



## Ingredient and Sensitivity Guide Spring 2022

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.

<b>GLUTEN</b>	<b>DAIRY</b>	<b>GARLIC</b>	<b>ONION</b>
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>
CHIPS + DIP	JERK WINGS	PIEROGIES	GAMBAS
ELOTES	<i>no lime mayo</i>	ELOTES	<i>no herb butter on bread</i>
<i>sub potato chips</i>	BBQ RIBS		
GAMBAS		<b>SALADS</b>	<b>SALADS</b>
<i>no bread</i>	<b>SALADS</b>	FRISSEE SALAD	ALL SALADS
JERK WINGS	ALL SALADS		<i>sub olive oil and balsamic</i>
FONDUMENTALE	<i>no cheese</i>	<b>SANDWICHES</b>	<i>no onions</i>
<i>sub potato chips</i>		GOOEY GRILLERS	
NACHO POLLO	<b>SOUPS</b>	DIABLO GRILLERS	<b>SANDWICHES</b>
	STRAIGHT UP TOMATO	TASTY CHICKEN	GOOEY CHEESE GRILLERS
<b>SALADS</b>	TOM KHA GAI		TASTY CHICKEN
FRISSEE SALAD		<b>CLASSICS</b>	<i>no onion jam</i>
	<b>SANDWICHES</b>	MAC + CHEESE	EGGPLANT CAPRESE
<b>SOUPS</b>	TASTY CHICKEN		<i>no tapenade</i>
STRAIGHT UP TOMATO	<i>no cheese</i>	<b>SIDES</b>	
TOM KHA GAI	EGGPLANT CAPRESE	SIDE MAC + CHEESE	<b>CLASSICS</b>
	<i>no cheese</i>	BISCUITS	
<b>CLASSICS</b>	EL CUBANO	MASHED POTATOES	<b>SIDES</b>
RATATOUILLE	<i>no cheese</i>		MASHED POTATOES
<i>no persillade</i>		<b>DESSERTS</b>	BISCUITS
BEEF BOURGUIGNON	<b>CLASSICS</b>	ALL DESSERTS	
	BEEF BOURGUIGNON		<b>DESSERTS</b>
<b>SIDES</b>	RATATOUILLE		ALL DESSERTS
MASHED POTATOES	<i>no cheese</i>		
ROAST POTATOES			
	<b>SIDES</b>		
<b>DESSERTS</b>	ROAST POTATOES		
CHOCOLATE MOUSSE	<i>no cheese</i>		
CHEESECAKE			
<i>no graham crumbs</i>			
ICE CREAM			

<b>EGG</b>	<b>FISH / SHELLFISH</b>	<b>PEANUT / TREE NUT</b>	<b>SOY</b>
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>
ALL STARTERS	CHIPS + DIP	ALL STARTERS	CHIPS + DIP
<i>no cilantro lime mayo</i>	ELOTES		PIEROGI
<b>SALADS</b>	PIEROGIES	<b>SALADS</b>	ELOTES
ALL SALADS	JERK WINGS	ALL SALADS	GAMBAS
<i>no caesar dressing, no egg</i>	BBQ RIBS		FONDUMENTALE
	FONDUMENTALE	<b>SOUPS</b>	
<b>SOUPS</b>	<b>SALADS</b>	ALL SOUPS	<b>SALADS</b>
ALL SOUPS	ALL SALADS		ALL SALADS
	<i>no caesar dressing</i>	<b>SANDWICHES</b>	
<b>SANDWICHES</b>		ALL SANDWICHES	<b>SOUPS</b>
GOOEY GRILLERS	<b>SOUPS</b>		ALL SOUPS
DIABLO GRILLERS	STRAIGHT UP TOMATO	<b>CLASSICS</b>	
BIKINI GRILLERS	SUNSET CORN	ALL CLASSICS	<b>SANDWICHES</b>
TASTIER CHICKEN			GOOEY GRILLERS
<i>no mayonnaise</i>	<b>SANDWICHES</b>	<b>SIDES</b>	DIABLO GRILLERS
EL CUBANO	ALL SANDWICHES	ALL SIDES	BIKINI GRILLERS
<i>no mayonnaise</i>			EL CUBANO
EGGPLANT CAPRESE	<b>CLASSICS</b>	<b>DESSERTS</b>	<i>no mayonnaise</i>
	FRENCH ONION	ALL DESSERTS	TASTIER CHICKEN
<b>CLASSICS</b>	MAC + CHEESE		<i>no mayonnaise</i>
ALL CLASSICS	RATATOUILLE		EGGPLANT CAPRESE
CHICKEN POT PIE	BEEF BOURGUIGNON		
<i>no pie crust</i>	CHICKEN POT PIE		<b>CLASSICS</b>
	PASTA E FAGIOLI		ALL CLASSICS
<b>SIDES</b>			CARNITAS MAC
ALL SIDES	<b>SIDES</b>		<i>no bbq sauce</i>
	ALL SIDES		
<b>DESSERTS</b>	<b>DESSERTS</b>		<b>SIDES</b>
CHOCOLATE MOUSSE	ALL DESSERTS		ALL SIDES
CHERRY CHEESECAKE			
PEACH BROWN BETTY			<b>DESSERTS</b>
			ALL DESSERTS

<b>PESCATARIAN - OVL</b>	<b>VEGETARIAN - OVL</b>	<b>VEGAN</b>
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>
CHIPS + DIP	CHIPS + DIP	
ELOTES	ELOTES	<b>SALADS</b>
PIEROGIES	PIEROGIES	FRISEE SALAD
<i>no sausage</i>	<i>no sausage</i>	<i>no bacon, egg, feta</i>
GARLIC SHRIMP	FONDUMENTALE	
FONDUMENTALE	NACHO POLLO	<b>SANDWICHES</b>
NACHO POLLO	<i>no chicken</i>	EGGPLANT CAPRESE
<i>no chicken</i>		<i>no cheese</i>
	<b>SALADS</b>	
<b>SALADS</b>	FRISEE SALAD	<b>SOUPS</b>
CAESAR SALAD	<i>no bacon</i>	STRAIGHT UP TOMATO
FRISEE SALAD		
<i>no bacon</i>	<b>SOUPS</b>	<b>CLASSICS</b>
	STRAIGHT UP TOMATO	RATATOUILLE
<b>SOUPS</b>		<i>no cheese</i>
STRAIGHT UP TOMATO	<b>SANDWICHES</b>	PASTA E FAGIOLI
CRAB BISQUE	GOOEY GRILLERS	<i>no cheese</i>
	BIKINI GRILLERS	
<b>SANDWICHES</b>	EGGPLANT CAPRESE	<b>SIDES</b>
GOOEY GRILLERS		
BIKINI GRILLERS	<b>CLASSICS</b>	<b>DESSERTS</b>
EGGPLANT CAPRESE	MAC + CHEESE	
	RATATOUILLE	
<b>CLASSICS</b>	PASTA E FAGIOLI	
MAC + CHEESE		
RATATOUILLE	<b>SIDES</b>	
PASTA E FAGIOLI	BISCUITS	
	<i>no bacon marmalade</i>	
<b>SIDES</b>	MASHED POTATOES	
BISCUITS	ROAST POTATOES	
<i>no bacon marmalade</i>	MINI MAC + CHEESE	
MASHED POTATOES		
ROAST POTATOES	<b>DESSERTS</b>	
MINI MAC + CHEESE	ALL DESSERTS	
<b>DESSERTS</b>		
ALL DESSERTS		

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

<b>BOURSIN</b> <b>V G D</b> CREAM CHEESE GOAT CHEESE SOUR CREAM GREEN ONION PARSLEY FETA DRIED CHIVES GRANULATED GARLIC SALT PEPPER <i>FINISH</i> CHIVES HARDBITE CHIPS	<b>ELOTES</b> <b>D</b> CORN RIBS TAJIN CANOLA OIL <i>FINISH</i> CILANTRO LIME MAYO SALSA VERDE FETA LIME PICKLED RED ONIONS  <b>CILANTRO LIME MAYO</b> <b>D</b> MAYO LIME JUICE SOUR CREAM CILANTRO SALT	<b>GARLIC SHRIMP</b> <b>S G D</b> WILD RED SHRIMP <i>FINISH</i> OLIVE OIL CHERRY TOMATOES GARLIC BUTTER HOUSE BREAD HERB BUTTER PARSLEY LEMON  <b>GARLIC BUTTER</b> <b>G D</b> OLIVE OIL GARLIC BUTTER LEMON JUICE SMOKED PAPRIKA CHILI FLAKES SALT	<b>FONDUEMENTALE</b> <b>V G D</b> WHITE WINE WHITE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE CHEESE MIX KIRSCH <i>FINISH</i> HOUSE BREAD TOMATO APPLES GRAPES
<b>HARDBITE CHIPS</b> <b>V</b> POTATOES SEA SALT CANOLA OIL			

<b>PIEROGI</b> <b>F D G</b> PIEROGI DUMPLINGS FARMERS SAUSAGE GRAINY MUSTARD BUTTER SOUR CREAM CHIVES	<b>BBQ RIBS</b> <b>G TG*</b> PORK BACK RIBS <i>FINISH</i> HOUSE BBQ SAUCE PICKLED CARROTS PARSLEY PEPPER	<b>JERK WINGS</b> <b>G D</b> CHICKEN WINGS <i>FINISH</i> JERK SAUCE PICKLED RADISH CILANTRO LIME MAYO LIME WEDGE	<b>NACHOS POLLO</b> <b>G D</b> TORTILLA CHIPS POBLANO MIX PULLED CHICKEN CHEDDAR MIX SALSA VERDE SOUR CREAM PICKLED RED ONION CHIVES
<b>PIEROGI DUMPLINGS</b> <b>F D G</b> FLOUR POTATO CHEDDAR VEG OIL SALT ANNATO	<b>PORK BACK RIBS</b> <b>G</b> PORK BACK RIBS ONION GARLIC RED PEPPER PAPRIKA EXTRACT SALT DEXTROSE	<b>CHICKEN WINGS</b> CHICKEN SALT RICE STARCH TAPIOCA STARCH SODIUM PHOSPHATE	<b>POBLANO MIX</b> <b>V D</b> POBLANO PEPPERS WHITE ONION CANOLA OIL LIME JUICE CREAM CHEESE SOUR CREAM CUMIN SALT CILANTRO
<b>FARMERS SAUSAGE</b> PORK WATER SALT SPICES BROWN SUGAR NATURAL FLAVOURS ARTIFICIAL FLAVOURS PRESERVATIVES	<b>HOUSE BBQ SAUCE</b> <b>G TG*</b> WHITE ONION GARLIC COFFEE SOY SAUCE KETCHUP RED WINE VINEGAR MOLASSES CHIPOTLE PUREE* BROWN SUGAR CHILI POWDER PEPPER SALT	<b>JERK SAUCE</b> <b>V G D</b> MATOUKS HOT SAUCE SOY SAUCE MOLASSES KETCHUP ORANGE JUICE ALLSPICE CUMIN THYME NUTMEG	<b>SALSA VERDE</b> <b>V G</b> TOMATILLO POBLANO PEPPERS WHITE ONION GARLIC CILANTRO JALAPENOS CUMIN SUGAR LIME JUICE SALT
<b>GRAINY MUSTARD BUTTER</b> <b>D</b> BUTTER GRAINY DIJON MUSTARD MARJORAM CHIVES			



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<b>FRENCH ONION</b>	<b>MAC &amp; CHEESE</b>	<b>CAESAR DRESSING</b>	<b>DIJON VINAIGRETTE</b>
<b>G</b>	<b>V D F</b>	<b>G S *TG</b>	<b>V</b>
ONION GARLIC RED WINE VEG OIL BEEF BROTH SALT PEPPER	TROTTOLE VEG OIL CREAM MILK ONION NUTMEG SALT PEPPER BUTTER FLOUR CHEDDAR MIX	EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE WHITE WINE VINEGAR WORCESTERSHIRE*	DIJON MUSTARD GREEN ONION FRESH PARSLEY APPLE CIDER VINEGAR APPLE JUICE HONEY TURMERIC SALT PEPPER CANOLA OIL
<b>FINISH F</b>	<b>FINISH</b>		
BREAD CHEESE MIX	CHEDDAR MIX PERSILLADE	CAYENNE OLIVE OIL CANOLA OIL PEPPER SALT	
	<b>CARNITAS STYLE</b>	<b>CAESAR SALAD</b>	<b>FRISÉE SALAD</b>
	<b>G TG*</b>	<b>G S *TG</b>	
	PULLED PORK HOUSE BBQ SAUCE*	CRISTOBAL ROMAINE CAESAR DRESSING PULLED CHICKEN PICKLED GRAPES PERSILLADE GRANA PADANO LEMON WEDGE	GREENS MIX DIJON VINAIGRETTE CHERRY TOMATO CUCUMBER BACON SOFT EGG GRATED FETA HERB OIL CHIVES

<b>CHICKEN POT PIE</b>	<b>BOURGUIGNON</b>	<b>RATATOUILLE</b>	<b>PASTA E FAGIOLI</b>
<b>G F D</b>	<b>G D</b>	<b>G V</b>	<b>V G</b>
CHICKEN BREAST BUTTON MUSHROOM WILD MUSHROOMS PEARL ONIONS CANOLA OIL PEAS BUTTER FLOUR POTATOES RUTABAGA ONION CELERY GARLIC WHITE WINE CHICKEN STOCK WHIPPING CREAM DIJON MUSTARD DRY THYME PEPPER SALT FRESH ROSEMARY FRESH PARSLEY	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	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	TROTOLLE PASTA OLIVE OIL ONION CELERY RUTABEGA GARLIC TOMATO PASTE WHITE WINE CANNELINI BEANS OREGANO FENNEL SEED DRY CHILIES SALT PEPPER PARMESAN ZUCCHINI FRESH PARSLEY FRESH BASIL FRESH ROSEMARY
<b>FINISH</b>	<b>FINISH</b>	<b>FINISH F D</b>	<b>FINISH</b>
PUFF PASTRY EGGS ROSEMARY PEPPER SALT FRESH PARSLEY	MASHED POTATOES BACON PARSLEY HERB OIL	PERSILLADE GOAT CHEESE PARSLEY OLIVE OIL	GRANA PADANO PARSLEY HERB OIL

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<b>CHEESECAKE</b> <b>V D</b> CREAM CHEESE SUGAR CHERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH <i>FINISH F</i> GRAHAM CRUMB	<b>CHOCOLATE FONDUE</b> <b>V D</b> WHIPPING CREAM CHOCOLATE INSTANT COFFEE WINTER SPICE CAYENNE <i>FINISH</i> CHURROS	<b>CHOCOLATE MOUSSE</b> <b>V D</b> WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE <i>FINISH</i> WHIPPED CREAM	<b>PEACH BROWN BETTY</b> <b>V D</b> PEACHES BROWN SUGAR CORN STARCH BUTTER HOUSE BREAD <i>FINISH</i> ICE CREAM
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<b>GRAHAM CRUMB</b> <b>V D F</b> FLOUR OIL SALT HONEY BAKING SODA ARTIFICIAL FLAVOR PRESERVATIVES SUGAR BUTTER
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<b>CHURROS</b> <b>F</b> CORN FLOUR SUGAR VEG OIL WHEAT STARCH EGGS CINNAMON SALT FLAVOUR
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<b>ICE CREAM</b> <b>D</b> MILK CREAM SUGAR EGG YOLK VANILLA BEAN
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<b>BISCUITS</b> <b>V D F</b> FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK <i>FINISH</i> BACON MARMALADE HERB BUTTER	<b>ROAST POTATOES</b> <b>V</b> RED POTATOES OLIVE OIL TRUFFLE OIL SALT ROSEMARY <i>FINISH D</i> GRANA PADANO PARSLEY	<b>MASHED POTATOES</b> <b>V D</b> POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER PARSLEY	<b>PERSILLADE</b> <b>F G</b> PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL
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<b>HERB BUTTER</b> <b>D</b> BUTTER BASIL PARSLEY CHIVES
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<b>CHICKEN STOCK</b> CHICKEN BROTH AND FAT CORN STARCH SALT / SUGAR / SPICES YEAST EXTRACT CITRIC ACID / FLAVOUR
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<b>BEEF STOCK</b> BEEF BROTH AND FAT SALT / SUGAR / FLAVOUR ONION POWDER YEAST EXTRACT MALTODEXTRIN
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<b>VEGETABLE STOCK</b> <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
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<b>HERB OIL</b> <b>D</b> CANOLA OIL PARSLEY CHIVES BASIL SALT
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<b>CHEESE MIX</b> <b>V D</b> MOZZARELLA SWISS GOUDA	<b>CHEDDAR MIX</b> <b>V D</b> MOZZARELLA CHEDDAR JACK	<b>CIABATTA BREAD</b> <b>V F</b> FLOUR YEAST SALT CANOLA OIL	<b>HOUSE BREAD</b> <b>V F</b> FLOUR YEAST SALT MALTED BARLEY FLOUR
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<b>PICKLED CARROTS</b> <b>V</b> CARROTS VINEGAR SUGAR SALT	<b>PICKLED ONIONS</b> <b>V</b> RED ONION VINEGAR SUGAR SALT	<b>PICKLED RADISHES</b> <b>V</b> RADISHES VINEGAR SUGAR SALT	<b>PICKLED GRAPES</b> <b>V</b> RED GRAPES VINEGAR SUGAR SALT
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