



Ingredient and Sensitivity Guide Harvest 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	HUMMUS	PIEROGIES	HUMMUS
HUMMUS	CHICKEN WINGS		CHICKEN WINGS
<i>sub potato chips</i>	BBQ RIBS	SALADS	BRIE FONDUE
GARLIC SHRIMP		ALL SALADS	
<i>no side bread</i>	SALADS	<i>sub olive oil and balsamic</i>	SALADS
CHICKEN WINGS	ALL SALADS		ALL SALADS
BRIE FONDUE	<i>no cheese</i>	SANDWICHES	<i>sub olive oil and balsamic</i>
<i>sub potato chips</i>		GOOEY CHEESE GRILLERS	<i>no onions</i>
	SOUPS	TASTY CHICKEN	
SALADS	STRAIGHT UP TOMATO		SANDWICHES
BISTRO SALAD		CLASSICS	GOOEY CHEESE GRILLERS
FAB SALAD	SANDWICHES	MAC + CHEESE	TASTY CHICKEN
	TASTY CHICKEN		<i>no onion jam</i>
SOUPS	<i>no cheese</i>	SIDES	EGGPLANT CAPRESE
STRAIGHT UP TOMATO	EGGPLANT CAPRESE	SIDE MAC + CHEESE	<i>no tapenade</i>
MUSHROOM MEDLEY	<i>no cheese</i>	BISCUITS	
		MASHED POTATOES	CLASSICS
CLASSICS	CLASSICS		
RATATOUILLE	BEEF BOURGUIGNON	DESSERTS	SIDES
<i>no persillade</i>	RATATOUILLE	ALL DESSERTS	MASHED POTATOES
BEEF BOURGUIGNON	<i>no cheese</i>		BISCUITS
	KENTUCKY BURGEOO	BRUNCH	
SIDES		BREAKFAST SANDO	DESSERTS
MASHED POTATOES	SIDES	<i>no HP mayo</i>	ALL DESSERTS
SIDE RATATOUILLE	SIDE RATATOUILLE		
	BABY BURGEOO		BRUNCH
DESSERTS			BREAKFAST SANDO
CHOCOLATE MOUSSE	SIDES		
CHEESECAKE	SIDE RATATOUILLE		
<i>no graham crumbs</i>	BABY BURGEOO		
ICE CREAM			
	DESSERTS		
BRUNCH			
EGGS RATATOUILLE	BRUNCH		
<i>no persillade or side toast</i>			

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

PESCATARIAN - OVL	VEGETARIAN - OVL	VEGAN
STARTERS	STARTERS	STARTERS
CHIPS + DIP HUMMUS PIEROGIES GARLIC SHRIMP BRIE FONDUE	CHIPS + DIP HUMMUS PIEROGIES BRIE FONDUE	HUMMUS
SALADS	SALADS	SALADS
CAESAR SALAD BISTRO SALAD	BISTRO SALAD	BISTRO SALAD <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	BISCUITS MASHED POTATOES MINI MAC + CHEESE SIDE RATATOUILLE	SIDE RATATOUILLE
MINI MAC + CHEESE SIDE RATATOUILLE	DESSERTS	DESSERTS
DESSERTS	ALL DESSERTS	
ALL DESSERTS	BRUNCH	BRUNCH
BRUNCH	EGGS RATATOUILLE	
EGGS RATATOUILLE		

V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS *TG = TRACE GLUTEN

BOURSIN	HUMMUS	GARLIC SHRIMP	BRIE FONDUE
V G D	V G	S G D	V G D
CREAM CHEESE	GARBANZO BEANS	WILD RED SHRIMP	GARLIC
GOAT CHEESE	TAHINI GARLIC	OLIVE OIL	HONEY
SOUR CREAM	CORIANDER	GARLIC BUTTER	WHITE WINE
GREEN ONION	CUMIN SEED	LEMON JUICE	APPLE JUICE
PARSLEY	SALT PEPPER	WHITE WINE	SALT PEPPER
DRIED CHIVES	CANOLA OIL	GREEN ONION	WHIPPING CREAM
GRANULATED GARLIC	LEMON JUICE	PARSLEY	CORNSTARCH
SALT PEPPER	<i>FINISH D F</i>	SALT PEPPER	CREAM CHEESE
<i>FINISH</i>	PAPRIKA	<i>FINISH F</i>	BRIE
HARDBITE CHIPS	OLIVE OIL	PARSLEY	<i>FINISH F</i>
	PARSLEY	LEMON WEDGE	HOUSE BREAD
	LEMON WEDGE	HOUSE BREAD	APPLES GRAPES
	FLATBREAD		
HARDBITE CHIPS			
V			
POTATOES			
SEA SALT CANOLA OIL			

HARISSA WINGS	BBQ RIBS	PIEROGIES	HOUSE BREAD
G	G TG* TS*	F D G	V F
CHICKEN WINGS	PORK BACK RIBS	PIEROGIES	FLOUR YEAST SALT
<i>FINISH</i>	<i>FINISH</i>	FARMERS SAUSAGE	MALTED BARLEY FLOUR
HONEY HARISSA	HOUSE BBQ SAUCE	GRAINY MUSTARD BUTTER	
LEMON PARSLEY	PEPPERONCINI	SOUR CREAM	CIABATTA BREAD
PEPPERONCINI		PARSLEY	V F
	PORK BACK RIBS		FLOUR YEAST SALT
CHICKEN WINGS	G	PIEROGIES	CANOLA OIL
	PORK BACK RIBS	F D G	
CHICKEN SALT	ONION GARLIC	FLOUR POTATO	FLATBREAD
RICE STARCH	RED PEPPER	CHEDDAR VEG OIL	V D F
TAPIOCA STARCH	PAPRIKA EXTRACT	SALT ANNATO	FLOUR YEAST
SODIUM PHOSPHATE	SALT DEXTROSE		SOYBEAN OIL CANOLA OIL
		FARMERS SAUSAGE	SUGAR SALT
HONEY HARISSA	HOUSE BBQ SAUCE		OLIVE OIL SEMOLINA
G	G TG* TS*	PORK WATER	PRESERVATIVES
PEPPERS CARROTS	WHITE ONION	SALT SPICES	
BEETS VINEGAR	GARLIC COFFEE	BROWN SUGAR	CHEESE MIX
GARLIC VEG OIL	WORCESTER*	NATURAL FLAVOURS	V D
STARCH CUMIN	KETCHUP	ARTIFICIAL FLAVOURS	MOZZARELLA
HONEY CINNAMON	RED WINE VINEGAR	PRESERVATIVES	SWISS
SALT PEPPER LEMON	MOLASSES		GRUYERE
	CHIPOTLE PUREE*	GRAINY MUSTARD BUTTER	
	BROWN SUGAR	D	CHEDDAR MIX
	CHILI POWDER	BUTTER	V D
	PEPPER SALT	GRAINY DIJON MUSTARD	CHEDDAR
		MARJORAM CHIVES	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	ROAST CHICKEN CHICKEN BREAST OLIVE OIL PEPPER SALT
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 ROAST RADISHES	TEA SMOKED SALMON STEELHEAD SALMON SOY SAUCE HONEY NATURAL TEA SMOKE
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 ONION 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 SALT PEPPER	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

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TOMATO SOUP	CRAB BISQUE	SUNSET CORN	MUSHROOM MEDLEY
V G	G D S *TG	G D *TG	V G D
TOMATO	OLIVE OIL	CHICKEN BREAST	BUTTER
ROMA TOMATO	WHITE ONION	CHIPOTLE PASTE*	WHITE ONION
RED ONION	YAMS CELERY GARLIC	CORN	CELERY GARLIC
GARLIC	RED PEPPERS	WHITE ONION	BUTTON MUSHROOMS
TOMATO PASTE	WHITE WINE	GREEN ONION	WILD MUSHROOMS
BROWN SUGAR	TOMATO PASTE	YAMS GARLIC	WHIP CREAM
RED WINE VINEGAR	LOBSTER BASE*	CHICKEN STOCK	VEG STOCK
OLIVE OIL	FENNEL SEED	OREGANO	WHITE WINE
SALT PEPPER	SALT PEPPER	SALT CUMIN	DRY THYME
RED WINE	WHIPPING CREAM	TURMERIC	SALT PEPPER
<i>FINISH</i>	CRAB MEAT	WHIPPING CREAM	FRESH PARSLEY
OLIVE OIL	PARSLEY BASIL	CILANTRO	GREEN ONION
	<i>FINISH</i>	<i>FINISH</i>	TRUFFLE OIL
	PARSLEY	CILANTRO	<i>FINISH</i>
	LEMON WEDGE	SOUR CREAM	PARSLEY
		LIME WEDGE	

FRENCH ONION	MAC & CHEESE
G	V D F
ONION GARLIC	MACARONI VEG OIL
RED WINE VEG OIL	CREAM MILK
BEEF BROTH	ONION NUTMEG
SALT PEPPER	SALT PEPPER
<i>FINISH F</i>	BUTTER FLOUR
BREAD	CHEDDAR MIX
CHEESE MIX	<i>FINISH</i>
	CHEDDAR MIX

CHICKEN POT PIE
G F D
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
<i>FINISH</i>
PUFF PASTRY
EGGS
ROSEMARY
PEPPER SALT
FRESH PARSLEY

KENTUCKY BURGEOO
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
<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

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

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BREAKFAST SANDO	HP SAUCE	HP MAYO	EGGS BURGOO
F G D CIABATTA FARMERS SAUSAGE CHEDDAR MIX SCRAMBLED EGGS HP MAYO HARDBITE CHIPS	V G VINEGAR SUGAR SALT TOMATO MOLASSES DATES ORANGE APPLE GARLIC MUSTARD TAMARIND CORNSTARCH MUSTARD SPICES	V G MAYONNAISE HP SAUCE SCRAMBLED EGGS D EGGS CREAM SALT	D F G KENTUCKY BURGOO <i>FINISH</i> SCRAMBLED EGGS CHEDDAR MIX PARSLEY BISCUIT

MASHED POTATOES	PERSILLADE	BISCUITS	EGGS RATATOUILLE
V D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER PARSLEY	F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL	V D F FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK	D F G RATATOUILLE <i>FINISH</i> SCRAMBLED EGGS CHEVRE PERSILLADE OLIVE OIL HOUSE BREAD

CHEESECAKE	CHOCOLATE FONDUE	CHOCOLATE MOUSSE	BANANA B PUDDING
V D CREAM CHEESE SUGAR CHERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH <i>FINISH F</i> GRAHAM CRUMB	V D WHIPPING CREAM CHOCOLATE INSTANT COFFEE WINTER SPICE CAYENNE <i>FINISH</i> CHURROS	V D WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE <i>FINISH</i> WHIPPED CREAM ICE CREAM D MILK CREAM SUGAR EGG YOLK VANILLA BEAN	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
GRAHAM CRUMB	CHURROS		
V D F FLOUR OIL SALT HONEY BAKING SODA ARTIFICIAL FLAVOR PRESERVATIVES SUGAR BUTTER	F CORN FLOUR SUGAR VEG OIL WHEAT STARCH EGGS CINNAMON SALT FLAVOUR		

CHICKEN STOCK	BEEF STOCK	VEGETABLE STOCK
CHICKEN BROTH AND FAT CORN STARCH SALT / SUGAR / SPICES YEAST EXTRACT CITRIC ACID / FLAVOUR	BEEF BROTH AND FAT SALT / SUGAR / FLAVOUR ONION POWDER YEAST EXTRACT MALTODEXTRIN	<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