

WELL-BEING

Allergies & Intolerances


Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens and prepare egg, milk, wheat, shellfish, fish, soy, peanut, and tree nut products, and other potential allergens in the food production areas for the preparation of other menu items, we cannot guarantee that items will be completely “free” of any ingredient.

While we make every effort to avoid cross-contact, the potential for cross-contact does still exist. We encourage guests to ask to speak to the Chef or Manager regarding any questions about the ingredients contained in the food being considered.

Need help navigating our choices with allergies and/or intolerances? Ask for our dietitian, Ivy, to guide you through your choices.

Wellness Works

Looking for a better choice, but don't want to sacrifice anything?

We've got you covered! Reach for Wellness Works! These Dietitian approved options will have you changing the way you think about better-for-you options. Just follow the  icon and know you are eating better! Each item will have nutrition information available to you, and you can even add these items to MyFitnessPal.

Contact Us

Reach out to our Registered Dietitian, Ivy Mumo with any questions/concerns. She is here to help. Ivy.mumo@compass-usa.com or 703-867-6840.