



Ingredient and Sensitivity Guide Summer 2024

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.

IMPORTANT - OUR FRYER OIL IS SHARED - PLEASE INFORM YOUR SERVER IN CASE OF SEVERE ALLERGIES

PEANUT / TREE NUT	GLUTEN	DAIRY	FISH / SHELLFISH
STARTERS	STARTERS	STARTERS	STARTERS
ALL STARTERS	BRUSSELS SPROUTS	BRUSSELS SPROUTS no cheese	BISCUITS HUMMUS PIEROGI MINI MEATBALLS BRIE FONDUE
SALADS	SALADS	MINI MEATBALLS TORPEDO SHRIMP	
ALL SALADS	BISTRO SALAD FAB SALAD CAESAR SALAD		
SOUPS	no pangrattata	SALADS	SALADS
ALL SOUPS		ALL SALADS no cheese	BISTRO SALAD FAB SALAD
SANDWICHES	SOUPS	SOUPS	SOUPS
ALL SANDWICHES	ALL SOUPS no side bread	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO SUNSET CORN MUSHROOM MEDLEY
CLASSICS	SANDWICHES	SANDWICHES	
ALL CLASSICS		TASTY CHICKEN no cheese	
SIDES	COMFORT FOOD	EGGPLANT PARM no cheese	SANDWICHES
ALL SIDES	BEEF BOURGUIGNON BUTTER CHICKEN no naan	EL CUBANO no cheese	ALL SANDWICHES
DESSERTS	KENTUCKY BURGOO no biscuits sub rice	COMFORT FOOD	COMFORT FOOD
ALL DESSERTS		BEEF BOURGUIGNON no mash	FRENCH ONION MAC + CHEESE BEEF BOURGUIGNON BUTTER CHICKEN JAMBALAYA <i>no prawns</i> KENTUCKY BURGOO
	SIDES	KENTUCKY BURGOO no cheese / no biscuits	
	DESSERTS	SIDES	SIDES
	CHOCOLATE MOUSSE ICE CREAM CHEESECAKE no graham crumbs	BASMATI RICE	ALL SIDES
			DESSERTS
			ALL DESSERTS

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GARLIC	ONION	SOY	EGG
STARTERS	STARTERS	STARTERS	STARTERS
BISCUITS	BISCUITS	BISCUITS	BISCUITS
PIEROGIES	no herb butter	HUMMUS	PIEROGI
BRUSSELS SPROUTS	HUMMUS	BRUSSELS SPROUTS	BRUSSELS SPROUTS
CORN RIBS	BRUSSELS SPROUTS	PIEROGI	MEATBALLS
	CORN RIBS	BRIE FONDUE	BRIE FONDUE
	BRIE FONDUE		
SALADS	SALADS	SALADS	SALADS
FAB SALAD	BISTRO SALAD	BISTRO SALAD	BISTRO SALAD
	no onion	FAB SALAD	FAB SALAD
SANDWICHES	sub balsamic / olive oil		
GOOEY GRILLERS	FAB SALAD	SOUPS	SOUPS
TASTY CHICKEN	no onion	ALL SOUPS	ALL SOUPS
	sub balsamic / olive oil		
COMFORT FOOD	SANDWICHES	SANDWICHES	SANDWICHES
MAC + CHEESE	GOOEY GRILLERS	GOOEY GRILLERS	GOOEY GRILLERS
no pangratatta	TASTY CHICKEN	DIABLO GRILLERS	DIABLO GRILLERS
	no onion jam	TASTY CHICKEN	TASTY CHICKEN
SIDES	COMFORT FOOD	<i>no mayo</i>	<i>no mayo</i>
SIDE MAC + CHEESE	SIDES	EL CUBANO	EL CUBANO
no pangratatta	MASHED POTATOES	<i>no mayo</i>	<i>no mayo</i>
MASHED POTATOES	no chives	EGGPLANT PARM	EGGPLANT PARM
DESSERTS	DESSERTS	COMFORT FOOD	COMFORT FOOD
ALL DESSERTS	ALL DESSERTS	FRENCH ONION	FRENCH ONION
		MAC + CHEESE	MAC + CHEESE
		<i>no carnitas</i>	BEEF BOURGUIGNON
		BEEF BOURGUIGNON	BUTTER CHICKEN
		BUTTER CHICKEN	JAMBALAYA
		JAMBALAYA	KENTUCKY BURGOO
		KENTUCKY BURGOO	CHICKEN DIJON
		SIDES	SIDES
		ALL SIDES	ALL SIDES
		DESSERTS	DESSERTS
		ALL DESSERTS	CHOCOLATE MOUSSE
			CHEESECAKE

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VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
BRUSSELS SPROUTS <i>no bacon no parmesan</i>	BISCUITS HUMMUS BRUSSELS SPROUTS <i>no bacon</i>	BISCUITS HUMMUS BRUSSELS SPROUTS <i>no bacon</i>
SALADS	SALADS	SALADS
BISTRO SALAD	PIEROGIES <i>no sausage</i>	PIEROGIES <i>no sausage</i>
SANDWICHES	SANDWICHES	SANDWICHES
EGGPLANT PARM <i>no cheese</i>	CORN RIBS BRIE FONDUE	CORN RIBS TORPEDO SHRIMP BRIE FONDUE
SOUPS	SOUPS	SOUPS
STRAIGHT UP TOMATO	BISTRO SALAD	BISTRO SALAD CAESAR SALAD
COMFORT FOOD	COMFORT FOOD	COMFORT FOOD
KENTUCKY BURGOO <i>no cheese sub rice</i>	STRAIGHT UP TOMATO MUSHROOM MEDLEY	STRAIGHT UP TOMATO CRAB BISQUE MUSHROOM MEDLEY
SIDES	SIDES	SIDES
BASMATI RICE	GOOEY GRILLERS EGGPLANT PARM	GOOEY GRILLERS EGGPLANT PARM
DESSERTS	DESSERTS	DESSERTS
	MAC + CHEESE KENTUCKY BURGOO	MAC + CHEESE KENTUCKY BURGOO
	SIDES	SIDES
	MASHED POTATOES MINI MAC + CHEESE BASMATI RICE NAAN	MASHED POTATOES MINI MAC + CHEESE BASMATI RICE NAAN
	DESSERTS	DESSERTS
	ALL DESSERTS	ALL DESSERTS

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BISCUITS	HUMMUS	PIEROGI	BRUSSEL SPROUTS
D F	V G	F D G	D
FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK	GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN SEED SALT PEPPER CANOLA OIL LEMON JUICE	PIEROGI DUMPLINGS SMOKED SAUSAGE GRAINY MUSTARD BUTTER SOUR CREAM CHIVES	BRUSSEL SPROUTS BALSAMIC SYRUP BACON PARMESAN PARSLEY
FINISH	FINISH D F	PIEROGI DUMPLINGS	
HERB BUTTER	PAPRIKA OLIVE OIL PARSLEY LEMON WEDGE NAAN	F D G FLOUR POTATO CHEDDAR VEG OIL SALT ANNATO	
HERB BUTTER		GRAINY MUSTARD BUTTER	
D		D	
BUTTER BASIL PARSLEY CHIVES	NAAN	BUTTER GRAINY DIJON MUSTARD MARJORAM CHIVES	
	F D		
	FLOUR CANOLA OIL BUTTERMILK EGG SUGAR SALT GHEE BAKING POWDER	SMOKED SAUSAGE	
		PORK SALT SPICES BROWN SUGAR SMOKE	

	CHICKEN KARAAGE		MINI MEATBALLS
	F G D S		F G
	CHICKEN KARAAGE KATSU CURRY MAYO LIME CHIVES		MEATBALLS CHERRIES HOUSE BBQ SAUCE VEG STOCK CHIVES
CORN RIBS	CHICKEN KARAAGE	TORPEDO SHRIMP	
F D	F G D	S F	MEATBALLS
CORN RIBS TAJIN SEASONING CILANTRO LIME MAYO CILANTRO	CHICKEN THIGH FLOUR OIL SUGAR SALT PEPPER SOY GINGER EGG SPICES CORN STARCH MILK ONION GARLIC SHORTENING PRESERVATIVES	TORPEDO SHRIMP BLOODY MARY SAUCE LEMON PARSLEY	F G GROUND BEEF GARLIC BREADCRUMBS SOY SUGAR SALT SPICES PRESERVATIVES
CORN RIBS		SHRIMP	
F D		S F	HOUSE BBQ SAUCE
CORN FLOUR SALT RICE FLOUR SPICES OIL POTATO STARCH MILK NATURAL SMOKE	KATSU CURRY MAYO	SHRIMP FLOUR CORN FLOUR SALT CORNSTARCH EGG SHORTENING YEAST PRESERVATIVES	G ONION GARLIC COFFEE KETCHUP SOY SAUCE MOLASSES RED WINE VINEGAR CHIPOTLE PUREE BROWN SUGAR CHILI POWDER PEPPER SALT
CILANTRO LIME MAYO	S	BLOODY MARY SAUCE	
D	MAYO KETCHUP SOY SAUCE WORCESTER LEMON SUGAR GARAM MASALA TURMERIC	S	
MAYO LIME JUICE SOUR CREAM SALT CILANTRO		KETCHUP MAYO TABASCO WORCESTER HORSERADISH LEMON	

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TOMATO SOUP	CRAB BISQUE	SUNSET CORN	MUSHROOM MEDLEY
G	G D S	G D	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	SEAFOOD 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
<i>FINISH F</i>	CRAB MEAT	WHIPPING CREAM	DRY THYME
OLIVE OIL	PARSLEY BASIL	CILANTRO	SALT PEPPER
SIDE BREAD	<i>FINISH F</i>	<i>FINISH F</i>	FRESH PARSLEY
	PARSLEY	CHIVES	GREEN ONION
	LEMON WEDGE	SOUR CREAM	TRUFFLE OIL
	SIDE BREAD	LIME WEDGE	<i>FINISH F</i>
		SIDE BREAD	PARSLEY
			SIDE BREAD

GRILLED CHEESE	TASTY CHICKEN	EGGPLANT PARMESAN	EL CUBANO
F D	F D	F G D	F G D
BUTTER	CIABATTA	CIABATTA	CIABATTA
HOUSE BREAD	ROAST CHICKEN	EGGPLANT	PULLED PORK
CHEESE MIX	BACON CHEDDAR MIX	OLIVE OIL	HAM MUSTARD AIOLI
CHEDDAR MIX	ONION JAM APPLE	SALT PEPPER	PICKLES BANANA PEPPERS
	HOUSE MAYO	ROASTED PEPPERS	CHEESE MIX
	HOUSE MAYO	PARMESAN BASIL	
	EGG DIJON	TOMATO SAUCE	
	WHITE SUGAR	HOUSE PESTO	
	PEPPER SALT	BALSAMIC SYRUP	
	VINEGAR LEMON	TOMATO SAUCE	PULLED PORK
	SOYBEAN OIL	G	G
DIABLO MIX	ONION JAM	OLIVE OIL RED WINE	PORK BUTT
G *TG	ONION BROWN SUGAR	WHITE ONION GARLIC	WHITE ONION
ONION PEPPERS	APPLE CIDER VINEGAR	TOMATOES OREGANO	GARLIC
CANOLA OIL CHORIZO*	SALT PEPPER	BALSAMIC VINEGAR	RED WINE VINEGAR
CHIPOTLE PUREE		SALT CHILI SUGAR	ORANGE JUICE
LIME JUICE SALT			CHILI POWDER
CILANTRO CUMIN		PESTO	SALT PEPPER
CREAM CHEESE		G	
	ROAST CHICKEN	OLIVE OIL GARLIC	MUSTARD AIOLI
CHORIZO SAUSAGE		BASIL PARSLEY	G
G *TG	CHICKEN BREAST	PUMPKIN SEED	GARLIC OIL
PORK SMK PAPRIKA	OLIVE OIL	LEMON JUICE	YELLOW MUSTARD
SALT SUGAR GARLIC	PEPPER SALT	SALT PEPPER SUGAR	MAYONNAISE
YEAST EXTRACT			

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CAESAR DRESSING	COOKHOUSE DRESSING	BACON VINAIGRETTE	BRIE FONDUE
G S EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE CAYENNE WHITE WINE VINEGAR WORCESTERSHIRE OLIVE OIL VEG OIL PEPPER SALT	G CANOLA OIL GARLIC ONION FRESH PARSLEY BROWN SUGAR DIJON MUSTARD BALSAMIC VINEGAR RED WINE VINEGAR SALT PEPPER	CANOLA OIL BACON ONION THYME PARSLEY GREEN ONION BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE SALT PEPPER	G D GARLIC HONEY WHITE WINE BRIE APPLE JUICE SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE <i>FINISH F</i> HOUSE BREAD APPLES GRAPES CHERRY TOMATOES

CAESAR SALAD	BISTRO SALAD	FAB SALAD
F G S KALE PANGRATATTA PARMESAN PARSLEY LEMON	G GREENS CUCUMBER ONION TOMATO QUINOA PARSLEY	D GREENS APPLE BACON ONION PARSLEY FETA CHEESE

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

JAMBALAYA	BUTTER CHICKEN	BOURGUIGNON	KENTUCKY BURGEOO
G S F D 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 <i>FINISH S</i> BROWN RICE PRAWNS HERB OIL CHIVES	G D CHICKEN BREAST GARAM MASALA BUTTER ONION GINGER GARLIC CAULIFLOWER VEG OIL FENUGREEK PAPRIKA TOMATOES TOMATO PASTE CHICKEN STOCK SUGAR SALT CREAM CILANTRO <i>FINISH F</i> BROWN RICE NAAN MANGO CHUTNEY CREAM CILANTRO	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 D</i> MASHED POTATOES BACON PARSLEY HERB OIL	G ONION CELERY RUTABEGA GARLIC DICED TOMATO TOMATO PASTE VEG STOCK MOLASSES RED WINE VINEGAR BRWN SUGAR CHILI POWDER CHIPOTLE PUREE SMOKED PAPRIKA THYME OREGANO SALT PEPPER BEANS CORN OKRA KALE PARSLEY <i>FINISH D F</i> BISCUITS CHEDDAR MIX HERB OIL CHIVES
ANDOUILLE SAUSAGE	MANGO CHUTNEY		
D F G PORK MILK FLOUR SALT SPICES GARLIC SMOKE	MANGOS VINEGAR SUGAR SALT SPICES		

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MAC & CHEESE D F CAVATAPPI VEG OIL CREAM MILK ONION NUTMEG PAPRIKA SALT PEPPER BUTTER FLOUR CHEDDAR MIX <i>FINISH</i> CHEDDAR MIX PANGRATATTA	LOBSTER MIX S LOBSTER LANGOSTINO HERB BUTTER LEMON CARNITAS STYLE G TG* PULLED PORK HOUSE BBQ SAUCE*	FRENCH ONION G ONION GARLIC RED WINE VEG OIL BEEF BROTH SALT PEPPER <i>FINISH F</i> BREAD CHEESE MIX	CHEESE MIX D MOZZARELLA DOMESTIC SWISS CHEDDAR MIX D MOZZARELLA EXTRA OLD CHEDDAR
PANGRATATTA F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL		MASHED POTATOES D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER CHIVES	CIABATTA BREAD F FLOUR YEAST SALT CANOLA OIL HOUSE BREAD F FLOUR YEAST SALT MALTED BARLEY FLOUR

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