



2024 Conference Lunch Ingredients/Allergens

Please Note: **Any attendees requiring the Alternate Meal, which is both vegan and gluten-free, should [update their meal choice on the registration site](#) prior to February 12th.** If you are attending as part of a group, please ask the main registrant for your group to update your meal selection.

Standard Meal

- Greens and Grains Bowl with Chicken & Tzatziki
- Dessert: Raw Tiramisu or Lime-Mango Bar (*vegan & gluten-free*)

Greens & Grains w/ Chicken Bowl Ingredients:

Quinoa, Brown Rice, Garbanzo Beans, Edamame, Kale, Olive Oil, Salt/Pepper, Roasted Artichoke in Olive Oil, Cucumber, Jicama, Tomato, Red Onion, Dried Cranberry, Pumpkin Seeds, Sunflower Seeds, Grilled Chicken, Tzatziki (Yogurt, Cucumber, Lemon Juice, Dill, Lime Juice and Zest), Lemon Juice and Zest, French Beans, Fresh Thyme, Parsley, Fresh Rosemary

Raw Tiramisu Ingredients:

Dates, Water, Cashew Nuts, Coconut Oil, Almonds, Buckwheat, Agave Syrup, Cocoa Powder, Madagascar Vanilla

Lime-Mango Bar Ingredients:

Dates, Cashew Nuts, Almonds, Coconut Milk, Agave Syrup, Mango, Coconut Oil, Lemon, Cornflower Petals

All attendees will receive the Standard Meal unless requested by the primary registrant.

Alternate Meal (Vegan & Gluten-Free)

- Greens and Grains Bowl
- Dessert: Raw Tiramisu or Lime-Mango Bar (*vegan & gluten-free*)

Greens & Grains Bowl Ingredients:

Quinoa, Brown Rice, Garbanzo Beans, Edamame, Kale, Olive Oil, Salt/Pepper, Roasted Artichoke in Olive Oil, Cucumber, Jicama, Tomato, Red Onion, Dried Cranberry, Pumpkin Seeds, Sunflower Seeds, Lemon Juice and Zest, French Beans, Fresh Thyme, Parsley, Fresh Rosemary

Raw Tiramisu Ingredients:

Dates, Water, Cashew Nuts, Coconut Oil, Almonds, Buckwheat, Agave Syrup, Cocoa Powder, Madagascar Vanilla

Lime-Mango Bar Ingredients:

Dates, Cashew Nuts, Almonds, Coconut Milk, Agave Syrup, Mango, Coconut Oil, Lemon, Cornflower Petals

** To request the Alternate Meal for your attendees, please [log in to the registration site](#) and make your selection prior to February 12th.*