The health and Safety of our guests are top priorities of Better Buzz. As part of our commitment to you, we have prepared this table of common food allergies in order to assist you with your menu choices. Please be aware that normal kitchen operations at Better Buzz locations involve shared preparation and cooking areas. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.

			mpletely fr	_					
TOASTS	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame
Almond Butter and Jam Toast				Х			Almonds	Х	
Buttered Toast with Jam				Х				Х	
Cucumber Radish Avocado Toast				Х				Χ	Х
Feta Avocado Toast				Х				Х	
3 Seed Avocado Toast				Х				Х	Х
BOWLS	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame
Hippie Acai Bowl						Х		Х	
Islander Acai Bowl						Χ	Almonds/Coconut	Χ	
OG Acai Bowl						Χ	Almonds	Χ	
Acai Bowl - San Marcos						Х	Almonds	Χ	
Islander Mango Acai Bowl - San Marcos						Х	Almonds, Coconut	Х	
Yogurt Bowl - Plain Yogurt				Х		Х	Almonds	Х	
Yogurt Bowl - Coconut Yogurt						Х	Almonds, Coconut	Х	
SANDWICHES	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame
Adulting Grilled Cheese		Х		Х				Х	
Bacon Ciabatta		Χ		Х				Χ	
Better Breakfast (steamed egg)		Χ		Х				Х	
Better Breakfast (fried egg)		Χ		Х				Χ	
Caprese		Χ		Х				Х	
Chili Crunch Wrap		Χ		Х				Χ	
Ham and Cheese Croissant				Х				Х	
Turkey Pesto		Х		Х				Х	
SMOOTHIES	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame
Acai Smoothie									
Conscious Chocolate Smoothie				Х			Almonds		
Pink Dragon Smoothie									
Mango Smoothie									
Strawberry Smoothie									
Peach Smoothie									
Red Bull Mango Smoothie									
BAKERY ITEMS									
Served at the following locations only:									
Bonita, Coronado, Escondido, Fashion									
Valley, Hillcrest, La Jolla, La Mesa, Menifee,									
Miramar, Mira Mesa, Mission Beach,	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame
Mission Gorge, Pacific Beach East, Pacific									
Beach Grand, Pacific Beach West, Point									
Loma, San Marcos, Temecula									
Almond Croissant		X		Х			Almonds	Х	
Apple Cinnamon Muffin		X X		Х			Almonds	Χ	
Apple Cinnamon Muffin Apple Turnover							Almonds	X X	
Apple Cinnamon Muffin Apple Turnover Bagel-Blueberry				Х			Almonds	X X X	
Apple Cinnamon Muffin Apple Turnover Bagel- Blueberry Bagel- Cinnamon Raisin				Х			Almonds	X X X	
Apple Cinnamon Muffin Apple Turnover Bagel- Blueberry Bagel- Cinnamon Raisin Bagel- Everything				X			Almonds	X X X X	X
Apple Cinnamon Muffin Apple Turnover Bagel- Blueberry Bagel- Cinnamon Raisin Bagel- Everything Bagel- Jalapeno				Х			Almonds	X X X X X	X
Apple Cinnamon Muffin Apple Turnover Bagel- Blueberry Bagel- Cinnamon Raisin Bagel- Everything				X			Almonds	X X X X	X
Apple Cinnamon Muffin Apple Turnover Bagel- Blueberry Bagel- Cinnamon Raisin Bagel- Everything Bagel- Jalapeno Bagel- Plain Bagel- Sesame		X		X X				X X X X X X X	X
Apple Cinnamon Muffin Apple Turnover Bagel- Blueberry Bagel- Cinnamon Raisin Bagel- Everything Bagel- Jalapeno Bagel- Plain Bagel- Sesame Banana Nut Loaf		X		XXX			Pecans	X X X X X X X X	
Apple Cinnamon Muffin Apple Turnover Bagel- Blueberry Bagel- Cinnamon Raisin Bagel- Everything Bagel- Jalapeno Bagel- Plain Bagel- Sesame Banana Nut Loaf Bear Claw		X X X		X X X			Pecans Pecans, Coconut, Almonds	X X X X X X X X X	
Apple Cinnamon Muffin Apple Turnover Bagel- Blueberry Bagel- Cinnamon Raisin Bagel- Everything Bagel- Jalapeno Bagel- Plain Bagel- Psesame Banana Nut Loaf Bear Claw Blackberry Banana Nut Muffin		X X X X		X X X X X			Pecans	X X X X X X X X X X	
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Orange Chocolate Chip Scone		Х		Х		Х		X	ļ
Peanut Butter Vegan Cookie							Peanuts	Х	
Pistachio Croissant		X		Х			Almonds, Pistachios	Х	
Plain Croissant		X		Х				Х	
Pretzel Bun								Х	
Raspberry Almond Scone		X		Х			Almonds	Х	
Sourdough Bread								Х	
Vegan Zucchini Walnut Loaf							Walnuts	Х	
Vegan Zucchini Walnut Muffin							Walnuts	Х	
White Chocolate Macadamia Cookie		X		Х		Χ	Macadamia nuts	Х	
Zesty Lemon Loaf		Χ		Х			Almonds	Х	
BEVERAGES	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesar
Americano									
Best Drink Ever				Х		Х			
Black Tea Latte				Х		Х			
Blueberry Lavender Lemonade									
Brewed Coffee									
Café Au Lait				Х					
Cappuccino				Х					
Caramel Latte				Х			Coconut		
Caramel Vanilla Latte				X		Х	Coconut		
Chai Tea Latte				X					
Chocolate Milk				Х					
Cinnamon Cream Cold Brew-Iced				X		Х	Coconut	1	
Cold Brew				<u> </u>				1	1
Cortado				Х				1	<u> </u>
Espresso									†
Espresso Hazelnut Divinity				Х	 	Х	Hazelnut	+	1
Honey Latte				X		X	Hazemut	-	1
Horchata Latte Iced				^		٨	Almonds		1
Hot Chocolate				Х		Х	Aimonus	+	†
Killer Bee	-			^		^		+	
Killer Bee Kombucha									1
Latte	_				!			+	1
				X		v			-
Lavender Black Tea Latte				X	1	Х		-	1
Macchiato				X		V		-	-
Matcha Tea Latte				X		X	B		1
Mazapan Cold Brew - test item				X	<u> </u>	X	Peanuts	-	1
Mexican Hot Chocolate				X		Х	Peanuts		ļ
Mint Infused Coffee				X				1	ļ
Mocha Latte				X	<u> </u>	X		-	ļ
Mocha De Mexico				X		Х	Peanuts		
Moroccan Spice Iced Coffee				Х				-	
Orange Infused Matcha							Coconut		
Pumpkin Spice Chai Tea Latte				Х		Х		1	<u> </u>
Pumpkin Spice Latte				Х		Х			
Snickerdoodle Latte				Х		Χ			<u> </u>
Tea- Black									
Tea- Green									
Tea- Herbal									
Vanilla Bean Latte				Х					
Vanilla Latte				Х		Χ			
White Mocha Latte				Х		Х			
BLENDED DRINKS	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesa
Black Tea Latte Buzz				Х		X			
Caramel Buzz				Х			Coconut		
Chai Buzz				Х					
Coconut Buzz				Х		Х	Coconut		
Espresso Bean Buzz				X		X			
Lavender Black Tea Buzz				X		X		1	
Matcha Buzz				X		X		1	1
Mocha Buzz				X				1	1
Snickerdoodle Buzz				X					
Vanilla Buzz				X				1	
White Mocha Buzz				X		Х		1	
INDIVIDUAL ITEMS	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesa
Acai Packet	Silcinisii	-553	7 1311	July	Lanats	304	TICC HUG	viicat	Jesa
								-	<u> </u>
Agave					1		المستسسلة	-	1
Almond Butter							Almonds		1
Almond Milk							Almonds	1	
Apple Juice								1	ļ
Bacon								1	<u> </u>
Balsamic	1		I	I	1			1	<u> </u>
Banana									

						,	
Bee Pollen							
Berry Jam							
Black Tea Powder							
Butter			Χ				
Cacao Nibs							
Caramel Sauce			Χ		Coconut		
Cardamom							
Chai Powder			Х				
Chai Topping							
Chili Crunch Aioli							
Chipotle Peppers in Adobo							
Chocolate Covered Espresso Beans			Х	Х			
Chocolate Sauce							
Coconut Milk					Coconut		
Coconut Powder			Χ	X	Coconut		
Coconut Yogurt					Coconut		
Cream Cheese			X				
Dragon Fruit Packet							
Egg-fried		Х					
Egg- Steamed		Х					
Feta Cheese			Х				
Frozen Mixed Berries							
Granola Gluten Friendly					May contain tree nuts		
Greek Yogurt			Х		iviay contain tree nuts		
Gruyere Cheese			Х				
Ham							
Hashbrown patty							
Havarti Cheese			Х				
Hazelnut Syrup					Hazelnut		
Heavy Cream							
Hemp Granola Gluten Friendly							
Hemp Hearts							
Honey							
Honey Comb							
Honey Syrup							
Lavender Syrup							
Mango Puree							
Matcha Powder							
Mayonnaise		Х					
Milk		^	Х				
Mocha Cappuccino Mix			Х				
Mocha De Mexico Powder				Х	Peanuts		
Moroccan Spice							
Mozzarella cheese			Х				
Muenster Cheese			Χ				
Orange Extract							
Peach Puree							
Peanut Butter Powder					Peanuts		
Peanut Butter Syrup							
Pesto Basil Sauce			Х				
Prosciutto							
Protein Powder			Х				
Pumpkin Pie Sauce			X	Х			
Red Bull			Λ.	٨			
Rice Milk							
Rose Water					C		
Shredded Coconut					Coconut		
Spiced Brown Sugar Syrup							
Strawberry Puree							
Sweet Chocolate Powder				Χ			
Turkey							
Vanilla Almond Granola				Х	Almonds	Х	
Vanilla Bar Powder			Х	Х			
Vanilla Buzz Powder			X				
Wheat Tortilla						Х	
White Cheddar Cheese			Х				
White Mocha Powder			X	Х			
This allered data was prepared in APPIL 2024. The	l	<u> </u>					<u> </u>
1Th: 11 dete 1:- ADDII 2024 Th.							

This allergy data was prepared in APRIL 2024. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. Due to the individualized nature of food allergies and food sensitivities, Better Buzz cannot make recommendations to you.