



Ingredient and Sensitivity Guide Spring 2021

Please know that our kitchens are not allergen-free. This is a reference guide of low risk items for people with sensitivities. Trace amounts of allergens may be found in our products and those produced in outside facilities.

GLUTEN	DAIRY	GARLIC	ONION
STARTERS	STARTERS	STARTERS	STARTERS
JARCUTERIE	JARCUTERIE	JARCUTERIE	JARCUTERIE
GUACAMOLE	<i>no mozzarella</i>	GUACAMOLE	HUMMUS
HUMMUS	GUACAMOLE	CHICKEN WINGS	SALADS
<i>sub tortilla chips</i>	HUMMUS	SALADS	ALL SALADS
GARLIC SHRIMP	CHICKEN WINGS	ALL SALADS	<i>sub olive oil and balsamic</i>
<i>no side bread</i>	<i>no raita</i>	<i>sub olive oil and balsamic</i>	<i>no onions</i>
CHICKEN WINGS	SALADS	SANDWICHES	SANDWICHES
BRIE FONDUE	ALL SALADS	TASTIER CHICKEN	GOOEY CHEESE GRILLERS
<i>sub tortilla chips</i>	<i>no cheese</i>	GOOEY CHEESE GRILLERS	TASTIER CHICKEN
SALADS	SOUPS	POLLOCK PO BOY	<i>no onion jam</i>
BISTRO SALAD	STRAIGHT UP TOMATO	CLASSICS	POLLOCK PO BOY
LG BISTRO SALAD	MADRAS LENTIL	MAC + CHEESE	EGGPLANT CAPRESE
FAB SALAD	CHICKEN HARIRA	SIDES	<i>no tapenade</i>
LG FAB SALAD	SANDWICHES	SIDE MAC + CHEESE	CLASSICS
SOUPS	TASTIER CHICKEN	FLATBREAD	SIDES
STRAIGHT UP TOMATO	<i>no cheese</i>	BISCUITS	MASHED POTATOES
MUSHROOM MEDLEY	EGGPLANT CAPRESE	MASHED POTATOES	BISCUITS
MADRAS LENTIL	<i>no cheese</i>	DESSERTS	FLATBREAD
CHICKEN HARIRA	POLLOCK PO BOY	ALL DESSERTS	DESSERTS
CLASSICS	CLASSICS		ALL DESSERTS
RATATOUILLE	BEEF BOURGUIGNON		
<i>no persillade</i>	RATATOUILLE		
BEEF BOURGUIGNON	<i>no cheese</i>		
BUTTER CHICKEN	KENTUCKY BURGEOO		
<i>no flatbread</i>	SIDES		
SIDES	SIDE RATATOUILLE		
MASHED POTATOES	BABY BURGEOO		
SIDE RATATOUILLE	DESSERTS		
CAULIFLOWER BIRYANI			
DESSERTS			
CHOCOLATE MOUSSE			
CHEESECAKE			
<i>no graham crumbs</i>			
ICE CREAM			

EGG	FISH / SHELLFISH	PEANUT / TREE NUT	SOY
STARTERS	STARTERS	STARTERS	STARTERS
JARCUTERIE	JARCUTERIE	JARCUTERIE	OLIVES
GUACAMOLE	GUACAMOLE	GUACAMOLE	GUACAMOLE
HUMMUS	HUMMUS	HUMMUS	HUMMUS
CHICKEN WINGS	CHICKEN WINGS	<i>contains sesame</i>	<i>sub tortilla chips</i>
GARLIC SHRIMP	MEATBALLS	MEATBALLS	MEATBALLS
NACHO MALVADO	NACHO MALVADO	CHICKEN WINGS	CHICKEN WINGS
BRIE FONDUE	BRIE FONDUE	GARLIC SHRIMP	GARLIC SHRIMP
		NACHO MALVADO	NACHO MALVADO
		BRIE FONDUE	BRIE FONDUE
SALADS	SALADS	SALADS	SALADS
ALL SALADS	ALL SALADS	ALL SALADS	ALL SALADS
<i>no caesar dressing</i>	<i>no caesar dressing</i>	<i>no nuts</i>	<i>no caesar dressing</i>
	<i>no salmon</i>		
SOUPS	SOUPS	SOUPS	SOUPS
ALL SOUPS	STRAIGHT UP TOMATO	ALL SOUPS	ALL SOUPS
	SUNSET CORN	<i>no nuts</i>	
SANDWICHES	MUSHROOM MEDLEY		SOUPS
GOOEY CHEESE GRILLERS	MADRAS LENTIL	SANDWICHES	STRAIGHT UP TOMATO
DOS DIABLOS	CHICKEN HARIRA	ALL SANDWICHES	SUNSET CORN
TASTIER CHICKEN			MUSHROOM MEDLEY
<i>no mayonnaise</i>	SANDWICHES	CLASSICS	TOM KAH GAI
EL CUBANO	GOOEY CHEESE GRILLERS	ALL CLASSICS	
<i>no mayonnaise</i>	DOS DIABLOS		SANDWICHES
EGGPLANT CAPRESE	TASTIER CHICKEN	SIDES	GOOEY CHEESE GRILLERS
POLLOCK PO BOY	EL CUBANO	ALL SIDES	DOS DIABLOS
<i>no remoulade</i>	EGGPLANT CAPRESE		EL CUBANO
		DESSERTS	<i>no mayonnaise</i>
CLASSICS	CLASSICS	ALL DESSERTS	TASTIER CHICKEN
FRENCH ONION	FRENCH ONION		<i>no mayonnaise</i>
MAC + CHEESE	MAC + CHEESE		POLLOCK PO BOY
RATATOUILLE	RATATOUILLE		<i>no remoulade</i>
BEEF BOURGUIGNON	BEEF BOURGUIGNON		
BUTTER CHICKEN	BUTTER CHICKEN		CLASSICS
KENTUCKY BURGOO	CHICKEN POT PIE		FRENCH ONION
SHEPHERDS PIE			MAC + CHEESE
			RATATOUILLE
SIDES	SIDES		BEEF BOURGUIGNON
ALL SIDES	ALL SIDES		BUTTER CHICKEN
			SHEPHERDS PIE
DESSERTS	DESSERTS		KENTUCKY BURGOO
CHOCOLATE MOUSSE	ALL DESSERTS		
CHERRY CHEESECAKE			SIDES
			ALL SIDES
			DESSERTS
			CHOCOLATE MOUSSE
			BANANA BREAD PUDDING
			CARAMEL APPLE CRUMBLE
			CHEESECAKE
			<i>no graham crumbs</i>
			ICE CREAM

VEGETARIAN (EGG / DAIRY)	VEGAN	PESCATARIAN
STARTERS	STARTERS	STARTERS
JARCUTERIE	JARCUTERIE	JARCUTERIE
<i>no sausage</i>	<i>no sausage no cheese</i>	<i>no sausage</i>
HUMMUS	GUACAMOLE	GUACAMOLE
GUACAMOLE	HUMMUS	HUMMUS
BRIE FONDUE		GARLIC SHRIMP
	SALADS	BRIE FONDUE
SALADS	BISTRO SALAD	
BISTRO SALAD	<i>sub olive oil and balsamic</i>	SALADS
LARGE BISTRO SALAD	LARGE BISTRO SALAD	CAESAR SALAD
<i>no salmon</i>	<i>no salmon</i>	BISTRO SALAD
	<i>sub olive oil and balsamic</i>	LARGE CAESAR SALAD
		<i>no chicken</i>
SOUPS	SOUPS	LARGE BISTRO SALAD
STRAIGHT UP TOMATO	STRAIGHT UP TOMATO	
MUSHROOM MEDLEY	MADRAS LENTIL	SOUPS
MADRAS LENTIL		STRAIGHT UP TOMATO
	CLASSICS	CRAB BISQUE
SANDWICHES	RATATOUILLE	MUSHROOM MEDLEY
GOOEY CHEESE GRILLERS	<i>no cheese</i>	MADRAS LENTIL
EGGPLANT CAPRESE		
	SIDES	SANDWICHES
CLASSICS	SIDE RATATOUILLE	GOOEY CHEESE GRILLERS
MAC + CHEESE		EGGPLANT CAPRESE
RATATOUILLE		POLLOCK PO BOY
SIDES		CLASSICS
BISCUITS		MAC + CHEESE
MASHED POTATOES		RATATOUILLE
FLATBREAD		
MINI MAC + CHEESE		SIDES
CAULIFLOWER BIRYANI		BISCUITS
SIDE RATATOUILLE		MASHED POTATOES
		FLATBREAD
DESSERTS		MINI MAC + CHEESE
ALL DESSERTS		CAULIFLOWER BIRYANI
		SIDE RATATOUILLE
		DESSERTS
		ALL DESSERTS

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JARCUTERIE	HUMMUS	MEATBALLS	TANDOORI WINGS
D	V G	F G D	G D
OLIVES SAUSAGE MOZZARELLA GRAPES JARDINIERE	GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN SEED SALT PEPPER CANOLA OIL LEMON JUICE	BEEF PORK VEAL PANKO CRUMBS GREEN ONION FRESH BASIL PARMESAN GARLIC DRY OREGANO FENNEL SEED SALT PEPPER EGGS MILK CANOLA OIL	CHICKEN WINGS <i>FINISH D</i> BUTTER TANDOORI SPICE RAITA PEPPERONCINI LIME
OLIVES	<i>FINISH D F</i>	FINISH D	CHICKEN WINGS
V	PAPRIKA OLIVE OIL PARSLEY LEMON WEDGE FLATBREAD	TOMATO SAUCE MOZZARELLA BASIL BREAD	CHICKEN SALT RICE STARCH TAPIOCA STARCH SODIUM PHOSPHATE
FARMERS SAUSAGE	GUACAMOLE	TOMATO SAUCE	TANDOORI SPICE
PORK WATER SALT SPICES BROWN SUGAR NATURAL FLAVOURS ARTIFICIAL FLAVOURS PRESERVATIVES	V	V G D	G
JARDINIERE	AVOCADO RED ONION GREEN ONION TOMATO CILANTRO JALAPENO LIME JUICE CUMIN SALT PEPPER <i>FINISH</i> CILANTRO LIME TORTILLA CHIPS	OLIVE OIL RED WINE WHITE ONION GARLIC FRESH BASIL DICED TOMATOES TOMATO PASTE BEEF STOCK BROWN SUGAR BALSAMIC VINEGAR CHILI FLAKES PEPPER SALT	TANDOORI SEASONING GARAM MASALA BROWN SUGAR SMOKED PAPRIKA SALT
V			CUCUMBER RAITA
CARROTS RADISHES ZUCCHINI ROSEMARY WHITE WINE VINEGAR SUGAR SALT			D
NACHOS	GARLIC SHRIMP	BRIE FONDUE	YOGURT CUCUMBER CILANTRO GREEN ONION HONEY SALT GARAM MASALA
G D *TG	S G D	V G D	
TORTILLA CHIPS CHORIZO MIX CHEDDAR MIX SALSA BRAVA CILANTRO	WILD RED SHRIMP OLIVE OIL GARLIC BUTTER LEMON JUICE WHITE WINE GREEN ONION PARSLEY SALT PEPPER <i>FINISH F</i> PARSLEY LEMON WEDGE HOUSE BREAD	GARLIC HONEY WHITE WINE APPLE JUICE SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE BRIE <i>FINISH</i> HOUSE BREAD APPLES GRAPES	HOUSE BREAD
CHORIZO MIX			V F
G *TG			FLOUR YEAST SALT MALTED BARLEY FLOUR
RED PEPPERS RED ONION CHIPOTLE PUREE* CANOLA OIL LIME JUICE SALT CHORIZO* CILANTRO CUMIN CREAM CHEESE			CIABATTA BREAD
SALSA BRAVA	CHEESE MIX	CHEDDAR MIX	V F
V G *TG	V D	V D	FLOUR YEAST SALT CANOLA OIL
CANOLA OIL WHITE ONION GARLIC DICED TOMATO ORANGE JUICE ROASTED PEPPERS BROWN SUGAR CHIPOTLE PUREE* PAPRIKA SALT	MOZZARELLA SWISS GRUYERE	CHEDDAR MOZZARELLA	TORTILLA CHIPS
			V
			YELLOW CORN CALCIUM HYDROXIDE CANOLA OIL SALT
			FLATBREAD
			V D F
			FLOUR YEAST SOYBEAN OIL CANOLA OIL SUGAR SALT OLIVE OIL SEMOLINA PRESERVATIVES

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COOKHOUSE VINAIGRETTE V G GARLIC RED ONION FRESH PARSLEY HONEY DIJON MUSTARD BALSAMIC VINEGAR RED WINE VINEGAR SALT PEPPER CANOLA OIL	CAESAR DRESSING G S *TG EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE WHITE WINE VINEGAR WORCESTERSHIRE* CAYENNE OLIVE OIL CANOLA OIL PEPPER SALT	CIDER BACON VINAIGRETTE BACON FAT RED ONION GREEN ONION FRESH THYME FRESH PARSLEY BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE PEPPER SALT CANOLA OIL	TOMATO SOUP V G TOMATO ROMA TOMATO RED ONION GARLIC TOMATO PASTE BROWN SUGAR RED WINE VINEGAR OLIVE OIL SALT PEPPER RED WINE FINISH OLIVE OIL
BISTRO SALAD V G GREENS MIX COOKHOUSE VINAIGRETTE DICED CUCUMBER DICED TOMATO RED ONION COOKED QUINOA	CAESAR SALAD G S *TG GREENS CAESAR DRESSING CROUTONS PARMESAN LEMON WEDGE	FAB SALAD D GREENS MIX CIDER BACON VINAIGRETTE RED ONION FETA BACON APPLE	CRAB BISQUE G D S *TG OLIVE OIL WHITE ONION YAMS CELERY GARLIC RED PEPPERS WHITE WINE TOMATO PASTE LOBSTER BASE* FENNEL SEED SALT PEPPER WHIPPING CREAM CRAB MEAT PARSLEY BASIL FINISH PARSLEY LEMON WEDGE
BIG BISTRO SALAD V S G GREENS MIX COOKHOUSE VINAIGRETTE DICED CUCUMBER DICED TOMATO RED ONION COOKED QUINOA SMOKED SALMON PUMPKIN SEEDS DRIED CRANBERRIES	BIG CAESAR SALAD G S *TG GREENS CAESAR DRESSING CROUTONS PARMESAN LEMON WEDGE ROAST CHICKEN BACON	BIG FAB SALAD D N GREENS MIX CIDER BACON VINAIGRETTE RED ONION FETA BACON APPLE ROAST CHICKEN RAISINS WALNUTS	
CHICKEN HARIRA G CHICKEN BREAST RED ONION CARROTS RUTABEGA CELERY GINGER GARLIC SAFFRON DICED TOMATOES CHICK PEAS TOMATO PASTE CHICKEN STOCK ORANGE JUICE CINNAMON CUMIN PAPRIKA TURMERIC SALT PEPPER ZUCCHINI FRESH PARSLEY FRESH MINT FINISH PARSLEY	MADRAS LENTIL V G GARAM MASALA CANOLA OIL WHITE ONION GARLIC GINGER CILANTRO RED LENTILS FENUGREEK LEAF TURMERIC CAYENNE PEPPER SALT FINISH CILANTRO	MUSHROOM MEDLEY V G D BUTTER WHITE ONION CELERY GARLIC BUTTON MUSHROOM OYSTER MUSHROOM PORTOBELLOS SHIITAKE MUSHROOM WHIP CREAM VEG STOCK WHITE WINE DRY THYME SALT PEPPER FRESH PARSLEY GREEN ONION TRUFFLE OIL FINISH PARSLEY	SUNSET CORN G D *TG CHICKEN BREAST CHIPOTLE PASTE* CORN WHITE ONION GREEN ONION YAMS GARLIC CHICKEN STOCK OREGANO SALT CUMIN TURMERIC WHIPPING CREAM CILANTRO FINISH CILANTRO SOUR CREAM LIME WEDGE

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GRILLED CHEESE F V D BUTTER HOUSE BREAD CHEESE MIX CHEDDAR MIX	TASTIER CHICKEN F D CIABATTA ROAST CHICKEN BACON BRIE CHEESE ONION JAM APPLE HOUSE MAYO	EL CUBANO F G D TG* CIABATTA PULLED PORK CAPICOLLO* RELISH CHEESE MIX PEPPERONCINI HOUSE MAYO	EGGPLANT CAPRESE F G D CIABATTA EGGPLANT OLIVE OIL SALT PEPPER ROASTED PEPPERS FIOR DI LATTE MOZZA OLIVE TAPENADE PUMPKIN SEED PESTO BALSAMIC SYRUP BASIL
DOS DIABLOS F G D TG* BUTTER HOUSE BREAD CHEDDAR MIX CHORIZO MIX*	HOUSE MAYO EGG DIJON WHITE SUGAR PEPPER SALT VINEGAR SOYBEAN OIL	RELISH G GARLIC OIL CORNICHONS GRAINY DIJON HONEY SALT	OLIVE TAPENADE G PITTED BLACK OLIVES SUN DRIED TOMATOES GARLIC GREEN ONION BASIL PARSLEY LEMON JUICE WHITE SUGAR DRIED CHILIES OLIVE OIL
CHORIZO MIX G *TG RED PEPPERS RED ONION CHIPOTLE PUREE* CANOLA OIL LIME JUICE SALT CHORIZO* CILANTRO CUMIN CREAM CHEESE	ONION JAM V RED ONION BALSAMIC BLACK PEPPER SALT	PULLED PORK G PORK BUTT WHITE ONION GARLIC RED WINE VINEGAR ORANGE JUICE CHILI POWDER SALT PEPPER	PUMPKIN SEED PESTO G OLIVE OIL CANOLA OIL BASIL GARLIC PARSLEY PUMPKIN SEED LEMON JUICE SALT PEPPER
POLLOCK PO BOY F G S CIABATTA BATTERED POLLOCK TABASCO REMOULADE ROMA TOMATO CABBAGE DILL PICKLES	BATTERED POLLOCK F S POLLOCK BEER WHEAT AND CORN FLOUR CANOLA OIL CORN STARCH RICE FLOUR SPICES	TABASCO REMOULADE HOUSE MAYO HOUSE RELISH TABASCO SAUCE KETCHUP	
CAULIFLOWER BIRYANI V D CAULIFLOWER ONION BUTTER RAISINS CILANTRO GARAM MASALA SAFFRON SALT PEPPER <i>FINISH</i> CILANTRO	BISCUITS V D F FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK	MASHED POTATOES V D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER PARSLEY	ICE CREAM D MILK CREAM SUGAR EGG YOLK VANILLA BEAN
	CARAMEL APPLE CRUMBLE V F D APPLES CINNAMON MAPLE SYRUP BROWN SUGAR WHIPPING CREAM BUTTER SALT OATS FLOUR <i>FINISH</i> ICE CREAM	BANANA B PUDDING V F D BANANA SUGAR FLOUR EGGS OIL OATS MILK SALT VANILLA FLAVOUR BAKING POWDER CREAM MILK BROWN SUGAR DARK CHOCOLATE <i>FINISH</i> ICE CREAM	CHEESECAKE V D CREAM CHEESE SUGAR CHERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH <i>FINISH F</i> GRAHAM CRUMB
CHOCOLATE MOUSSE V D WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE <i>FINISH</i> WHIPPED CREAM			GRAHAM CRUMB V D F FLOUR OIL SALT HONEY BAKING SODA ARTIFICIAL FLAVOR PRESERVATIVES SUGAR BUTTER

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<p>FRENCH ONION</p> <p>G</p> <p>ONION GARLIC RED WINE BEEF BROTH CANOLA OIL SALT PEPPER</p> <p><i>FINISH F</i></p> <p>BREAD CHEESE MIX</p>	<p>MAC & CHEESE</p> <p>V D F</p> <p>MACARONI VEG OIL WHIPPING CREAM HOMO MILK WHITE ONION NUTMEG SALT PEPPER BUTTER FLOUR CHEDDAR MIX</p> <p><i>FINISH</i></p> <p>CHEDDAR MIX</p>	<p>BOURGUIGNON</p> <p>G</p> <p>BEEF DICED SALT PEPPER RED WINE BEEF STOCK CARROTS BUTTON MUSHROOM PEARL ONIONS CANOLA OIL WHITE ONION GARLIC CELERY TOMATO PASTE POTATO STARCH THYME BAY LEAF PARSLEY</p> <p><i>FINISH</i></p> <p>PARSLEY</p>	<p>RATATOUILLE</p> <p>G V</p> <p>EGGPLANT ZUCCHINI BELL PEPPERS GARLIC RED ONION OLIVE OIL CHICK PEAS TOMATO PASTE DICED TOMATO WHITE WINE VEG STOCK SALT PEPPER FRESH PARSLEY FRESH OREGANO FRESH BASIL</p> <p><i>FINISH F D</i></p> <p>PERSILLADE GOAT CHEESE PARSLEY OLIVE OIL</p> <p><i>FINISH (MINI)</i></p> <p>PARSLEY OLIVE OIL</p>
<p>CHICKEN POT PIE</p> <p>G F D</p> <p>CHICKEN BREAST BUTTON MUSHROOM OYSTER MUSHROOM PORTOBELLOS SHIITAKE MUSHROOM PEARL ONIONS CANOLA OIL BUTTER WHITE ONION CELERY GARLIC FLOUR WHITE WINE CHICKEN STOCK WHIPPING CREAM DIJON MUSTARD DRY THYME PEPPER SALT FRESH ROSEMARY FRESH PARSLEY PEAS</p> <p><i>FINISH</i></p> <p>PUFF PASTRY EGGS ROSEMARY PEPPER SALT FRESH PARSLEY</p>	<p>KENTUCKY BURGEOO</p> <p>G *TG</p> <p>BEEF DICED LAMB DICED PORK DICED WHITE ONION GARLIC DICED TOMATO TOMATO PASTE BEEF STOCK WORCESTERSHIRE* MOLASSES RED WINE VINEGAR BROWN SUGAR CHILI POWDER CHIPOTLE PUREE* CELERY SALT PEPPER DRY THYME DRY OREGANO GREEN CABBAGE POTATOES CORN OKRA LIMA BEANS</p> <p><i>FINISH</i></p> <p>PARSLEY</p>	<p>BUTTER CHICKEN</p> <p>G D</p> <p>CHICKEN BREAST CUMIN CORIANDER FENUGREEK CINNAMON CLOVES CARDAMOM POTATOES BUTTER WHITE SUGAR WHITE ONION GINGER GARLIC TURMERIC FENUGREEK LEAF TOMATO PASTE CHICKEN STOCK SALT PEPPER WHIPPING CREAM CILANTRO</p> <p><i>FINISH</i></p> <p>CILANTRO CREMA</p>	<p>SHEPHERDS PIE</p> <p>G D *TG</p> <p>LAMB DICED BEEF DICED WHITE ONION RUTABAGA CELERY GARLIC GUINNESS* BEEF STOCK WORCESTERSHIRE SAUCE* POTATO STARCH PEPPER SALT PEAS FRESH ROSEMARY FRESH PARSLEY MASHED POTATOES CHEDDAR MIX</p> <p><i>FINISH</i></p> <p>FRESH PARSLEY</p>
<p>VEGETABLE STOCK</p> <p><i>Note - all soups and stews finished with light veg stock</i></p> <p>CARROT / CELERY / ONION CABBAGE / MUSHROOM GARLIC / TOMATO SALT / SUGAR / SPICES YEAST EXTRACT MALTODEXTRIN</p>	<p>BEEF STOCK</p> <p>BEEF BROTH AND FAT SALT / SUGAR / FLAVOUR ONION POWDER YEAST EXTRACT MALTODEXTRIN</p>	<p>CHICKEN STOCK</p> <p>CHICKEN BROTH AND FAT CORN STARCH SALT / SUGAR / SPICES YEAST EXTRACT CITRIC ACID / FLAVOUR</p>	<p>PERSILLADE</p> <p>F G</p> <p>PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL</p>