



Ingredient and Sensitivity Guide Harvest 2025

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	PARMESAN FRIES QUESO BLANCO HUMMUS	PARMESAN FRIES np parmesan HUMMUS	PARMESAN FRIES QUESO BLANCO HUMMUS
SALADS	sub tortilla chips BRUSSEL SPROUTS	sub tortilla chips BRUSSEL SPROUTS GARLIC SHRIMP	BRUSSEL SPROUTS DUMPLINGS PIEROGI
SOUPS	SALADS	no butter on toasts DUMPLINGS	SALADS
ALL SOUPS	FAB SALAD CAESAR SALAD		FAB SALAD WHOLESOME BOWL
SANDWICHES	no pangrattata WHOLESOME BOWL	SALADS	
ALL SANDWICHES		ALL SALADS no feta or parmesan WHOLESOME BOWL	SOUPS
CLASSICS	SOUPS	no feta	STRAIGHT UP TOMATO SUNSET CORN MUSHROOM MEDLEY
ALL CLASSICS	ALL SOUPS no side bread	SOUPS	
SIDES	SANDWICHES	STRAIGHT UP TOMATO	SANDWICHES
ALL SIDES			GOOEY GRILLERS DOS DIABLOS CHICKEN PESTO BURGOO BURGER
DESSERTS	COMFORT FOOD	SANDWICHES	COMFORT FOOD
ALL DESSERTS	BEEF BOURGUIGNON BUTTER CHICKEN no naan KENTUCKY BURGOO no biscuits sub rice SEAFOOD PAELLA	CHICKEN PESTO no cheese / parmesan FISH PO'BOY BURGOO BURGER no cheddar	FRENCH ONION MAC + CHEESE POUTINE FONDUEMENTALE BEEF BOURGUIGNON BUTTER CHICKEN
	SIDES	COMFORT FOOD	SIDES
	MASHED POTATOES BASMATI RICE	BEEF BOURGUIGNON no mash KENTUCKY BURGOO no cheddar no biscuits sub rice SEAFOOD PAELLA	ALL SIDES
	DESSERTS	SIDES	DESSERTS
	CHOCOLATE MOUSSE ICE CREAM CHEESECAKE no graham crumbs	BASMATI RICE	ALL DESSERTS

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

GARLIC	ONION	SOY	EGG
STARTERS	STARTERS	STARTERS	STARTERS
PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES
no pesto mayo	QUESO BLANCO	no pesto mayo	no pesto mayo
BRUSSEL SPROUTS	HUMMUS	BRUSSEL SPROUTS	BRUSSEL SPROUTS
PIEROGI	BRUSSEL SPROUTS	QUESO BLANCO	QUESO BLANCO
	GARLIC SHRIMP	HUMMUS	HUMMUS
SALADS	PIEROGI	sub tortilla chips	PIEROGI
FAB SALAD		PIEROGI	GARLIC SHRIMP
WHOLESOME BOWL	SALADS	GARLIC SHRIMP	no rouille
no hummus / dressing	FAB SALAD	no rouille	DUMPLINGS
	no onion		
SANDWICHES	sub balsamic / olive oil	SALADS	SALADS
GOOEY GRILLERS	WHOLESOME BOWL	FAB SALAD	FAB SALAD
FISH PO'BOY	no onion	WHOLESOME BOWL	WHOLESOME BOWL
no remoulade	no dressing		
BURGOO BURGER		SOUPS	SOUPS
	SANDWICHES	ALL SOUPS	ALL SOUPS
COMFORT FOOD	GOOEY GRILLERS		
MAC + CHEESE	CHICKEN PESTO	SANDWICHES	SANDWICHES
no pangratatta	FISH PO'BOY	GOOEY GRILLERS	GOOEY GRILLERS
POUTINE	BURGOO BURGER	DOS DIABLOS	DOS DIABLOS
	no fried onion	BURGOO BURGER	PO'BOY
SIDES		no burger sauce	<i>no remoulade</i>
BISCUITS	COMFORT FOOD		CHICKEN PESTO
SIDE MAC + CHEESE		COMFORT FOOD	
no pangratatta	SIDES	FRENCH ONION	COMFORT FOOD
MASHED POTATOES	MASHED POTATOES	MAC + CHEESE	FRENCH ONION
	no chives	FONDUEMENTALE	MAC + CHEESE
DESSERTS	BISCUITS	BEEF BOURGUIGNON	FONDUEMENTALE
ALL DESSERTS	no herb butter	BUTTER CHICKEN	BEEF BOURGUIGNON
		KENTUCKY BURGOO	BUTTER CHICKEN
	DESSERTS	PAELLA	KENTUCKY BURGOO
	ALL DESSERTS	<i>no aioli</i>	PAELLA
			<i>no aioli</i>
		SIDES	
		ALL SIDES	SIDES
			ALL SIDES
		DESSERTS	DESSERTS
		ALL DESSERTS	CHOCOLATE MOUSSE
			CHEESECAKE

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

VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES
<i>no parmesan no mayo</i>	QUESO BLANCO	QUESO BLANCO
HUMMUS	HUMMUS	HUMMUS
<i>sub tortilla chips</i>	BRUSSEL SPROUTS	BRUSSEL SPROUTS
BRUSSEL SPROUTS	<i>no bacon</i>	<i>no bacon</i>
<i>no bacon</i>	PIEROGIES	PIEROGIES
	<i>no sausage</i>	<i>no sausage</i>
SALADS		GARLIC SHRIMP
WHOLESOME BOWL	SALADS	SALADS
<i>no chicken no feta</i>	WHOLESOME BOWL	WHOLESOME BOWL
<i>sub vinegar+oil dressing</i>	<i>no chicken</i>	<i>no chicken</i>
SANDWICHES	SOUPS	SOUPS
	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO
SOUPS	MUSHROOM MEDLEY	LOBSTER BISQUE
STRAIGHT UP TOMATO	SANDWICHES	MUSHROOM MEDLEY
COMFORT FOOD	GOOEY GRILLERS	SANDWICHES
KENTUCKY BURGEOO		GOOEY GRILLERS
<i>no cheese sub rice for biscuits</i>	COMFORT FOOD	FISH PO'BOY
	MAC + CHEESE	
SIDES	FONDUEMENTALE	COMFORT FOOD
BASMATI RICE	KENTUCKY BURGEOO	MAC + CHEESE
<i>no butter finish</i>		FONDUEMENTALE
	SIDES	KENTUCKY BURGEOO
DESSERTS	ALL SIDES	SEAFOOD PAELLA
	DESSERTS	
	ALL DESSERTS	SIDES
		ALL SIDES
		DESSERTS
		ALL DESSERTS

F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS *TG = TRACE GLUTEN			
BISCUITS	FRENCH FRIES	QUESO BLANCO	HUMMUS
D F		D G	V G
FLOUR	POTATOES SALT	CREAM CHEESE GARLIC	GARBANZO BEANS
MARGARINE	RICE FLOUR STARCH	PICKLED JALAPENOS	TAHINI GARLIC
BAKING POWDER	BAKING POWDER	CILANTRO OREGANO	CORIANDER CUMIN
CHEDDAR MIX	VEGETABLE OIL	CUMIN SALT	SALT PEPPER
SALT PEPPER	SUGAR XANTHAN GUM	FINISH	CANOLA OIL
BUTTERMILK	FINISH D	TORTILLA CHIPS	LEMON JUICE
FINISH	PARMESAN PARSLEY	PICKLED JALAPENOS	FINISH D F
HERB BUTTER	PESTO MAYO	CILANTRO	PAPRIKA
			OLIVE OIL
HERB BUTTER	PESTO MAYO	TORTILLA CHIPS	PARSLEY
D		G	FLATBREAD
BUTTER BASIL	MAYONNAISE	CORN SALT	
PARSLEY CHIVES	HOUSE PESTO	VEGETABLE OIL	FLATBREAD
			F D
HERB OIL			FLOUR SOYBEAN OIL
			YEAST BAKING POWDER
CANOLA OIL SALT			SUGAR SALT GHEE
BASIL PARSLEY CHIVES			PRESERVATIVES
	BRUSSEL SPROUTS		
	BRUSSEL SPROUTS		
	BALSAMIC SYRUP		
	BACON PARSLEY		
		CHICKEN KARAAGE	DUMPLINGS
	PIEROGI	F G D S	F G S
	F D G	CHICKEN KARAAGE	DUMPLINGS
	PIEROGI DUMPLINGS	KATSU CURRY MAYO	SWEET CHILI SOY
	SMOKED SAUSAGE	LEMON CHIVES	SESAME CHILI CRUNCH
	GRAINY MUSTARD BUTTER		CHIVES
	SOUR CREAM CHIVES	CHICKEN KARAAGE	
GARLIC SHRIMP		F G D	DUMPLINGS
G S	PIEROGI DUMPLINGS	CHICKEN THIGH	F S
PRAWNS GARLIC	F D G	FLOUR OIL SUGAR	BEEF CABBAGE ONION
GRAPE TOMATO	FLOUR POTATO	SALT PEPPER SOY	SOY SAUCE GINGER
OLIVE OIL CHILI SALT	CHEDDAR VEG OIL	GINGER EGG SPICES	SESAME OIL GARLIC
SMOKED PAPRIKA	SALT ANNATO	CORN STARCH MILK	CORN STARCH FLOUR
FINISH F		ONION GARLIC	CANOLA OIL SUGAR
HOUSE BREAD	GRAINY MUSTARD BUTTER	SHORTENING	SALT SPICES
HERB BUTTER	D	PRESERVATIVES	
ROUILLE PARSLEY	BUTTER		SWEET CHILI SOY
LEMON	GRAINY DIJON MUSTARD	KATSU CURRY MAYO	G
	MARJORAM CHIVES	S	SWEET CHILI SAUCE
ROUILLE		MAYO KETCHUP	SOY SAUCE
G	SMOKED SAUSAGE	SOY SAUCE WORCESTER	RICE WINE VINEGAR
ROAST RED PEPPER		LEMON SUGAR	
MAYONNAISE	PORK SALT SPICES	GARAM MASALA	CHILI CRUNCH
LEMON JUICE	BROWN SUGAR SMOKE	TURMERIC	F
GARLIC CAYENNE			SESAME SEEDS CHILI
			ONION WHEAT FLOUR
			SALT SUGAR VEG OIL

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

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

BURGER BUNS	CIABATTA BREAD	HOUSE BREAD	NAAN
F	F	F	F D
FLOUR SUGAR YEAST	FLOUR YEAST SALT	FLOUR YEAST SALT	FLOUR SOYBEAN OIL
VEGETABLE OIL SALT	CANOLA OIL	MALTED BARLEY FLOUR	YEAST BAKING POWDER
MALTED BARLEY FLOUR			SUGAR SALT GHEE
RICE FLOUR EGG			PRESERVATIVES
PRESERVATIVES			

GRILLED CHEESE	FISH PO'BOY	CHICKEN PESTO	BURGOO BURGER
F D	S F G	F G D	F D
BUTTER	CIABATTA	CIABATTA	BURGER BUN
HOUSE BREAD	BATTERED POLLOCK	ROAST CHICKEN	BEEF SPICES SALT
CHEESE MIX	REMOULADE	ROASTED PEPPERS	CHEDDAR TOMATO
CHEDDAR MIX	TOMATO PICKLES	PARMESAN CHEESE MIX	BURGER SAUCE
	LETTUCE	GREENS	FRIED ONIONS
		HOUSE PESTO	PICKLES LETTUCE
		BALSAMIC SYRUP	FRIES KETCHUP
	BATTERED POLLOCK		
	S F	ROAST CHICKEN	
DIABLO MIX	POLLOCK FLOUR	CHICKEN BREAST	BURGER SAUCE
G	SOYA OIL WHEAT CRUMB	OLIVE OIL	MAYONNAISE KETCHUP
CANOLA OIL	SALT SUGARS	PEPPER SALT	DIJON MUSTARD
GROUND PORK	BAKING POWDER		PICKLES CAYENNE
CHIPOTLE PUREE	PRESERVATIVES		GARLIC POWDER
RED WINE VINEGAR		PESTO	SMOKED PAPRIKA
SMOKED PAPRIKA	REMOULADE	G	
CHILI POWDER SALT	G	OLIVE OIL GARLIC	FRIED ONIONS
GARLIC POWDER	ROAST RED PEPPER	BASIL PARSLEY	F
PEPPERS ONION	MAYONNAISE	PUMPKIN SEED	ONION FLOUR
CREAM CHEESE	LEMON JUICE	LEMON JUICE	SUGAR SALT
CILANTRO	GARLIC CAYENNE	SALT PEPPER SUGAR	

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

CAESAR DRESSING	BACON VINAIGRETTE	HARISSA DRESSING	POUTINE
G S		G	D F
EGGS GARLIC	CANOLA OIL	RED CHILI PEPPERS	FRENCH FRIES
ANCHOVY CAPERS	BACON ONION	CANOLA OIL HONEY	POUTINE GRAVY
GREEN ONION PARSLEY	THYME PARSLEY	ORANGE JUICE GARLIC	CHEESE CURDS
DIJON MUSTARD	GREEN ONION	RED WINE VINEGAR	
LEMON JUICE	BROWN SUGAR	SUNDRIED TOMATO	POUTINE GRAVY
WHITE WINE VINEGAR	APPLE CIDER VINEGAR	SALT MINT SPICES	F D
WORCESTERSHIRE	APPLE JUICE		FLOUR CANOLA OIL
OLIVE OIL VEG OIL	SALT PEPPER	WHOLESOME BOWL	CORN STARCH ONION
PEPPER SALT		D G	MILK SOY CARAMEL
	FAB SALAD	TURMERIC RICE	ONION PAPRIKA
CAESAR SALAD	D	ROAST CHICKEN FETA	SALT SUGAR HERBS
F G S D	GREENS APPLE BACON	BEAN MEDLEY KALE	PRESERVATIVES
KALE PANGRATATTA	ONION PARSLEY	ROASTED PEPPERS	
PARMESAN	FETA CHEESE	HOUSE HUMMUS	
PARSLEY LEMON		ONIONS PARSLEY	
		ROASTED PEPPERS	
		RED PEPPERS BASIL	
		BALSAMIC VINEGAR	
		SUGAR	

PAELLA	BUTTER CHICKEN	BOURGUIGNON	KENTUCKY BURGEOO
S G	G D	G	G
OLIVE OIL GARLIC	CHICKEN BREAST	BEEF DICED	ONION CELERY
ONION PEPPERS	GARAM MASALA	SALT PEPPER	RUTABEGA GARLIC
WHITE WINE PARSLEY	BUTTER ONION	RED WINE	DICED TOMATO
DICED TOMATO PEAS	GINGER GARLIC	BEEF STOCK	TOMATO PASTE
OREGANO PAPRIKA	CAULIFLOWER VEG OIL	CARROTS	VEG STOCK
CHILI FLAKES SAFFRON	FENUGREEK PAPRIKA	BUTTON MUSHROOM	MOLASSES
SALT PEPPER	TOMATOES TOMATO PASTE	PEARL ONIONS	RED WINE VINEGAR
FINISH S	CHICKEN STOCK	CANOLA OIL	BRWN SUGAR
PRAWNS MUSSELS	SUGAR SALT	WHITE ONION	CHILI POWDER
HERB OIL PARSLEY	CREAM CILANTRO	GARLIC CELERY	CHIPOTLE PUREE
ROUILLE	FINISH F	TOMATO PASTE	SMOKED PAPRIKA
	BASMATI RICE	POTATO STARCH	THYME OREGANO
	NAAN MANGO CHUTNEY	THYME	SALT PEPPER
	CREAM CILANTRO	BAY LEAF	BEANS CORN OKRA
	MANGO CHUTNEY	PARSLEY	KALE PARSLEY
		FINISH D	FINISH D F
	MANGOS VINEGAR	MASHED POTATOES	BISCUITS
	SUGAR SALT SPICES	BACON PARSLEY	CHEDDAR MIX
		HERB OIL	HERB OIL CHIVES

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

MAC & CHEESE	CHEESE MIX	FRENCH ONION	FONDUEMENTALE
D F	D	G	D
CAVATAPPI VEG OIL	MOZZARELLA	ONION GARLIC	SWISS CHEESE
CREAM MILK ONION	DOMESTIC SWISS	RED WINE VEG OIL	MOZZARELLA
NUTMEG PAPRIKA		BEEF BROTH	CREAM CHEESE
SALT PEPPER	CHEDDAR MIX	SALT PEPPER	WHITE WINE
BUTTER FLOUR	D	FINISH F	ONION GARLIC
CHEDDAR MIX	MOZZARELLA	BREAD	SALT PEPPER
FINISH	EXTRA OLD CHEDDAR	CHEESE MIX	WHIPPING CREAM
CHEDDAR MIX			CORNSTARCH
PANGRATATTA	PANGRATATTA	MASHED POTATOES	KIRSCH
	F G	D	FINISH F
	PANKO BREAD CRUMBS	POTATOES SALT	HOUSE BREAD
	PARSLEY GARLIC	MILK CREAM BUTTER	APPLES GRAPES
	SALT PEPPER	POTASSIUM SORBATE	CHERRY TOMATOES
	OLIVE OIL	FINISH	
		BUTTER CHIVES	

VEGETABLE STOCK	CHICKEN STOCK	BEEF STOCK	LOBSTER BASE
<i>Note - all soups and stews finished with light veg stock</i>			D S
CARROT / CELERY / ONION	CHICKEN BROTH AND FAT	BEEF BROTH AND FAT	LOBSTER TOMATO
CABBAGE / MUSHROOM	CORN STARCH	SALT / SUGAR / FLAVOUR	ONION GARLIC CELERY
GARLIC / TOMATO	SALT / SUGAR / SPICES	ONION POWDER	COD OIL MILK CORN
SALT / SUGAR / SPICES	YEAST EXTRACT	YEAST EXTRACT	MUSTARD PAPRIKA
YEAST EXTRACT	CITRIC ACID / FLAVOUR	MALTODEXTRIN	SPICES HERBS
MALTODEXTRIN			PRESERVATIVES
			SALT SUGAR YEAST

CHEESECAKE		
D		
CREAM CHEESE		
SUGAR CHERRIES		
VANILLA EXTRACT		
WHIPPING CREAM		
CORNSTARCH		
FINISH F		
GRAHAM CRUMB		
CHOCOLATE MOUSSE	GRAHAM CRUMB	BANANA B PUDDING
D	V D F	F D
WHIPPING CREAM	FLOUR OIL SALT	BANANA SUGAR
CHOCOLATE KAH LUA	HONEY BAKING SODA	FLOUR EGGS OIL
INSTANT COFFEE	SUGAR BUTTER	OATS MILK SALT
FINISH		VANILLA FLAVOUR
WHIPPED CREAM		BAKING POWDER
		CREAM MILK
		BROWN SUGAR
		DARK CHOCOLATE
		FINISH
		ICE CREAM
		ICE CREAM
		D
		MILK CREAM
		SUGAR EGG YOLK
		VANILLA BEAN