



California Pizza Kitchen – Vegetarian Information

Vegetarianism, which has been practiced since ancient times, is not a one-faceted practice. Vegetarianism is becoming more common and may be based on a variety of personal principles, including religious, ethical, nutritional, and economic reasons. The three most common types of vegetarians today are Vegans, Lacto Vegetarians and Lacto-ovo Vegetarians. There are other vegetarians who will eat fish and poultry, but not other animal meats.

With minor modification any vegetarian can find something great to eat at California Pizza Kitchen. The following are some recommended menu options for each type of vegetarian.

VEGAN: The 'purists' of the vegetarian world, Vegans have the most limited diet and do not eat any animal derivative foods including butter, *honey*, cheese, eggs, and milk.

APPETIZERS

Lettuce Wraps (request with only wok-stirred vegetables)
Tuscan Hummus (substitute Neapolitan crust for the pizza-pita bread)

SOUPS

Asparagus Soup (no croutons)
Dakota Smashed Pea & Barley Soup

SALADS

Grilled Vegetable Salad
Field Greens Salad (omit candied walnuts)
House Salad (request without croutons, with olive oil and vinegar or
Dijon balsamic vinaigrette)

PIZZAS

Vegetarian with Japanese Eggplant (made with Neapolitan dough,
request without cheeses)
Tricoloré Salad Pizza (request without cheese)

PASTAS

Asparagus & Spinach Spaghettini (request without cheese)
Broccoli Sun-Dried Tomato Fusili (request without cheese)

SANDWICHES

Currently no options available

OTHER ITEMS

Steamed Vegetables (upon request)
Table Bread
Wok-Stirred Vegetables (upon request)

DESSERTS

Currently no options available

LACTO VEGETARIAN: Lacto Vegetarians excludes meat, fish, and poultry, as well as eggs and any food containing eggs. A lacto vegetarian would, however, eat dairy products such as milk, yogurt, and cheese. *Honey* is acceptable.

APPETIZERS

Garlic Cheese and Herb Onion Focaccia with Checca
Lettuce Wraps (request with only wok-stirred vegetables)
Spinach Artichoke Dip
Tuscan Hummus

SOUPS

Asparagus Soup (no croutons)
Dakota Smashed Pea & Barley Soup
Sedona Tortilla Soup

SALADS

Grilled Vegetable Salad
Field Greens Salad
House Salad (request without croutons, with olive oil and vinegar or
Dijon balsamic vinaigrette)

PIZZAS

Goat Cheese with Roasted Pepper (no bacon)
Italian Tomato & Basil
Margherita
Traditional Cheese
Vegetarian with Japanese Eggplant
Wild Mushroom (no chicken)

PASTAS

Asparagus & Spinach Spaghettini
Broccoli Sun-Dried Tomato Fusili
Garlic Cream Fettucini (also with mushrooms)
Pesto Cream Penne
Tomato Basil Spaghettini (with or without goat cheese)

SANDWICHES

Currently no options available

OTHER ITEMS

Steamed Vegetables (upon request)
Table Bread
Wok-Stirred Vegetables (upon request)

DESSERTS

Apple Crisp
Key Lime Pie



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LACTO-OVO VEGETARIAN: Lacto-ovo vegetarians consider animal-related foods such as dairy and eggs acceptable, but do not eat meat. **Honey** is acceptable.

APPETIZERS

Garlic Cheese and Herb Onion Focaccia with Checca
Lettuce Wraps (request with only wok-stirred vegetables)
Mediterranean Spring Rolls
Spicy Szechuan Slaw
Spinach Artichoke Dip
Tuscan Hummus (substitute Neapolitan crust for the pizza-pita bread)

SOUPS

Asparagus Soup (no croutons)
Dakota Smashed Pea & Barley Soup
Sedona Tortilla Soup

SALADS

Field Greens
Grilled Vegetable Salad
House Salad (with olive oil and vinegar or Dijon balsamic vinaigrette)

PIZZAS

Goat Cheese with Roasted Pepper (no bacon)
The Greek Vegetarian
Italian Tomato & Basil
Margherita
Traditional Cheese
Vegetarian with Japanese Eggplant
Wild Mushroom (no chicken)

PASTAS

Asparagus & Spinach Spaghettini
Broccoli Sun-Dried Tomato Fusili
Garlic Cream Fettuccini (also with mushrooms)
Pesto Cream Penne
Four Cheese Ravioli with Pomodoro Cream Sauce
Tomato Basil Spaghettini (also with goat cheese)

SANDWICHES

Grilled Vegetable on Herb Onion or Garlic Cheese Focaccia

OTHER ITEMS

Steamed Vegetables (upon request)
Table Bread
Wok-Stirred Vegetables (upon request)

DESSERTS

Apple Crisp
Brownie and Brownie Sundae
Caramel Fudge Pecan Cheese Cake
Chocolate Banana Royal Cake
Chocolate Soufflé Cake
Hot Fudge or Caramel Sundae
Ice Cream
Key Lime Pie
Pumpkin Cheesecake
Red Velvet Cake
Root Beer Float
Sticky Toffee Pudding
Tiramisu
Turtle Sundae

This list is compiled based on information provided to California Pizza Kitchen from food manufacturers as of the date of publication.