



Vegetarian, Vegan and Gluten-Free Information

GLUTEN-FREE:

The term "gluten" technically refers to a specific complex of proteins that forms when wheat flour is mixed with a liquid and physically manipulated, such as in the kneading of bread.

The allergen profile listed for our menu items is specific for the standard recipe for each item. **Because California Pizza Kitchen does not use dedicated prep methods, cross contamination may occur. Therefore, we can not safely offer any gluten-free options at this time.**

LACTO-OVO VEGETARIAN: No meat or fish, but dairy products and eggs are acceptable. This is the most common kind of vegetarian.

Here are some general guidelines to meet the dietary needs of these guests:

For pizzas:

- All crusts are okay.
- Remove any meats, but all cheeses and veggies are okay.
- Sauces to avoid: Thai Sauce, Bordelaise, Ranch dressing, Gorgonzola Ranch, and Tzatziki all have meat or fish byproducts, so you will have to modify the sauces on any pizzas containing these ingredients.
- We cannot make the Thai Chicken or Garlic Chicken vegetarian.

For pastas:

- All pasta noodles are okay.
- Remove any meats, but all cheeses and veggies are okay.
- Only the creamy Pomodoro, Tomato Basil/Pomodoro, Basil Pesto, and Garlic Cream sauces are okay.

For salads:

- Remove any meats, but all cheeses and veggies are okay.
- Dressings to avoid: Ranch dressing contains fish byproducts, so any salad containing this must be made without Ranch, or by substituting another dressing.

Here are some great items that are already (or with minor modification) Lacto-Ovo Vegetarian dishes:

SMALL CRAVINGS

Asparagus & Arugula Salad
The Wedge (no bacon)
Tuscan Panzanella Salad
White Corn Guacamole
Mediterranean Plate
Crispy Artichoke Hearts

APPETIZERS

Garlic Cheese Focaccia with Checca
Lettuce Wraps (request with only Chinese vegetables)
Mediterranean Tortilla Spring Rolls
Spinach Artichoke Dip
Tuscan Hummus

ALL SOUPS

SANDWICHES

Grilled Vegetable Sandwich

SALADS

Chinese Chicken (no chicken)
Field Greens Salad
Grilled Vegetable Salad
Thai Crunch (no chicken)
Waldorf (no chicken)
Moroccan (no chicken)

PASTAS

Asparagus & Spinach Spaghettini
Broccoli Sun-Dried Tomato Fusilli (also with goat cheese)
Four Cheese Ravioli (also with mushrooms)
Garlic Cream Fettuccine (also with mushrooms)
Pesto Cream Penne
Portobello Ravioli (also with mushrooms)
Tomato Basil Spaghettini (also with goat cheese)

PIZZAS

Five Cheese & Fresh Tomato
Goat Cheese with Roasted Pepper (no bacon)
Italian Tomato & Basil
Margherita
Pear & Gorgonzola (no Gorgonzola ranch)
Roasted Artichoke & Spinach
Traditional Cheese
Vegetarian with Japanese Eggplant
White Pizza (no bacon)
Wild Mushroom (no chicken)
Tricoloré

KIDS

Pastas: Alfredo, Butter, Olive Oil, Mac & Cheese, Tomato
Plain Cheese Pizza
Kid's Fruit

ALL DESSERTS

LACTO-VEGETARIAN: No meat, fish, or eggs, but dairy products are acceptable.

Here are some general guidelines to meet the dietary needs of these guests:

For pizzas:

- Traditional and thin crusts are okay (no honey-wheat with whole grain).
- Remove any meats, but all cheeses and veggies are okay.
- Only the Buffalo Sauce, Pizza Marinara, Caribbean Sauce, and Vegetarian Black Beans are okay.
- We cannot make the Thai Chicken or Garlic Chicken vegetarian.

For pastas:

- Noodles to avoid: both raviolis and multigrain penne contain egg.
- Remove any meats, but all cheeses and veggies are okay.
- Sauces to avoid: Bolognese, Chicken Tequila, Jambalaya, Kung Pao, and Thai sauce all contain meat or shellfish; therefore, none of the items containing these sauces can be made vegetarian.

For salads:

- Remove any meats and wontons, but all cheeses and veggies are okay.
- Dressings to avoid: Ranch, Blue Cheese, Caesar, and Miso dressings all contain egg.

For desserts:

- Our ice cream contains egg.

Here are some great items that are already (or with minor modification) Lacto-Vegetarian dishes:

SMALL CRAVINGS

Asparagus & Arugula Salad
White Corn Guacamole
Mediterranean Plate

APPETIZERS

Garlic Cheese Focaccia with Checca
Lettuce Wraps (request with only Chinese vegetables)
Spinach Artichoke Dip
Tuscan Hummus

ALL SOUPS

SANDWICHES

Grilled Vegetable Sandwich (no aioli)

SALADS

Chinese Chicken (no chicken or wontons)
Field Greens Salad
Grilled Vegetable Salad
House Salad
Original Chopped (no meat)
Thai Crunch (no chicken or wontons)
Waldorf (no chicken, with Dijon balsamic)

PASTAS

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

PIZZAS

Goat Cheese with Roasted Pepper (no bacon)
Italian Tomato & Basil
Margherita
Pear & Gorgonzola (no Gorgonzola ranch)
Roasted Artichoke & Spinach
Traditional Cheese
Vegetarian with Japanese Eggplant
White Pizza (no bacon)
Five Cheese & Fresh Tomato
Tricoloré

KIDS

Pastas: Alfredo, Butter, Olive Oil, Mac & Cheese, Tomato
Plain Cheese Pizza
Kid's Salad
Kid's Fruit

DESSERTS

Apple Crisp
Key Lime Pie

OVO-VEGETARIAN: No meat, fish or dairy, but eggs are acceptable.

Here are some general guidelines to meet the dietary needs of these guests:

For pizzas:

- All crusts are okay.
- Remove any meats and cheeses, but all veggies are okay.
- Only the Secret Sauce, Pizza Marinara, Caribbean Sauce, Vegetarian Black Beans, mayonnaise, and Spicy Marinara Sauce are acceptable for this kind of vegetarian.
- We cannot make the Thai Chicken or Garlic Chicken vegetarian.

For pastas:

- Noodles to avoid: both raviolis contain cheese.
- Remove any meats and cheeses, but all veggies are okay.
- Only the Tomato Basil/Pomodoro sauce is okay for this kind of vegetarian, but make sure to remove the butter (if applicable).

For salads:

- Remove any meats and cheeses, but veggies are okay.
- Only the Dijon Balsamic, Fat-Free Balsamic, Champagne Vinaigrette, Lime-Cilantro, Thai Peanut, and Sweet and Sour dressings are okay.

Here are some great items that are already (or with minor modification) Ovo-Vegetarian dishes:

SMALL CRAVINGS

White Corn Guacamole
Asparagus & Arugula Salad (no cheese)
Tuscan Panzanella Salad

APPETIZERS

Lettuce Wraps (request with only Chinese vegetables)
Tuscan Hummus

SOUPS

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

SANDWICHES—Currently no options available

SALADS

Chinese Chicken (no chicken)
Grilled Vegetable Salad

Field Greens Salad (no candied walnuts)
Thai Crunch (no chicken)

PASTAS

Asparagus & Spinach Spaghettini (no cheese)
Broccoli Sun-Dried Tomato Fusilli (no cheese)
Tomato Basil Spaghettini (no butter)

PIZZAS

Vegetarian with Japanese Eggplant (request without cheeses)

KIDS

Kid's Fruit

DESSERTS—Currently no options available

VEGAN: No animal products, including butter, *honey*, cheese, eggs, and milk. This is the strictest type of vegetarian.

Here are some general guidelines to meet the dietary needs of these guests:

For pizzas:

- Only the thin crust is acceptable.
- Remove any meats and cheeses, but all veggies are okay.
- Only the Pizza Marinara, Vegetarian Black Beans, and Spicy Marinara Sauce are acceptable for this kind of vegetarian.
- We cannot make the Thai Chicken or Garlic Chicken vegetarian.

For pastas:

- Noodles to avoid: both raviolis and multigrain penne contain egg.
- Remove any meats and cheeses, but all veggies are okay.
- Only the Tomato Basil/Pomodoro sauce is okay for this kind of vegetarian, but make sure to remove the butter (if applicable).

For salads:

- Many salads can be made Vegan by removing any meats and cheeses, but veggies are okay.
- Only the Fat-Free Balsamic, Thai Peanut, and Sweet and Sour dressings are okay.

Here are some great items that are already (or with minor modification) Vegan dishes:

SMALL CRAVINGS

Asparagus & Arugula Salad (no cheese)
White Corn Guacamole

APPETIZERS

Lettuce Wraps (request with only Chinese vegetables)
Tuscan Hummus (substitute thin crust for the pizza-pita bread)

SOUPS

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

SANDWICHES—Currently no options available

SALADS

Chinese Chicken (no chicken or wontons)
Grilled Vegetable Salad (no Dijon balsamic)
Field Greens Salad (no Dijon balsamic or candied walnuts)

PIZZAS

Vegetarian with Japanese Eggplant (thin crust, request no cheeses)

KIDS

Kid's Fruit

DESSERTS—Currently no options available

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