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.

| TOASTS | Shellfish | Гала | T:-b | Daime | Dogwyda | C | Tues Nuts | Wheat | Casama |
|-------------------------------------|-----------|------|--------|----------|----------|-----|--------------------------|-------|--|
| · | Sneimsn | Eggs | Fish | Dairy | Peanuts | Soy | Tree Nuts | | Sesame |
| Almond Butter and Jam Toast | | | | Х | | | Almonds | Х | |
| Buttered Toast with Jam | | | | Х | | | | X | |
| Cucumber Radish Avocado Toast | | | | X | | | | X | X |
| Feta Avocado Toast | | | | Х | | | | Χ | |
| 3 Seed Avocado Toast | | | | Х | | | | Х | Х |
| BOWLS | Shellfish | Eggs | Fish | Dairy | Peanuts | Soy | Tree Nuts | Wheat | Sesame |
| Hippie Acai Bowl | | -88° | . 1011 | - Juny | | X | 110011000 | Х | o country |
| Islander Acai Bowl | | | | | | X | Almonds/Coconut | X | |
| | | | | | | X | | | |
| OG Acai Bowl | | | | | | | Almonds | X | |
| Acai Bowl San Marcos | | | | | | Х | Almonds | Х | |
| Islander Mango Acai Bowl San Marcos | | | | | | Х | Almonds, Coconut | Х | |
| Yogurt Bowl - Plain Yogurt | | | | Х | | Х | Almonds | Х | |
| Yogurt Bowl - Coconut Yogurt | | | | | | X | Almonds, Coconut | X | |
| SANDWICHES | Shellfish | Eggs | Fish | Dairy | Peanuts | Soy | Tree Nuts | Wheat | Sesame |
| Adulting Grilled Cheese | | Х | | Х | | | | Х | |
| Bacon Ciabatta | | Х | | Х | | | | Х | |
| Better Breakfast (steamed egg) | | Х | | Х | | | | X | |
| Better Breakfast (fried egg) | | X | | X | | | | X | |
| Caprese | | X | | X | 1 | | | X | |
| | | ^ | | | | | | | |
| Ham and Cheese Croissant | | | | X | | | | X | |
| Turkey Pesto | | Х | | Х | | | | Х | |
| <u>SMOOTHIES</u> | Shellfish | Eggs | Fish | Dairy | Peanuts | Soy | Tree Nuts | Wheat | Sesame |
| Acai Smoothie | | | | | | | | | |
| Conscious Chocolate Smoothie | | | | Х | | | Almonds | | |
| Pink Dragon Smoothie | | | | | | | | | |
| Mango Smoothie | | | | | | | | | |
| Strawberry Smoothie | | | | | 1 | | | | |
| Peach Smoothie | | | | | | | | | |
| | | | | | | | | | |
| Red Bull Mango Smoothie | | | | | | | | | |
| BAKERY ITEMS - SAN DIEGO ONLY | Shellfish | Eggs | Fish | Dairy | Peanuts | Soy | Tree Nuts | Wheat | Sesame |
| Almond Croissant | | X | | X | | | Almonds | X | |
| Apple Cinnamon Muffin | | X | | Χ | | | | Χ | |
| Apple Turnover | | | | Х | | | | Χ | |
| Bagel-Blueberry | | | | | | | | X | |
| Bagel- Cinnamon Raisin | | | | | | | | Х | |
| Bagel- Everything | | | | | | | | Х | Х |
| Bagel-Jalapeno | | | | Х | | | | Х | |
| Bagel- Plain | | | | | | | | X | |
| Bagel- Sesame | | | | | | | | X | Х |
| Banana Nut Loaf | | V | | V | | | Danasa | | ^ |
| | | X | | X | | | Pecans | X | |
| Bear Claw | | Х | | Х | | | Pecans, Coconut, Almonds | Х | |
| Blackberry Banana Nut Muffin | | Х | | Х | | | Pecans | Х | |
| Blueberry Muffin | | Х | | Х | | | | Χ | |
| Cheese Danish | | Х | | Х | | | | Χ | |
| Ciabatta Bread | | | | | | | | Х | |
| Chocolate Chip Banana Loaf | | Х | | Х | | Х | | Х | |
| Chocolate Chip Cookie | | X | | X | | X | | X | |
| Chocolate Croissant | | X | | X | | X | | X | |
| Chocolate Crossant Chocolate Muffin | | X | | X | | X | | X | |
| | - | | | | - | ۸ | | | |
| Cinnamon Roll | | X | | X | | | | X | |
| Cranberry Orange Muffin | | Х | | X | | | | X | ļ |
| Cranberry Orange Scone | | Х | | Х | | | | Х | |
| Crumbonne | | | | Х | | | | Х | |
| French Artisan Bread | | | | | | | | Х | |
| Gluten Free Brownie with Nuts | | Х | | Х | | Х | Walnuts | | |
| Gluten Free Chocolate Chip Cookie | | Х | | Х | | Х | | | |
| Gluten Free Chocolate Macaroon | | X | | Х | | Х | Coconut | | |
| Gluten Free Lemon Poppy Muffin | | X | | X | | | SSSSIIGE | | |
| Gluten Free Paradise Bar | | X | | X | | Х | Pecan, Coconut | | |
| | | | | | | ^ | r ecan, coconut | · · · | |
| Gingersnap Cookie | | Х | | Х | | | | X | |
| Multigrain Bread | | | | <u> </u> | | | | X | ļ |
| Orange Chocolate Chip Scone | | Х | | Х | | Х | | Х | |
| Peanut Butter Vegan Cookie | | | | | | | Peanuts | Х | |
| Pistachio Croissant | | Х | | Х | | | Almonds, Pistachios | Χ | |
| Plain Croissant | | | | Х | | | | Х | |
| Pretzel Bun | | | | | | | | X | |
| Raspberry Almond Scone | | | | Х | | | Almonds | X | |
| | 1 | | | _^ | 1 | | 7 111101103 | X | |
| Sourdough Bread | 1 | | | | | | | X | |

| Vegan Zucchini Walnut Loaf Vegan Zucchini Walnut Muffin | | | | t | | | Walnuts Walnuts | X | 1 |
|--|-------------|------|----------|--|----------|------|--------------------|--------|----------|
| White Chocolate Macadamia Cookie | | Х | | Х | | Х | Macadamia nuts | X | |
| Zesty Lemon Loaf | | X | | X | | ^ | Almonds | X | |
| BEVERAGES_ | Challfish | | Fish | ^ Dairy | Peanuts | Cour | | Wheat | Casa |
| Americano <u>BEVERAGES</u> | Shellfish | Eggs | FISH | Dairy | Peanuts | Soy | Tree Nuts | vvneat | Sesa |
| Best Drink Ever | | | | Х | | Х | | + | |
| Black Tea Latte | | | | X | | X | | + | |
| Brewed Coffee | | | | ^ | | ^ | | | 1 |
| Café Au Lait | | | | Х | | | | + | |
| Cappuccino | | | | X | | | | | |
| Caramel Latte | | | | X | | | Coconut | | |
| Caramel Vanilla Latte | | | | X | | Х | Coconut | | |
| Chai Tea Latte | | | | X | | ^ | Coconac | | |
| Chocolate Milk | | | | X | | | | + | |
| Cinnamon Cream Cold Brew-Iced | | | | Α | | | | | |
| Cold Brew | | | | | | | | | |
| Cortado | | | | Х | | | | | |
| Espresso | | | | Α | | | | | |
| Hazelnut Divinity | | | | Х | | Х | Hazelnut | + | |
| Honey Latte | | | | X | | X | Hazemut | + | |
| Horchata Latte Iced | | | | Α | | ^ | Almonds | | |
| Hot Chocolate | | | 1 | Х | | Х | 7 111101103 | | |
| Killer Bee | | | - | | | ^ | | | - |
| Kombucha | | | - | - | | | | | - |
| Latte | | | | Х | | | | | - |
| Lavender Black Tea Latte | | | - | X | | Х | | | - |
| Macchiato | | | | X | | ^ | | | 1 |
| Matcha Tea Latte | | | | X | | Х | | | - |
| Mexican Hot Chocolate | | | | X | | X | Peanuts | | - |
| Mint Infused Coffee | | | - | X | | ^ | i canats | | - |
| Mocha Latte | | | | X | | Х | | | 1 |
| Mocha De Mexico | | | | X | | X | Peanuts | + | |
| Moroccan Spice Iced Coffee | | | | Α | | | i canats | | |
| Orange Infused Matcha | | | | | | | Coconut | + | |
| Pumpkin Spice Chai Tea Latte | | | | Х | | Х | Coconat | + | |
| Pumpkin Spice Latte | | | | X | | X | | | |
| Rose Water Latte | | | | X | | | | | |
| Snickerdoodle Latte | | | | X | | Х | | + | |
| Tea- Black | | | | Α | | | | | |
| Tea- Green | | | | | | | | | |
| Tea- Herbal | | | | | | | | | |
| Vanilla Bean Latte | | | | Х | | | | | |
| Vanilla Latte | | | | X | | Х | | | |
| White Mocha Latte | | | | X | | X | | | |
| BLENDED DRINKS | Shellfish | Eggs | Fish | Dairy | Peanuts | Soy | Tree Nuts | Wheat | Sesa |
| Black Tea Latte Buzz | Sileillisii | LEES | 1 1311 | X | realiuts | X | TIEC NULS | Wileat | 3636 |
| Caramel Buzz | | | | X | | ^ | Coconut | + | |
| -1 1- | | | | | | | Coconac | | |
| Chai Buzz Coconut Buzz | | | | X | | Х | Coconut | + | |
| Espresso Bean Buzz | | | 1 | X | | X | Coconat | | 1 |
| Lavender Black Tea Buzz | | | | X | | X | | | 1 |
| Matcha Buzz | | | <u> </u> | X | | X | | | 1 |
| Mocha Buzz | | | | X | | ^ | | | - |
| Snickerdoodle Buzz | | | <u> </u> | X | | | | | 1 |
| Vanilla Buzz | | | | X | | | | | - |
| White Mocha Buzz | | | - | X | | Х | | | - |
| INDIVIDUAL ITEMS | Shellfish | Eggs | Fish | Dairy | Peanuts | Soy | Tree Nuts | Wheat | Sesa |
| Acai Packet | SHEIIISH | Lggs | FISH | Dairy | realiuts | ЗОУ | i iee ivuts | wileat | 3686 |
| | _ | | | - | | | | | <u> </u> |
| Agave Almond Butter | _ | | | - | | | Almonds | | <u> </u> |
| Almond Butter Almond Milk | | | 1 | 1 | | | Almonds | | 1 |
| Almond Milk Apple Juice | | | | | | | AIIIIUIIUS | | 1 |
| | | | 1 | 1 | | | | | 1 |
| Bacon Balsamic | | | | | | | | | 1 |
| | _ | | | - | | | | | <u> </u> |
| Banana Ban Ballan | _ | | | - | | | | | <u> </u> |
| Bee Pollen | | | 1 | | | | | | 1 |
| Berry Jam | | | 1 | | | | | | 1 |
| Black Tea Powder | | | | | | | | | - |
| Butter | | | | Х | | | | - | - |
| Cacao Nibs | | | - | <u></u> | | | • | | |
| Caramel Sauce | | | | Х | | | Coconut | | |
| Cardamom Chai Powder | | | | | | | | | ↓ |
| | | | | X | | | | | |

| | | | 1 | | | | 1 | |
|----------------------------------|-----|---|----|----|----|-----------------------|---|--|
| Chai Topping | | | | | | | | |
| Chipotle Peppers in Adobo | | | ., | | ., | | | |
| Chocolate Covered Espresso Beans | | | Х | | Χ | | | |
| Chocolate Sauce | | | | | | | | |
| Coconut Milk | | | | | | Coconut | | |
| Coconut Powder | | | Х | | Х | Coconut | | |
| Coconut Yogurt | | | | | | Coconut | | |
| Cream Cheese | | | Х | | | | | |
| Dragon Fruit Packet | | | | | | | | |
| Egg- Fried | | X | | | | | | |
| Egg- Steamed | | X | | | | | | |
| Feta Cheese | | | Х | | | | | |
| Frozen Mixed Berries | | | | | | | | |
| Gluten Free Granola | | | | | | may contain tree nuts | | |
| Greek Yogurt | | | Х | | | | | |
| Gruyere Cheese | | | Х | | | | | |
| Ham | | | | | | | | |
| Havarti Cheese | | | Х | | | | | |
| HazeInut Syrup | | | | | | Hazelnut | | |
| Heavy Cream | | | | | | | | |
| Hemp Granola Gluten Free | | | | | | | | |
| Hemp Hearts | | | | | | | | |
| Honey | | | | | | | | |
| Honeycomb | | | | | | | | |
| 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 | | | Х | | | | | |
| Orange Extract | | | | | | | | |
| Peach Puree | | | | | | | | |
| Pesto Basil Sauce | | | Х | | | | | |
| Prosciutto | | | | | | | | |
| Protein Powder | | | Х | | | | | |
| Pumpkin Pie Sauce | | | X | | Х | | | |
| Red Bull | | | | | • | | | |
| Rice Milk | | | | | | | | |
| Rose Water | | | | | | | | |
| Shredded Coconut | | | 1 | | | Coconut | | |
| Spiced Brown Sugar Syrup | | | | | | | | |
| Strawberry Puree | | | | | | | | |
| Sweet Chocolate Powder | | | | | Х | | | |
| Turkey | | | 1 | | | | | |
| Vanilla Almond Granola | | | 1 | | Х | Almonds | Х | |
| Vanilla Bar Powder | | | Х | | X | 7411101103 | | |
| Vanilla Buzz Powder | | | X | | ^ | | | |
| White Cheddar Cheese | | | X | | | | | |
| White Mocha Powder | | | X | | Х | | | |
| winte Mocha Fowaei | I I | | ^ | Il | ٨ | | I | |

This allergy data was prepared in December 2023. 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.