

# vegetarian & vegan information

Menu items may vary by location. Please call ahead to ensure your favorite menu item is available before going to the restaurant. **This list covers items on our standard printed menu. It may not include seasonal items, test items or newly-added items. \*\*\*Before placing your order, please inform a manager if anyone in your party has a food allergy or dietary restriction.\*\*\***

**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 veggies are okay.
- Sauce to avoid: Thai Sauce has animal byproducts.

**For pastas:**

- All pasta noodles are okay.
- Remove any meats, but all veggies are okay.
- Only the Tomato Basil (Off Menu), Mac and Cheese, Basil Pesto, and Garlic Cream sauces are okay.
- Sauces to avoid: Bolognese, Chicken Tequila, Jambalaya, Kung Pao, and Wild Mushroom Strozzapreti all contain meat or shellfish; therefore, none of the items containing these sauces can be made vegetarian.

**For salads:**

- Remove any meats, but all veggies are okay.
- All dressings are okay.

Here are some great items that are already (or with minor modification) LACTO-OVO VEGETARIAN dishes:

**SMALL PLATES + CALIFORNIA FLATBREADS**

- Asparagus + Arugula Salad (no cheese)
- Charred Shishito Peppers
- Petite Wedge (no bacon)
- Spicy Buffalo Cauliflower
- White Corn Guacamole + Chips
- Bianco Flatbread
- Shaved Mushroom + Spinach Flatbread

**APPETIZERS**

- Lettuce Wraps (request with only Chinese vegetables)
- Mediterranean Veggie Tortilla Rolls
- Spinach Artichoke Dip

**SOUPS**

- Dakota Smashed Pea + Barley
- Sedona Tortilla

**SANDWICHES (Locations Vary)**

- Grilled Veggie

**PIADINAS (Locations Vary)**

- Currently no options available

**LUNCH SALADS (Locations Vary)**

- The Mediterranean

- Super Spinach + Quinoa

**LUNCH PIZZAS (Locations Vary)**

- California Veggie (also with goat cheese)
- Shaved Mushroom + Spinach

**SALADS**

- Quinoa + Arugula
- Roasted Veggie
- Thai Crunch (no chicken)
- Waldorf Chicken (no chicken)

**POWER BOWLS**

- Banh Mi (no chicken)
- Santa Fe (no chicken)

**PASTAS**

- Garlic Cream Fettuccine (also with mushrooms)
- Pesto Cream Penne
- Tomato Basil Spaghetti (Off Menu: also with goat cheese)
- Mac and Cheese (Off Menu)

**PIZZAS**

- California Veggie (also with goat cheese)
- Five Cheese + Fresh Tomato
- Margherita
- Roasted Artichoke + Spinach
- Traditional Cheese (Off Menu)
- Wild Mushroom (also with truffle oil)

**GLUTEN-FREE PIZZAS**

- Gluten-Free Margherita
- Gluten-Free Traditional Cheese (Off Menu)

**KIDS**

- Curly Mac 'N' Cheese (also with edamame)
- Kid's Traditional Cheese Pizza
- Kid's Fresh Fruit
- Kid's Fusilli Alfredo
- Kid's Fusilli Butter
- Kid's Fusilli Olive Oil
- Kid's Fusilli Tomato Sauce

**DESSERTS**

- Belgian Chocolate Soufflé Cake
- Butter Cake
- Key Lime Pie
- Red Velvet Cake
- Salted Caramel Pudding

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**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:**

- All crusts are okay except for Cauliflower Crust.
- 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.

**For pastas:**

- Remove any meats, butter and cheeses, but all veggies are okay.
- Only the Tomato Basil sauce (Off Menu) is okay for this kind of vegetarian.
- Sauces to avoid: Bolognese, Chicken Tequila, Jambalaya, Kung Pao, and Wild Mushroom Strozzapreti all contain meat or shellfish; therefore, none of the items containing these sauces can be made vegetarian.

**For salads:**

- Many salads can be made Vegan by removing any meats and cheeses, but veggies are okay.
- No dressings fit the Vegan criteria. Salads can be served with oil and vinegar.

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

**SMALL PLATES + CALIFORNIA FLATBREADS**

Asparagus + Arugula Salad (no cheese)  
Charred Shishito Peppers  
White Corn Guacamole + Chips  
Shaved Mushroom + Spinach Flatbread (no cheese)

**APPETIZERS**

Lettuce Wraps (request with only Chinese vegetables)

**SOUPS**

Dakota Smashed Pea + Barley

**SANDWICHES (Locations Vary)**

Currently no options available

**PIADINAS (Locations Vary)**

Currently no options available

**LUNCH SALADS (Locations Vary)**

Super Spinach + Quinoa (no pecans or Champagne Vinaigrette)  
The Mediterranean (no Feta or Mustard Herb Vinaigrette)

**LUNCH PIZZAS (Locations Vary)**

California Veggie (no cheese)

**SALADS**

Quinoa + Arugula (no Champagne Vinaigrette or cheese)  
Roasted Veggie (no Dijon Balsamic)

**POWER BOWLS**

Banh Mi (no chicken or Chili Lime Vinaigrette)  
Santa Fe (no chicken or Poblano Ranch)

**PASTAS**

Tomato Basil Spaghetti (Off Menu)

**PIZZA**

California Veggie (no cheese)

**KIDS**

Kid's Fresh Fruit  
Kid's Fusilli Olive Oil  
Kid's Fusilli Tomato Sauce

**DESSERTS**

Currently no options available

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## **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 except for Cauliflower Crust.
- Remove any meats and cheeses, but all veggies are okay.
- Only the Pizza Marinara, Caribbean Sauce, Vegetarian Black Beans, and Spicy Marinara Sauce are acceptable for this kind of vegetarian.

### **For pastas:**

- Remove any meats, butter, and cheeses, but all veggies are okay.
- Only the Tomato Basil sauce (Off Menu) is okay for this kind of vegetarian.
- Sauces to avoid: Bolognese, Chicken Tequila, Jambalaya, Kung Pao, and Wild Mushroom Strozzapreti all contain meat or shellfish; therefore, none of the items containing these sauces can be made vegetarian.

### **For salads:**

- Remove any meats and cheeses, but veggies are okay.
- Only these dressings are okay: Dijon Balsamic, Champagne Vinaigrette, Chili Lime Vinaigrette and Thai Peanut Dressing.

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

### **SMALL PLATES + CALIFORNIA FLATBREADS**

Asparagus + Arugula Salad (no cheese)  
 Charred Shishito Peppers  
 White Corn Guacamole + Chips

### **APPETIZERS**

Lettuce Wraps (request with only Chinese vegetables)

### **SOUPS**

Dakota Smashed Pea + Barley

### **SANDWICHES (Locations Vary)**

Currently no options available

### **PIADINAS (Locations Vary)**

Currently no options available

### **LUNCH SALADS (Locations Vary)**

The Mediterranean (no cheese or Mustard Herb Vinaigrette)

Super Spinach + Quinoa

### **LUNCH PIZZAS (Locations Vary)**

California Veggie (no cheese)

### **SALADS**

Quinoa + Arugula (no cheese)  
 Roasted Veggie  
 Thai Crunch (no chicken)

### **POWER BOWLS**

Banh Mi (no chicken)  
 Santa Fe (no chicken or Poblano Ranch)

### **PASTAS**

Tomato Basil Spaghetti (Off Menu)

### **PIZZA**

California Veggie (no cheese)

### **KIDS**

Kid's Fresh Fruit  
 Kid's Fusilli Olive Oil  
 Kid's Fusilli Tomato Sauce

### **DESSERTS**

Currently no options available

# vegetarian & vegan information

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## 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:

- All crusts are okay except for Cauliflower Crust.
- Remove any meats, but all veggies are okay.
- Only the Pizza Marinara, Spicy Marinara, BBQ Sauce, and Caribbean Sauce are okay.

### For pastas:

- Remove any meats, but all veggies are okay.
- Sauces to avoid: Bolognese, Chicken Tequila, Jambalaya, Kung Pao, and Wild Mushroom Strozzapreti 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 veggies are okay.
- Dressings to avoid: Ranch, Bleu Cheese, and Caesar all contain egg.

### For desserts:

- Our ice cream contains egg.
- Only the Key Lime Pie is okay.

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

### SMALL PLATES + CALIFORNIA FLATBREADS

Asparagus + Arugula Salad  
Charred Shishito Peppers  
White Corn Guacamole + Chips  
Bianco Flatbread  
Shaved Mushroom + Spinach Flatbread

### APPETIZERS

Lettuce Wraps (request with only Chinese vegetables)  
Spinach Artichoke Dip

### SOUPS

Dakota Smashed Pea + Barley  
Sedona Tortilla

### SANDWICHES (Locations Vary)

Grilled Veggie (no aioli)

### PIADINAS (Locations Vary)

Currently no options available

### LUNCH SALADS (Locations Vary)

The Mediterranean  
Super Spinach + Quinoa (no pecans)

### LUNCH PIZZAS (Locations Vary)

California Veggie (also with goat cheese)  
Shaved Mushroom + Spinach

### SALADS

Italian Chopped (no meat)  
Quinoa + Arugula  
Roasted Veggie  
Thai Crunch (no chicken or wontons)  
Waldorf Chicken (no chicken)

### POWER BOWLS

Banh Mi (no chicken)  
Sante Fe (no chicken or Poblano Ranch)

### PASTAS

Garlic Cream Fettuccine (also with mushrooms)  
Pesto Cream Penne  
Tomato Basil Spaghetti (Off Menu: also with goat cheese)  
Mac and Cheese (Off Menu)

### PIZZAS

California Veggie (also with goat cheese)  
Five Cheese + Fresh Tomato  
Margherita  
Roasted Artichoke + Spinach  
Wild Mushroom (also with truffle oil)  
Traditional Cheese (Off Menu)

### GLUTEN-FREE PIZZAS

Gluten-Free Margherita  
Gluten-Free Traditional Cheese (Off Menu)

### KIDS

Curly Mac 'N' Cheese (also with edamame)  
Kid's Traditional Cheese Pizza  
Kid's Fresh Fruit  
Kid's Fusilli Alfredo  
Kid's Fusilli Butter  
Kid's Fusilli Olive Oil  
Kid's Fusilli Tomato Sauce

### DESSERTS

Key Lime Pie

WARNING: This list is compiled based on information provided to California Pizza Kitchen from food manufacturers and ingredient suppliers. CPK's menu is diverse and contains a wide variety of foods, many of which contain one or more of the eight major allergens: Crustacean shellfish, eggs, fish, dairy, peanuts, soybeans, tree nuts or wheat. Ingredients or production and processing methods used by our suppliers may vary or change without notice and there may be product differences among regional suppliers. Additionally, normal kitchen operations involve shared cooking and preparation areas and cross-contact with other foods may occur during production, or we may need to substitute ingredients in menu items. We are therefore unable to guarantee that any menu item is completely free from any particular allergen or animal product, and we assume no responsibility for guests with food allergies, food sensitivities or dietary restrictions (unless it is a certified gluten-free pizza).