

WHOLE30 RESTAURANT GUIDE

Chomp Eatery and Juice Station - Paleo Burger, Protein Plate, Salads
no cheese, no creamy dressings

Sweetgreen - make your own salad, no grains, no cheese, no beans, no soy

Simplethings - plates and salads, no dressing, no cheese on sides, no dried cherries

Tocaya - salads, bowls, lettuce tacos, no cheese, no tortillas, no grains, no beans, no raisins

Panini Kabob Grill - salads and kabobs, no cheese, no rice

Fresh Corn Grill - plates, veggies, no cheese, no grains

La Scala - chopped salad, fish entrees, no cheese, no beans

Flower Child - salads, no cheese, no beans, veggies and proteins

True Food Kitchen - salads, no cheese, entrees no grains, no raisins, vegetable crudite no dips

Cava - make your own, no grains, no dips, no cheese

Society Kitchen - entrees, salads no cheese, no raisins, no beans, no corn, no edamame

Tender Greens - plates and veggies, salads, no cheese, no tortilla or wonton or peanuts or beans

California Chicken Cafe - salads, no cheese, no croutons, no pasta, veggie sides, make your own salad

Simply Salad - make your own salad, no grains, no cheese, no beans, no soy, check dressing

Urth Caffe - salads, no cheese, no pesto, no dried fruit, omelets, no cheese

Sea Salt Fish Grill - grilled fish, no poke (no soy), sides, no soy based sauces

The Hive - salads add chicken or eggs, bone broth, smoothies no honey, no cheese, no corn or beans, no quinoa, smoothies, juices no honey

Kreation Kafe -eggs, no cheese, salads no beans or corn, kabobs no rice or corn,

Greenleaf Gourmet Chopshop - build your own salad, no cheese, no beans, no corn, no dried fruit, no croutons, build your own entrees with veggie sides

Quicksand - tossed to order salads, no cheese, no creamy dressing, no croutons, no dried fruit

California Fresh - salads, no cheese, no dried fruit, no beans,

Lunetta All Day - salads, no cheese, no corn, no wontons, dressing on the side

Mendocino Farms - salads, no cheese, no grains, no croutons, no tofu

R+D Kitchen - salads no cheese, no creamy dressing, salmon entree no potatoes, chicken no tabbouleh, veggie sides

Bio Bar - salads, no soy dressing, no wontons, no cheese, smoothies no honey

Yes

No

meat

dairy

fish

soy/tofu

eggs

beans/legumes

veggies

grains

fruits

alcohol

nuts

sugar