no	no
Cheese platter	no	yes	yes ¹	no	no	no	no	no	no
Cheesecake	no	yes	yes	yes	no	no	yes	yes	no
Chicken panini	yes*	yes ³	yes	yes	no	yes*	yes	no	no
Chicken sliders	yes*	yes ³	yes	no	yes	no	yes	no	no
Chicken tacos	no	yes	no	yes	yes	yes	yes	no	no
Chicken(main)	no	yes	yes	no	yes	no	no	no	no
Choco pizza	yes	yes	yes	yes	no	no	no	yes	no
Ciabatta bread	no	no	yes	yes	no	no	no	yes	yes
Ciocolada truffles	yes	no	no	no	no	no	no	yes	yes
Crab crostini	no	no	yes	no	no	no	no	no	no
Cranberry bread	yes	no	yes	no	no	no	no	yes	yes
Crepe cake	yes	yes	yes	no	no	no	yes	yes	no
Crispy tofu	yes*	no	no	yes	seasonal	seasonal	no	yes	yes
Duck liver pate	no	yes	no	no	yes	yes	yes	no	no
Dumplings	no ²	yes	yes	yes	yes	yes*	No ²	no	no
Earthquake cake	yes	yes	yes	yes	no	no	yes	yes	no
Eggplant	no	no	yes ¹	yes	no	yes	yes	yes	no

* no sauce or no dressing

¹ sub bread for veggies or GF bread

² made in a facility that processes item mentioned

³ no cheese

⁴ different side

⁵ no beef



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Filet mignon	no	yes ⁴	no	no	no	yes*	no	no	no
Fondue chocolate	no	no ²	no	unknown	no	no	no	yes	no
Gluten free bread	no	no	no	yes	no	no	yes	yes	no
Goat cheese salad	yes	yes	no	no	no	yes*	no	yes	no
Goat cheese toast	yes	yes	yes	no	no	no	no	yes	no
Guacamole	no	no	no	no	yes	no	no	yes	yes
Guava paste	no	no	no	no	no	no	no	yes	yes
Hoisin sauce	no	no	yes	yes	yes	yes	no	yes	yes
Home fries	no	yes ³	no	no	no	no	no	yes	no
Honeycomb toast	no	yes	yes	no	no	no	no	yes	no
Hummus	no	no	yes ¹	yes	no	yes	no	yes	yes
Integral bread	no	no	yes	no	no	no	no	yes	no
Jaques torres	yes	yes	yes	yes	no	no	no	yes	no
Lollipops	no	no	yes*	yes*	no	yes	no	no	no
Margherita grilled cheese	yes*	yes	yes	seasonal	yes	yes	no	no	no
Marhherita flatread	yes*	yes	yes	unknown	yes	yes	no	no	no
Marshmallows	no	no	no	no	no	no	no	no	no
Medit. Omellete	no	yes	no	no	yes	yes*	yes	yes	no
Mediterranean flatbread	yes*	yes	yes	no	no	yes	no	yes	no
Michel cluizel	yes	yes	no	no	no	no	no	yes	no
Mixed olives	no	no	no	no	no	no	no	yes	yes
Molten cake	no ²	yes	yes	yes	no	no	yes	yes	no
Mushroom ravioli	yes*	yes	yes	unknown	no	yes	yes	yes	no
Mushroom tart	no	yes	yes	unknown	no	yes	no	yes	no

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Parsnip pure	no	yes	no	no	no	no	no	yes	no
Pita bread	no	no	yes	yes	no	no	no	yes	yes
Pork panini	yes*	yes ³	yes	yes	yes	yes	no	no	no
Pork sliders	yes*	yes ³	yes	yes	yes	yes	yes	no	no
Prosciutto panini	yes*	yes ³	yes	no	no	no	no	no	no
Pumpernickel bread	no	no	yes	no	no	no	no	yes	yes
Quinoa salad	yes*	yes ³	no	no	no	yes*	no	yes	no
Rice krispies	no	yes	no	yes	no	no	no	yes	no
Risotto	no	yes	no	no	no	no	no	no	no
Sweet potato gratin	no	yes	no	no	no	no	no	no	no
Rueben eggrolls	yes*	yes	yes	unknown	no	no	no	no	no
Salmon filet	no	yes ⁴	no	no	no	no	no	no	no
Salmon salad	no	no	no	no	no	no	no	no	no
Seared tuna	no	no	no	yes	no	no	no	no	no
Short rib bruschetta	no	yes ³	yes ¹	no	yes	yes	no	no	no
Tomato cheddar	no	yes	no	unknown	yes	yes	no	no	no
Tuna tartare	no	no	yes	yes	yes	no	no	no	no
Turkey panini	yes	yes	yes	yes	no	yes*	yes	no	no
Veggie panini	yes*	no	yes	no	yes	yes	no	yes	yes
Waffles	yes	yes ²	yes	yes	no	no	yes	yes	no
Watermelon mint salad	no	yes ³	no	unknown	no	no	yes	yes	yes ³
White bread	no	no	yes	no	no	no	no	yes	yes
White truffle pizza	no	yes	yes	yes	no	yes	no	no ⁵	no

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