



Ingredient and Sensitivity Guide Harvest 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
HAPPY HOUR	HAPPY HOUR	HAPPY HOUR	HAPPY HOUR
OLIVES	OLIVES BURNT ENDS	OLIVES	
STARTERS	POMODORO FLATBREAD	STARTERS	STARTERS
CHIPS + DIP	<i>no cheese</i>	BISCUITS	BISCUITS
GAMBAS	TAPENADE FLATBREAD	PIEROGIES	<i>no herb butter</i>
<i>no bread</i>	<i>no cheese</i>		GAMBAS
CHICKEN WINGS		SALADS	<i>no herb butter on bread</i>
BRIE FONDUE	STARTERS	FAB SALAD	CHICKEN WINGS
<i>sub potato chips</i>	CHICKEN WINGS	SIDE BISTRO SALAD	<i>no chive garnish</i>
MUSSELS	<i>no cheese</i>		BRIE FONDUE
<i>no bread</i>	BBQ RIBS	SANDWICHES	
		GOOEY GRILLERS	SALADS
SALADS	SALADS	DIABLO GRILLERS	ALL SALADS
FAB SALAD	ALL SALADS	TASTY CHICKEN	<i>sub olive oil and balsamic</i>
SIDE BISTRO SALAD	<i>no cheese</i>		<i>no onions</i>
		CLASSICS	
SOUPS	SOUPS	MAC + CHEESE	SANDWICHES
STRAIGHT UP TOMATO	STRAIGHT UP TOMATO		GOOEY CHEESE GRILLERS
MUSHROOM MEDLEY		SIDES	<i>no coleslaw</i>
	SANDWICHES	SIDE MAC + CHEESE	TASTY CHICKEN
CLASSICS	TASTY CHICKEN	MASHED POTATOES	<i>no onion jam, no coleslaw</i>
RATATOUILLE	<i>no cheese</i>	BRUSSEL SPROUTS	EGGPLANT CAPRESE
<i>no persillade</i>	EGGPLANT CAPRESE	ESQUITES	<i>no tapenade, no coleslaw</i>
BEEF BOURGUIGNON	<i>no cheese</i>		
	EL CUBANO	DESSERTS	CLASSICS
SIDES	<i>no cheese</i>	ALL DESSERTS	
MASHED POTATOES			SIDES
BRUSSEL SPROUTS	CLASSICS		MASHED POTATOES
ESQUITES	BEEF BOURGUIGNON		<i>no chives</i>
	<i>no mash</i>		BRUSSEL SPROUTS
DESSERTS	RATATOUILLE		DESSERTS
CHOCOLATE MOUSSE	<i>no cheese</i>		ALL DESSERTS
CHEESECAKE	JAMBALAYA		
<i>no graham crumbs</i>			
ICE CREAM	SIDES		
	BRUSSEL SPROUTS		
	<i>no cheese</i>		
	ESQUITES		
	<i>no cheese</i>		

EGG	FISH / SHELLFISH	PEANUT / TREE NUT	SOY
HAPPY HOUR	HAPPY HOUR	HAPPY HOUR	HAPPY HOUR
ALL ITEMS	ALL ITEMS	ALL ITEMS	OLIVES ALL FLATBREADS
STARTERS	STARTERS	STARTERS	STARTERS
ALL STARTERS	CHIPS + DIP PIEROGIES	ALL STARTERS	CHIPS + DIP PIEROGI
SALADS	CHICKEN WINGS	SALADS	GAMBAS CHICKEN WINGS
ALL SALADS	BBQ RIBS	ALL SALADS	BRIE FONDUE
<i>no caesar dressing</i>	BRIE FONDUE	SOUPS	MUSSELS
SOUPS	SALADS	ALL SOUPS	SALADS
ALL SOUPS	ALL SALADS	SANDWICHES	ALL SALADS
SANDWICHES	<i>no caesar dressing</i>	ALL SANDWICHES	SOUPS
GOOEY GRILLERS	SOUPS	CLASSICS	ALL SOUPS
DIABLO GRILLERS	STRAIGHT UP TOMATO	ALL CLASSICS	SANDWICHES
BIKINI GRILLERS	SUNSET CORN	SIDES	GOOEY GRILLERS DIABLO GRILLERS
TASTIER CHICKEN	MUSHROOM MEDLEY	ALL SIDES	BIKINI GRILLERS EL CUBANO
<i>no mayonnaise</i>	SANDWICHES	DESSERTS	EL CUBANO
EL CUBANO	ALL SANDWICHES	ALL DESSERTS	<i>no mayonnaise</i> TASTIER CHICKEN
<i>no mayonnaise</i>	CLASSICS		<i>no mayonnaise</i> EGGPLANT CAPRESE
EGGPLANT CAPRESE	FRENCH ONION		CLASSICS
CLASSICS	MAC + CHEESE		ALL CLASSICS CARNITAS MAC
ALL CLASSICS	RATATOUILLE		<i>no bbq sauce</i>
CHICKEN POT PIE	BEEF BOURGUIGNON		SIDES
<i>no pie crust</i>	CHICKEN POT PIE		ALL SIDES
SIDES	SHEPHERDS PIE		DESSERTS
ALL SIDES	JAMBALAYA		ALL DESSERTS
DESSERTS	<i>no seafood</i>		
CHOCOLATE MOUSSE	SIDES		
CHERRY CHEESECAKE	ALL SIDES		
APPLE PANDOWDY	DESSERTS		
	ALL DESSERTS		

PESCATARIAN - OVL	VEGETARIAN - OVL	VEGAN
HAPPY HOUR OLIVES POMODORO FLATBREAD TAPENADE FLATBREAD	HAPPY HOUR OLIVES POMODORO FLATBREAD TAPENADE FLATBREAD	HAPPY HOUR OLIVES TAPENADE FLATBREAD <i>no cheese</i>
STARTERS CHIPS + DIP BISCUITS <i>no bacon marmalade</i> PIEROGIES <i>no sausage</i> GARLIC SHRIMP BRIE FONDUE MUSSELS <i>no bacon</i>	STARTERS CHIPS + DIP BISCUITS <i>no bacon marmalade</i> PIEROGIES <i>no sausage</i> BRIE FONDUE <i>no chicken</i>	STARTERS SALADS SIDE BISTRO SALAD SANDWICHES EGGPLANT CAPRESE <i>no cheese</i>
SALADS CAESAR SALAD FAB SALAD <i>no bacon, sub vinaigrette</i> SIDE BISTRO SALAD	SALADS FAB SALAD <i>no bacon, sub dressing</i> SIDE BISTRO SALAD	SOUPS STRAIGHT UP TOMATO
SOUPS STRAIGHT UP TOMATO CRAB BISQUE MUSHROOM MEDLEY	SOUPS STRAIGHT UP TOMATO MUSHROOM MEDLEY	CLASSICS RATATOUILLE <i>no cheese</i>
SANDWICHES GOOEY GRILLERS BIKINI GRILLERS EGGPLANT CAPRESE	SANDWICHES GOOEY GRILLERS BIKINI GRILLERS EGGPLANT CAPRESE	SIDES
CLASSICS MAC + CHEESE RATATOUILLE	CLASSICS MAC + CHEESE RATATOUILLE	DESSERTS
SIDES MASHED POTATOES ESQUITES BRUSSEL SPROUTS <i>no bacon</i> MINI MAC + CHEESE	SIDES MASHED POTATOES ESQUITES BRUSSEL SPROUTS <i>no bacon</i> MINI MAC + CHEESE	
DESSERTS ALL DESSERTS	DESSERTS ALL DESSERTS	

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

OLIVES CASTELVELTRANO OLIVES HERB OIL CHILIES LEMON ZEST	ANDOUILLE SAUSAGE D F G PORK MILK FLOUR SALT SPICES GARLIC SMOKE	FLATBREAD D F FLOUR YEAST SOYBEAN OIL CANOLA OIL SUGAR SALT OLIVE OIL SEMOLINA PRESERVATIVES	POMODORO D F G FLATBREAD HOUSE BOURSIN TOMATO BASIL OLIVE OIL BALSAMIC
BURNT ENDS G D F ANDOUILLE SAUSAGE SMOKED SAUSAGE CHORIZO SAUSAGE BBQ SAUCE PICKLES	CHORIZO SAUSAGE G PORK SPICES CORNSTARCH SUGAR GARLIC POWDER	TAPENADE D F G FLATBREAD HOUSE TAPENADE FETA HERB OIL	MORTADELLA D F G FLATBREAD HOUSE PESTO MORTADELLA PEPPERONCINI VIN
BOURSIN G D CREAM CHEESE GOAT CHEESE SOUR CREAM GREEN ONION PARSLEY FETA DRIED CHIVES GRANULATED GARLIC SALT PEPPER FINISH CHIVES HARDBITE CHIPS	PIEROGI F D G PIEROGI DUMPLINGS SMOKED SAUSAGE GRAINY MUSTARD BUTTER SOUR CREAM CHIVES	GARLIC SHRIMP S G D WILD RED SHRIMP FINISH OLIVE OIL CHERRY TOMATOES GARLIC BUTTER HOUSE BREAD HERB BUTTER PARSLEY LEMON	MORTADELLA SAUSAGE D F G PORK SALT SUGAR SKIM MILK POWDER SPICES
	PIEROGI DUMPLINGS F D G FLOUR POTATO CHEDDAR VEG OIL SALT ANNATO	GARLIC BUTTER G D OLIVE OIL GARLIC BUTTER LEMON JUICE SMOKED PAPRIKA CHILI FLAKES SALT	
	GRAINY MUSTARD BUTTER D BUTTER GRAINY DIJON MUSTARD MARJORAM CHIVES		BBQ RIBS G TG* PORK BACK RIBS FINISH HOUSE BBQ SAUCE PICKLES PARSLEY PEPPER
HOT HONEY WINGS G D CHICKEN WINGS FINISH BUTTER HOT HONEY SAUCE BLUE CHEESE CHIVES	MUSSELS COCOTTE S G D BUTTER WHITE ONION GARLIC WHIPPING CREAM WHITE WINE SALT PEPPER PARSLEY FRESH THYME DIJON MUSTARD	BRIE FONDUE G D GARLIC HONEY WHITE WINE BRIE APPLE JUICE SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE FINISH HOUSE BREAD APPLES GRAPES CHERRY TOMATOES	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	FINISH MUSSELS BACON WHITE WINE PARSLEY HOUSE BREAD HERB BUTTER		HOUSE BBQ SAUCE G TG* ONION GARLIC COFFEE KETCHUP SOY SAUCE MOLASSES RED WINE VINEGAR CHIPOTLE PUREE* BROWN SUGAR CHILI POWDER PEPPER SALT
HOT HONEY SAUCE G SRIRACHA HONEY RED WINE VINEGAR SOY SAUCE WHITE SUGAR			

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TOMATO SOUP	CRAB BISQUE	SUNSET CORN	MUSHROOM MEDLEY
G	G D S *TG	G D *TG	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 MUSHROOM
TOMATO PASTE	WHITE WINE	GREEN ONION	OYSTER MUSHROOM
BROWN SUGAR	TOMATO PASTE	YAMS GARLIC	PORTOBELLOS
RED WINE VINEGAR	LOBSTER BASE*	CHICKEN STOCK	SHIITAKE MUSHROOM
OLIVE OIL	FENNEL SEED	OREGANO	WHIP CREAM
SALT PEPPER	SALT PEPPER	SALT CUMIN	VEG STOCK
RED WINE	WHIPPING CREAM	TURMERIC	WHITE WINE
FINISH	CRAB MEAT	WHIPPING CREAM	DRY THYME
OLIVE OIL	PARSLEY BASIL	CILANTRO	SALT PEPPER
	FINISH	FINISH	FRESH PARSLEY
	PARSLEY	CHIVES	GREEN ONION
	LEMON WEDGE	SOUR CREAM	TRUFFLE OIL
		LIME WEDGE	FINISH
			PARSLEY

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

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CAESAR DRESSING	BACON VINAIGRETTE	DIJON VINAIGRETTE	PEPPERONCINI VIN
G S *TG EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE CAYENNE WHITE WINE VINEGAR WORCESTERSHIRE* OLIVE OIL VEG OIL PEPPER SALT	BACON ONION GREEN ONION PARSLEY THYME BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE SALT PEPPER CANOLA OIL	DIJON MUSTARD GREEN ONION FRESH PARSLEY APPLE CIDER VINEGAR APPLE JUICE HONEY TURMERIC SALT PEPPER CANOLA OIL	PEPPERONCINI GREEN ONION PARSLEY SUGAR SALT
			COLESLAW
			CABBAGE PARSLEY PEPPERONCINI VIN
CAESAR SALAD	FAB SALAD	SIDE BISTRO SALAD	PICKLED ONIONS
F G S *TG KALE PERSILLADE GRANA PADANO PARSLEY LEMON	D GREENS BACON APPLE FETA PARSLEY PICKLED RED ONION	GREENS TOMATO CUCUMBER PARSLEY PICKLED RED ONION	RED ONION VINEGAR SUGAR SALT

PERSILLADE
F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL

CHICKEN POT PIE	BOURGUIGNON	RATATOUILLE	JAMBALAYA
G F D CHICKEN BREAST BUTTON MUSHROOM WILD MUSHROOMS PEARL ONIONS CANOLA OIL PEAS BUTTER FLOUR RUTABAGA ONION CELERY GARLIC WHITE WINE CHICKEN STOCK WHIPPING CREAM DIJON MUSTARD DRY THYME PEPPER SALT FRESH ROSEMARY FRESH PARSLEY	G D 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	G 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	G S CHICKEN BREAST ANDOUILLE SAUSAGE VEG OIL GARLIC ONION CELERY BELL PEPPERS OKRA DICED TOMATOES TOMATO PASTE CHICKEN STOCK SALT PEPPER PAPRIKA THYME OREGANO ALLSPICE CAYENNE
FINISH PUFF PASTRY EGGS ROSEMARY PEPPER SALT FRESH PARSLEY	FINISH MASHED POTATOES BACON PARSLEY HERB OIL	FINISH F D PERSILLADE GOAT CHEESE PARSLEY OLIVE OIL	FINISH S BROWN RICE PRAWNS MUSSELS HERB OIL CHIVES

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FRENCH ONION G ONION GARLIC RED WINE VEG OIL BEEF BROTH SALT PEPPER <i>FINISH F</i> BREAD CHEESE MIX	MAC & CHEESE D F TROTTOLE VEG OIL CREAM MILK ONION NUTMEG SALT PEPPER BUTTER FLOUR CHEDDAR MIX <i>FINISH</i> CHEDDAR MIX PERSILLADE CARNITAS STYLE G TG* PULLED PORK HOUSE BBQ SAUCE*	SHEPHERD PIE G D TG* TS* LAMB BEEF BEER ONION CELERY GARLIC RUTABEGA PEAS ROSEMARY PARSLEY WORCESTER SAUCE** BEEF STOCK SALT PEPPER POTATO STARCH MASHED POTATOES CHEDDAR MIX <i>FINISH</i> 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

CHEESECAKE D CREAM CHEESE SUGAR CHERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH <i>FINISH F</i> GRAHAM CRUMB	CHOCOLATE MOUSSE D WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE <i>FINISH</i> WHIPPED CREAM ICE CREAM D MILK CREAM SUGAR EGG YOLK VANILLA BEAN	APPLE PANDOWDY D BROWN SUGAR BUTTER CREAM APPLE CORNSTARCH PUFF PASTRY CINNAMON <i>FINISH</i> ICE CREAM	BANANA B PUDDING 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 V D F FLOUR OIL SALT HONEY BAKING SODA SUGAR BUTTER			

MASHED POTATOES D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER CHIVES	ESQUITES CANOLA OIL FROZEN CORN POBLANO PEPPERS CHILI POWDER SALT CILANTRO GREEN ONION <i>FINISH D</i> PICKLED ONION FETA CHIVES TAJIN SEASONING	BRUSSEL SPROUTS BRUSSEL SPROUTS VEG OIL SALT PEPPER <i>FINISH D</i> BACON BALSAMIC BLUE CHEESE BACON MARMALADE BACON MARMALADE BALSAMIC VINEGAR	BISCUITS D F FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK <i>FINISH</i> BACON MARMALADE HERB BUTTER
HERB BUTTER D BUTTER BASIL PARSLEY CHIVES			

CHEESE MIX D MOZZARELLA SWISS GOUDA	CHEDDAR MIX D MOZZARELLA CHEDDAR JACK	CIABATTA BREAD F FLOUR YEAST SALT CANOLA OIL	HOUSE BREAD F FLOUR YEAST SALT MALTED BARLEY FLOUR
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