



SKYBIRD

ALLERGEN LIST

LAST UPDATED:
MAY 25, 2026



We take food allergies seriously. While many of our items are free from major allergens, please note that cross-contact is possible in our kitchen.

Our kitchen handles wheat, soy, sesame, and peanuts. While we take precautions to minimize cross-contact, we cannot guarantee a 100% allergen-free environment. Please inform our staff if you have a serious allergy.

BASE & GRAINS							
Item	Gluten	Dairy	Soy	Sesame	Peanuts	Tree Nuts	Seafood
White Rice	No	No	No	No	No	No	No
Brown Rice	No	No	No	No	No	No	No
Baby Spinach	No	No	No	No	No	No	No
Beluga Lentils	No	No	No	No	No	No	No

PROTEINS					
Item	Gluten	Dairy	Soy	Sesame	Seafood
Beef	No	No	No	No	No
Chicken	No	No	No	No	No
Pork	No	No	No	No	No
Thai Vegan Chick'n	Yes	No	Yes	Yes	No

SAUCES								
Sauce	Gluten	Dairy	Soy	Sesame	Peanuts	Egg	Tree Nuts	Seafood
General Tao	No	No	Yes	Yes	No	No	No	No
Japanese Barbecue	No	No	Yes	Yes	No	No	No	No
Gochujang	No	No	Yes	No	No	No	No	No
Thai Basil	No	No	Yes	No	No	No	No	No
Lemongrass Satay	No	No	Yes	Yes	No	No	No	No
Sweet Chili	No	No	No	No	No	No	No	No
SKY Turmeric Lime Sauce	No	No	Yes	No	No	No	No	No



TOPPINGS							
Item	Gluten	Dairy	Soy	Sesame	Peanuts	Tree Nuts	Seafood
Edamame	No	No	Yes	No	No	No	No
Peanuts	No	No	No	No	Yes	No	No
Toasted Sesame Seeds	No	No	No	Yes	No	No	No
Pickled Carrot & Daikon	No	No	No	No	No	No	No
White Beans	No	No	No	No	No	No	No
Black Beans	No	No	No	No	No	No	No
Corn	No	No	No	No	No	No	No
Cucumber	No	No	No	No	No	No	No
Green Peppers	No	No	No	No	No	No	No
Tomato	No	No	No	No	No	No	No
Spinach	No	No	No	No	No	No	No
Chickpeas	No	No	No	No	No	No	No
Red Onions	No	No	No	No	No	No	No
Avocado Puree	No	No	No	No	No	No	No
Mango Chunks	No	No	No	No	No	No	No
Kimchi	No	No	No	No	No	No	Yes
Pickled Red Cabbage	No	No	No	No	No	No	No
Pickled Jalapenos	No	No	No	No	No	No	No
Cilantro	No	No	No	No	No	No	No
Seaweed	No	No	No	No	No	No	No
Bean Sprouts	No	No	No	No	No	No	No
Monterrey Jack Cheese	No	Yes	No	No	No	No	No
Beets	No	No	No	No	No	No	No



DESSERTS

Item	Gluten	Dairy	Egg	Soy	Peanuts	Tree Nuts	Seafood
Ginger Cookie	Yes	No	No	No	No	Yes (coconut)	No
Matcha Oatmeal Cookie	Yes	No	No	No	No	Yes (coconut)	No

BREAD

Item	Gluten	Dairy	Soy
Baguette Bread (for Banh Mi)	Yes	No	No

DRINKS

Item	Gluten	Dairy	Soy
Vietnamese Coffee	No	Yes	No
Matcha Latte	No	No	No