



Ingredient and Sensitivity Guide Summer 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
CHIPS + DIP	GUACAMOLE	GUACAMOLE	CORN ELOTES
GUACAMOLE	CHICKEN WINGS	CORN ELOTES	
CORN ELOTES	<i>no dip</i>		SALADS
GARLIC SHRIMP	BBQ RIBS	SALADS	ALL SALADS
<i>no side bread</i>		ALL SALADS	<i>sub olive oil and balsamic</i>
CHICKEN WINGS	SALADS	<i>sub olive oil and balsamic</i>	<i>no onions</i>
FONDUEMENTALE	ALL SALADS		
<i>sub tortilla chips</i>	<i>no cheese</i>	SANDWICHES	SANDWICHES
		GOOEY CHEESE GRILLERS	GOOEY CHEESE GRILLERS
SALADS	SOUPS	TASTY CHICKEN	TASTY CHICKEN
BISTRO SALAD	STRAIGHT UP TOMATO		<i>no onion jam</i>
LG BISTRO SALAD	TOM KAH GAI	CLASSICS	EGGPLANT CAPRESE
FAB SALAD		MAC + CHEESE	<i>no tapenade</i>
LG FAB SALAD	SANDWICHES		
	TASTY CHICKEN	SIDES	CLASSICS
SOUPS	<i>no cheese</i>	SIDE MAC + CHEESE	
STRAIGHT UP TOMATO	EGGPLANT CAPRESE	FLATBREAD	SIDES
MUSHROOM MEDLEY	<i>no cheese</i>	BISCUITS	MASHED POTATOES
TOM KAH GAI		MASHED POTATOES	BISCUITS
	CLASSICS		FLATBREAD
CLASSICS	BEEF BOURGUIGNON	DESSERTS	
RATATOUILLE	RATATOUILLE	ALL DESSERTS	DESSERTS
<i>no persillade</i>	<i>no cheese</i>		ALL DESSERTS
BEEF BOURGUIGNON	KENTUCKY BURGEOO	BRUNCH	
BUTTER CHICKEN		CHURROS	BRUNCH
<i>no flatbread</i>	SIDES	PBM GRILLERS	CHURROS
	SIDE RATATOUILLE		PBM GRILLERS
SIDES	BABY BURGEOO		BREAKFAST SANDO
MASHED POTATOES			
SIDE RATATOUILLE	SIDES		
	SIDE RATATOUILLE		
DESSERTS	BABY BURGEOO		
CHOCOLATE MOUSSE			
CHEESECAKE	DESSERTS		
<i>no graham crumbs</i>			
ICE CREAM	BRUNCH		
BRUNCH			
EGGS RATATOUILLE			
<i>no persillade or side toast</i>			

EGG	FISH / SHELLFISH	PEANUT / TREE NUT	SOY
STARTERS	STARTERS	STARTERS	STARTERS
ALL STARTERS	CHIPS + DIP GUACAMOLE	ALL STARTERS	CHIPS + DIP GUACAMOLE
SALADS	SALADS	SALADS	SALADS
ALL SALADS <i>no caesar dressing</i>	CORN ELOTES CHICKEN WINGS BBQ RIBS NACHO MALVADO FONDUEMENTALE	ALL SALADS <i>no nuts</i>	GARLIC SHRIMP NACHO MALVADO FONDUEMENTALE
SOUPS	SOUPS	SOUPS	SALADS
ALL SOUPS	ALL SOUPS <i>no nuts</i>	ALL SOUPS <i>no nuts</i>	ALL SALADS <i>no caesar dressing</i>
SANDWICHES	SANDWICHES	SANDWICHES	SOUPS
GOOEY CHEESE GRILLERS DOS DIABLOS TASTIER CHICKEN <i>no mayonnaise</i>	ALL SALADS <i>no caesar dressing</i> <i>no salmon</i>	ALL SANDWICHES	ALL SOUPS
EL CUBANO <i>no mayonnaise</i>	SOUPS	CLASSICS	SANDWICHES
EGGPLANT CAPRESE	STRAIGHT UP TOMATO SUNSET CORN MUSHROOM MEDLEY	ALL CLASSICS	GOOEY CHEESE GRILLERS DOS DIABLOS EL CUBANO <i>no mayonnaise</i>
CLASSICS	SANDWICHES	SIDES	TASTIER CHICKEN <i>no mayonnaise</i>
ALL CLASSICS	ALL SANDWICHES	ALL SIDES	EGGPLANT CAPRESE
SIDES	CLASSICS	DESSERTS	CLASSICS
ALL SIDES	FRENCH ONION MAC + CHEESE RATATOUILLE BEEF BOURGUIGNON BUTTER CHICKEN	ALL DESSERTS	FRENCH ONION MAC + CHEESE RATATOUILLE BEEF BOURGUIGNON BUTTER CHICKEN
DESSERTS	SIDES	BRUNCH	SIDES
CHOCOLATE MOUSSE CHERRY CHEESECAKE	BISCUITS FLATBREAD MASHED POTATOES SIDE RATATOUILLE MINI MAC + CHEESE	CHURROS BREAKFAST SANDO EGGS BURGOO EGGS RATATOUILLE	BISCUITS FLATBREAD MASHED POTATOES SIDE RATATOUILLE MINI MAC + CHEESE
BRUNCH	DESSERTS		DESSERTS
PBM GRILLERS	ALL DESSERTS		CHOCOLATE MOUSSE BANANA BREAD PUDDING CHEESECAKE <i>no graham crumbs</i>
	BRUNCH		ICE CREAM
	CHURROS PBM GRILLERS BREAKFAST SANDO EGGS RATATOUILLE		BRUNCH
			PBM GRILLERS BREAKFAST SANDO EGGS RATATOUILLE

PESCATARIAN - OVL	VEGETARIAN - OVL	VEGAN
STARTERS	STARTERS	STARTERS
CHIPS + DIP GUACAMOLE CORN ELOTES GARLIC SHRIMP FONDUEMENTALE	CHIPS + DIP GUACAMOLE CORN ELOTES FONDUEMENTALE	GUACAMOLE
SALADS	SALADS	SALADS
CAESAR SALAD BISTRO SALAD LARGE CAESAR SALAD <i>no chicken</i>	BISTRO SALAD LARGE BISTRO SALAD <i>no salmon</i>	BISTRO SALAD <i>sub olive oil and balsamic</i> LARGE BISTRO SALAD <i>no salmon</i> <i>sub olive oil and balsamic</i>
SOUPS	SOUPS	SANDWICHES
STRAIGHT UP TOMATO CRAB BISQUE MUSHROOM MEDLEY	STRAIGHT UP TOMATO MUSHROOM MEDLEY	EGGPLANT CAPRESE <i>no cheese</i>
SANDWICHES	SANDWICHES	SOUPS
GOOEY CHEESE GRILLERS EGGPLANT CAPRESE	GOOEY CHEESE GRILLERS EGGPLANT CAPRESE	STRAIGHT UP TOMATO
CLASSICS	CLASSICS	CLASSICS
MAC + CHEESE RATATOUILLE	MAC + CHEESE RATATOUILLE	RATATOUILLE <i>no cheese</i>
SIDES	SIDES	SIDES
BISCUITS MASHED POTATOES FLATBREAD MINI MAC + CHEESE SIDE RATATOUILLE	BISCUITS MASHED POTATOES FLATBREAD MINI MAC + CHEESE SIDE RATATOUILLE	SIDE RATATOUILLE
DESSERTS	DESSERTS	DESSERTS
ALL DESSERTS	ALL DESSERTS	
BRUNCH	BRUNCH	BRUNCH
CHURROS EGGS RATATOUILLE	CHURROS EGGS RATATOUILLE	

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BOURSIN	GUACAMOLE	ELOTE CORN	GARLIC SHRIMP
V G D	V	V D	S G D
CREAM CHEESE GOAT CHEESE SOUR CREAM GREEN ONION PARSLEY DRIED CHIVES GRANULATED GARLIC SALT PEPPER	AVOCADO RED ONION GREEN ONION TOMATO CILANTRO JALAPENO LIME JUICE CUMIN SALT PEPPER	CORN TAJIN SEASONING CANOLA OIL	WILD RED SHRIMP OLIVE OIL GARLIC BUTTER LEMON JUICE WHITE WINE GREEN ONION PARSLEY SALT PEPPER
<i>FINISH</i>	<i>FINISH</i>	<i>FINISH</i>	<i>FINISH</i>
HARDBITE CHIPS	TORTILLA CHIPS	CILANTRO LIME SAUCE FETA CHEESE CILANTRO LIME PEPPERONCINI	LEMON WEDGE HOUSE BREAD
HARDBITE CHIPS	TORTILLA CHIPS	CILANTRO LIME SAUCE	
V	V	D	
POTATOES SEA SALT CANOLA OIL	YELLOW CORN CALCIUM HYDROXIDE CANOLA OIL SALT	MAYONNAISE SOUR CREAM CILANTRO LIME JUICE SALT	

JERK WINGS	BBQ RIBS	NACHOS MALVADOS	FONDUEMENTALE
G D	G TG* TS*	G D *TG	V G D
CHICKEN WINGS <i>FINISH</i> JERK SAUCE CILANTRO LIME SAUCE CILANTRO LIME PEPPERONCINI	PORK BACK RIBS <i>FINISH</i> HOUSE BBQ SAUCE PARSLEY PEPPERONCINI	TORTILLA CHIPS CHORIZO MIX* CHEDDAR MIX SALSA BRAVA CILANTRO	WHITE WINE WHITE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE CHEESE MIX KIRSCH
<i>FINISH</i>	<i>FINISH</i>	<i>FINISH</i>	<i>FINISH</i>
CHICKEN WINGS	PORK BACK RIBS	CHORIZO MIX	MATOUKS HOT SAUCE
CHICKEN SALT RICE STARCH TAPIOCA STARCH SODIUM PHOSPHATE	G PORK BACK RIBS ONION GARLIC RED PEPPER PAPRIKA EXTRACT SALT DEXTROSE	G *TG RED PEPPERS RED ONION CHIPOTLE PUREE* CANOLA OIL LIME JUICE SALT	V G SCOTCH BONNET PEPPERS ONION GARLIC VINEGAR MUSTARD SUGAR SALT CORN STARCH SPICES OIL PRESERVATIVES
JERK SAUCE	HOUSE BBQ SAUCE	CHORIZO*	
V G D MATOUKS HOT SAUCE SOY SAUCE MOLASSES KETCHUP ALLSPICE CUMIN THYME NUTMEG	G TG* TS* WHITE ONION GARLIC COFFEE WORCESTER* KETCHUP RED WINE VINEGAR MOLASSES CHIPOTLE PUREE* BROWN SUGAR CHILI POWDER PEPPER SALT	CILANTRO CUMIN CREAM CHEESE	
HOUSE BREAD		SALSA BRAVA	
V F FLOUR YEAST SALT MALTED BARLEY FLOUR	FLATBREAD	V G *TG CANOLA OIL WHITE ONION GARLIC DICED TOMATO ORANGE JUICE ROASTED PEPPERS BROWN SUGAR CHIPOTLE PUREE* PAPRIKA SALT	
CIABATTA BREAD	V D F FLOUR YEAST SOYBEAN OIL CANOLA OIL SUGAR SALT OLIVE OIL SEMOLINA PRESERVATIVES	CHEESE MIX	
V F FLOUR YEAST SALT CANOLA OIL		V D MOZZARELLA SWISS GRUYERE	CHEDDAR MIX
			V D CHEDDAR MOZZARELLA

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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	TOM KAH GAI G S WHITE ONION GARLIC GINGER LEMON GRASS KAFFIR LIME LEAVES THAI RED CHILI TOMATO PASTE CILANTRO FISH SAUCE COCONUT MILK CHICKEN STOCK WHITE SUGAR SALT LIME JUICE CHICKEN BREAST OYSTER MUSHROOMS BABY BOK CHOY CANOLA OIL FINISH LIME WEDGE CILANTRO
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	
BIG BISTRO SALAD V S G GREENS MIX COOKHOUSE VINAIGRETTE DICED CUCUMBER DICED TOMATO RED ONION COOKED QUINOA SMOKED SALMON PUMPKIN SEEDS DRIED CRANBERRIES	GREAT CAESAR SALAD G S *TG GREENS CAESAR DRESSING CROUTONS PARMESAN LEMON WEDGE ROAST CHICKEN BACON GRAPES	SUPER FAB SALAD D N GREENS MIX CIDER BACON VINAIGRETTE RED ONION FETA BACON APPLE ROAST CHICKEN RAISINS WALNUTS	
		ROAST CHICKEN CHICKEN BREAST OLIVE OIL PEPPER SALT	
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	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	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	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

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GRILLED CHEESE F V D BUTTER HOUSE BREAD CHEESE MIX CHEDDAR MIX	TASTY 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 ONIOB BASIL PARSLEY OLIVE OIL LEMON CHILIES SUGAR
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 VEG OIL BASIL GARLIC PARSLEY PUMPKIN SEED LEMON JUICE SALT PEPPER
KENTUCKY BURGOO G *TS *TG 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 FINISH PARSLEY	BUTTER CHICKEN G D 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 FINISH CILANTRO CREMA	ICE CREAM D MILK CREAM SUGAR EGG YOLK VANILLA BEAN	CHOCOLATE MOUSSE V D WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE FINISH WHIPPED CREAM
		CHEESECAKE V D CREAM CHEESE SUGAR STRAWBERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH FINISH F GRAHAM CRUMB	BANANA B PUDDING V F D BANANA SUGAR FLOUR EGGS OIL OATS MILK SALT VANILLA FLAVOUR BAKING POWDER CREAM MILK BROWN SUGAR DARK CHOCOLATE FINISH ICE CREAM
		GRAHAM CRUMB V D F FLOUR OIL SALT HONEY BAKING SODA ARTIFICIAL FLAVOR PRESERVATIVES SUGAR BUTTER	

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FRENCH ONION G ONION GARLIC RED WINE BEEF BROTH CANOLA OIL SALT PEPPER <i>FINISH F</i> BREAD CHEESE MIX	MAC & CHEESE V D F MACARONI VEG OIL WHIPPING CREAM HOMO MILK WHITE ONION NUTMEG SALT PEPPER BUTTER FLOUR CHEDDAR MIX <i>FINISH</i> CHEDDAR MIX	BOURGUIGNON G 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 <i>FINISH</i> PARSLEY	RATATOUILLE G V 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 <i>FINISH F D</i> PERSILLADE GOAT CHEESE PARSLEY OLIVE OIL <i>FINISH (MINI)</i> PARSLEY OLIVE OIL
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		
VEGETABLE STOCK <i>Note - all soups and stews finished with light veg stock</i> CARROT / CELERY / ONION CABBAGE / MUSHROOM GARLIC / TOMATO SALT / SUGAR / SPICES YEAST EXTRACT MALTODEXTRIN	BEEF STOCK BEEF BROTH AND FAT SALT / SUGAR / FLAVOUR ONION POWDER YEAST EXTRACT MALTODEXTRIN	CHICKEN STOCK CHICKEN BROTH AND FAT CORN STARCH SALT / SUGAR / SPICES YEAST EXTRACT CITRIC ACID / FLAVOUR	PERSILLADE F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL
HP SAUCE V G VINEGAR SUGAR SALT TOMATO MOLASSES DATES ORANGE APPLE GARLIC MUSTARD TAMARIND CORNSTARCH MUSTARD SPICES	PBM GRILLERS N D F BUTTER HOUSE BREAD CHEDDAR MIX BACON MARMALADE SPICY PEANUT BUTTER	BREAKFAST SANDO F G D CIABATTA FARMERS SAUSAGE CHEDDAR MIX SCRAMBLED EGGS HP MAYO HARDBITE CHIPS	EGGS BURGOO D F G KENTUCKY BURGOO <i>FINISH</i> SCRAMBLED EGGS CHEDDAR MIX PARSLEY BISCUIT
CHOCOLATE FONDUE V D WHIPPING CREAM CHOCOLATE INSTANT COFFEE WINTER SPICE CAYENNE <i>FINISH</i> CHURROS	BACON MARMALADE BACON SUGAR ORANGE PECTIN CORN SYRUP CITRIC ACID PRESERVATIVES	FARMERS SAUSAGE PORK WATER SALT SPICES BROWN SUGAR NATURAL FLAVOURS ARTIFICIAL FLAVOURS PRESERVATIVES	EGGS RATATOUILLE D F G RATATOUILLE <i>FINISH</i> SCRAMBLED EGGS CHEVRE PERSILLADE OLIVE OIL HOUSE BREAD
CHURROS F CORN FLOUR SUGAR VEG OIL WHEAT STARCH EGGS CINNAMON SALT FLAVOUR	SPICY PEANUT BUTTER N PEANUT BUTTER MATOUKS HOT SAUCE	HP MAYO V G MAYONNAISE HP SAUCE	SCRAMBLED EGGS D EGGS CREAM SALT