



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.

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

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

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

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

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

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

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TOMATO SOUP	CRAB BISQUE	SUNSET CORN	TOM KAH GAI
V G	G D S *TG	G D *TG	G S
TOMATO	OLIVE OIL	CHICKEN BREAST	WHITE ONION
ROMA TOMATO	WHITE ONION	CHIPOTLE PASTE*	GARLIC GINGER
RED ONION	YAMS CELERY GARLIC	CORN	LEMON GRASS
GARLIC	RED PEPPERS	WHITE ONION	KAFFIR LIME LEAVES
TOMATO PASTE	WHITE WINE	GREEN ONION	THAI RED CHILI
BROWN SUGAR	TOMATO PASTE	YAMS GARLIC	TOMATO PASTE
RED WINE VINEGAR	LOBSTER BASE*	CHICKEN STOCK	CILANTRO
OLIVE OIL	FENNEL SEED	OREGANO	FISH SAUCE
SALT PEPPER	SALT PEPPER	SALT CUMIN	COCONUT MILK
RED WINE	WHIPPING CREAM	TURMERIC	CHICKEN STOCK
FINISH	CRAB MEAT	WHIPPING CREAM	WHITE SUGAR
OLIVE OIL	PARSLEY BASIL	CILANTRO	SALT LIME JUICE
	FINISH	FINISH	CHICKEN BREAST
	PARSLEY	CHIVES	WILD MUSHROOMS
	LEMON WEDGE	SOUR CREAM	BABY BOK CHOY
		LIME WEDGE	CANOLA OIL
			FINISH
			LIME WEDGE
			HERB OIL

GRILLED CHEESE	EGGPLANT CAPRESE		
F V D	F G D		
BUTTER	CIABATTA		
HOUSE BREAD	EGGPLANT	TASTY CHICKEN	
CHEESE MIX	OLIVE OIL	F D	
CHEDDAR MIX	SALT PEPPER	CIABATTA	
	ROASTED PEPPERS	ROAST CHICKEN	EL CUBANO
	FIOR DI LATTE MOZZA	BACON BRIE CHEESE	F G D TG*
DIABLO MIX	OLIVE TAPENADE	ONION JAM APPLE	CIABATTA
G *TG	PUMPKIN SEED PESTO	HOUSE MAYO	PULLED PORK
RED PEPPERS	BALSAMIC SYRUP		CAPICOLLO*
RED ONION	BASIL	HOUSE MAYO	RELISH
CHIPOTLE PUREE*			CHEESE MIX
CANOLA OIL	OLIVE TAPENADE	EGG DIJON	
LIME JUICE SALT	G	WHITE SUGAR	RELISH
CHORIZO*	PITTED BLACK OLIVES	PEPPER SALT	G
CILANTRO CUMIN	SUN DRIED TOMATOES	VINEGAR	GARLIC OIL
CREAM CHEESE	GARLIC GREEN ONIOB	SOYBEAN OIL	CORNICHONS
	BASIL PARSLEY		GRAINY DIJON
BIKINI MIX	OLIVE OIL LEMON	ONION JAM	HONEY SALT
	CHILIES SUGAR	V	
WILD MUSHROOMS		RED ONION	PULLED PORK
BUTTON MUSHROOMS	PUMPKIN SEED PESTO	BALSAMIC	G
WHITE ONION GARLIC	G	SALT PEPPER	PORK BUTT
CANOLA OIL	OLIVE OIL VEG OIL		WHITE ONION
FRESH PARSLEY	BASIL GARLIC	ROAST CHICKEN	GARLIC
FRESH ROSEMARY	PARSLEY		RED WINE VINEGAR
CREAM CHEESE	PUMPKIN SEED	CHICKEN BREAST	ORANGE JUICE
TRUFFLE OIL	LEMON JUICE	OLIVE OIL	CHILI POWDER
SALT PEPPER	SALT PEPPER	PEPPER SALT	SALT PEPPER

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FRENCH ONION	MAC & CHEESE	CAESAR DRESSING	DIJON VINAIGRETTE
G	V D F	G S *TG	V
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
FINISH F	FINISH		
BREAD CHEESE MIX	CHEDDAR MIX PERSILLADE	CAYENNE OLIVE OIL CANOLA OIL PEPPER SALT	
	CARNITAS STYLE	CAESAR SALAD	FRISÉE SALAD
	G TG*	G S *TG	
	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

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

CHEESE MIX V D MOZZARELLA SWISS GOUDA	CHEDDAR MIX V D MOZZARELLA CHEDDAR JACK	CIABATTA BREAD V F FLOUR YEAST SALT CANOLA OIL	HOUSE BREAD V F FLOUR YEAST SALT MALTED BARLEY FLOUR
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PICKLED CARROTS V CARROTS VINEGAR SUGAR SALT	PICKLED ONIONS V RED ONION VINEGAR SUGAR SALT	PICKLED RADISHES V RADISHES VINEGAR SUGAR SALT	PICKLED GRAPES V RED GRAPES VINEGAR SUGAR SALT
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