



## Vegetarian & Vegan Information

The various "vegetarian and vegan" designations and ingredient descriptions below are based on information provided to California Pizza Kitchen by our ingredient suppliers and food manufacturers. **Warning:** Ingredients or production methods used by our suppliers may 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 guaranty that any menu item is completely free from animal products.

**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.
- Cheeses to avoid: Smoked Gouda, Shaved Parmesan, Pecorino Romano, and American
- Sauces to avoid: Thai Sauce, Bordelaise, Ranch dressing, and Gorgonzola Ranch 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 veggies are okay.
- Cheeses to avoid: Smoked Gouda, Shaved Parmesan, Pecorino Romano, and American
- Only the creamy Pomodoro, Tomato Basil/Pomodoro, Basil Pesto, and Garlic Cream sauces are okay.

**For salads:**

- Remove any meats, but all veggies are okay.
- Cheeses to avoid: Smoked Gouda, Shaved Parmesan, Pecorino Romano, and American
- 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 (no cheese)  
The Wedge (no bacon)  
White Corn Guacamole + Chips  
Mediterranean Focaccia  
Mediterranean Plate

**APPETIZERS**

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 (also with Gorgonzola)  
Thai Crunch (no chicken)  
Waldorf (no chicken)  
Moroccan (no chicken)  
Caramelized Peach  
Roasted Vegetable  
Quinoa + Arugula

**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  
Tomato Basil Spaghettini (also with goat cheese)

**PIZZAS**

Five Cheese + Fresh Tomato (no smoked gouda, no Romano)  
Margherita  
Pear + Gorgonzola (no Gorgonzola ranch)  
Roasted Artichoke + Spinach  
Tostada (no chicken, no ranch dressing)  
Traditional Cheese  
Vegetarian with Japanese Eggplant  
White Pizza (no Romano)  
Wild Mushroom  
Tricoloré Salad Pizza (no shaved Parmesan)

**KIDS**

Pastas: Alfredo, Butter, Olive Oil, Tomato  
Plain Cheese Pizza

Kid's Fruit

**ALL DESSERTS**

**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: multigrain penne contains egg.
- Remove any meats and cheeses, but all veggies are okay.
- Only the Tomato Basil sauce is okay for this kind of vegetarian.

**For salads:**

- Many salads can be made Vegan by removing any meats and cheeses, but veggies are okay.
- Only the Fat-Free Balsamic, Lemon Herb Vinaigrette and Sweet & 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 + Chips

**APPETIZERS**

Lettuce Wraps (request with only Chinese vegetables)

Tuscan Hummus (substitute thin crust for the pita bread)

**SOUPS**— Dakota Smashed Pea + Barley Soup

**SANDWICHES**— Currently no options available

**SALADS**

Chinese Chicken (no chicken or wontons)

Field Greens (no Dijon balsamic or candied walnuts)

Quinoa + Arugula (no cheese, no Champagne vinaigrette)

Roasted Vegetable (no Dijon balsamic)

**PASTAS**— Tomato Basil Spaghettini

**PIZZAS**— Vegetarian with Japanese Eggplant (thin crust, no cheeses)

**KIDS**— Kid's Fruit

**DESSERTS**— Currently no options available

**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 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: Four Cheese ravioli contains cheese.
- Remove any meats and cheeses, but all veggies are okay.
- Only the Tomato Basil sauce is okay for this kind of vegetarian.

**For salads:**

- Remove any meats and cheeses, but veggies are okay.
- Only the Dijon Balsamic, Fat-Free Balsamic, White 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 + Chips

Asparagus + Arugula Salad (no cheese)

**APPETIZERS**

Lettuce Wraps (request with only Chinese vegetables)

Tuscan Hummus

**SOUPS**— Dakota Smashed Pea + Barley Soup

**SALADS**

Chinese Chicken (no chicken)

Field Greens Salad (no candied walnuts)

Thai Crunch (no chicken)

Caramelized Peach (no cheese)

Roasted Vegetable

Quinoa + Arugula (no cheese)

**SANDWICHES**— Currently no options available

**PASTAS**

Asparagus + Spinach Spaghettini (no cheese)

Broccoli Sun-Dried Tomato Fusilli (no cheese)

Tomato Basil Spaghettini

**PIZZAS**— Vegetarian with Japanese Eggplant (no cheeses)

**KIDS**— Kid's Fruit

**DESSERTS**— Currently no options available

## **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 veggies are okay.
- Cheeses to avoid: Smoked Gouda, Shaved Parmesan, Pecorino Romano, and American
- Only the 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: ravioli and multigrain penne contain egg.
- Remove any meats, but all veggies are okay.
- Cheeses to avoid: Smoked Gouda, Shaved Parmesan, Pecorino Romano, and American
- Sauces to avoid: Bolognese, Chicken Tequila, Jambalaya, and Kung Pao 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.
- Cheeses to avoid: Smoked Gouda, Shaved Parmesan, Pecorino Romano, and American
- 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 (without Parmesan)  
White Corn Guacamole + Chips  
Mediterranean Plate  
Mediterranean Focaccia

### **APPETIZERS**

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  
House Salad  
Original Chopped (no meat)  
Thai Crunch (no chicken or wontons)  
Waldorf (no chicken, with Dijon balsamic)  
Caramelized Peach  
Roasted Vegetable  
Quinoa + Arugula

### **PASTAS**

Asparagus + Spinach Spaghettini  
Broccoli Sun-Dried Tomato Fusilli (also with goat cheese)  
Garlic Cream Fettuccine (also with mushrooms)  
Pesto Cream Penne  
Tomato Basil Spaghettini (also with goat cheese)

### **PIZZAS**

Margherita  
Pear + Gorgonzola (no Gorgonzola ranch)  
Roasted Artichoke + Spinach  
Traditional Cheese  
Vegetarian with Japanese Eggplant  
White Pizza (no Romano)  
Five Cheese + Fresh Tomato (no smoked gouda, no Romano)  
Tricoloré Salad Pizza (without shaved Parmesan)

### **KIDS**

Pastas: Alfredo, Butter, Olive Oil, Tomato  
Plain Cheese Pizza  
Kid's Salad (without Parmesan)  
Kid's Fruit

### **DESSERTS**

Apple Crisp  
Key Lime Pie