



Ingredient and Sensitivity Guide

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

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

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VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
PARMESAN FRIES <i>no parmesan no mayo</i>	PARMESAN FRIES	PARMESAN FRIES
GUACAMOLE	GUACAMOLE	GUACAMOLE
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>
		GARLIC SHRIMP
SALADS / BOWLS	SALADS / BOWLS	SALADS / BOWLS
WHOLESOME BOWL	WHOLESOME BOWL	WHOLESOME BOWL
<i>no chicken no feta</i>	<i>no chicken</i>	<i>no chicken</i>
<i>sub vinegar+oil dressing</i>	BURRITO BOWL	BURRITO BOWL
BURRITO BOWL	<i>no chicken</i>	<i>no chicken</i>
<i>no chicken no crema</i>		
	SOUPS	SOUPS
SANDWICHES	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO
	MUSHROOM MEDLEY	LOBSTER BISQUE
SOUPS		MUSHROOM MEDLEY
STRAIGHT UP TOMATO	SANDWICHES	
	GOOEY GRILLERS	SANDWICHES
COMFORT FOOD		GOOEY GRILLERS
KENTUCKY BURGEOO	COMFORT FOOD	FISH PO'BOY
<i>no cheese sub rice for biscuits</i>	MAC + CHEESE	
	FONDUEMENTALE	COMFORT FOOD
SIDES	KENTUCKY BURGEOO	MAC + CHEESE
BASMATI RICE		FONDUEMENTALE
<i>no butter finish</i>	SIDES	KENTUCKY BURGEOO
	ALL SIDES	
DESSERTS		SIDES
	DESSERTS	ALL SIDES
	ALL DESSERTS	
		DESSERTS
		ALL DESSERTS

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

BISCUITS	FRENCH FRIES	GUACAMOLE	HUMMUS
D F			V G
FLOUR	POTATOES SALT	AVOCADO	GARBANZO BEANS
MARGARINE	RICE FLOUR STARCH	PICKLED JALAPENO	TAHINI GARLIC
BAKING POWDER	BAKING POWDER	CILANTRO RED ONION	CORIANDER CUMIN
CHEDDAR MIX	VEGETABLE OIL	LIME CUMIN SALT	SALT PEPPER
SALT PEPPER	SUGAR XANTHAN GUM	<i>FINISH</i>	CANOLA OIL
BUTTERMILK	<i>FINISH D</i>	TORTILLA CHIPS	LEMON JUICE
<i>FINISH</i>	PARMESAN PARSLEY	PICKLED JALAPENOS	<i>FINISH D F</i>
HERB BUTTER	PESTO MAYO	CILANTRO	PAPRIKA

HERB BUTTER	PESTO MAYO	TORTILLA CHIPS	
D			
BUTTER BASIL	MAYONNAISE	CORN SALT	
PARSLEY CHIVES	HOUSE PESTO	VEGETABLE OIL	

HERB OIL
CANOLA OIL SALT
BASIL PARSLEY CHIVES

FLATBREAD
F D
FLOUR SOYBEAN OIL
YEAST BAKING POWDER
SUGAR SALT GHEE
PRESERVATIVES

BRUSSEL SPROUTS
BRUSSEL SPROUTS
BALSAMIC SYRUP
BACON PARSLEY

GARLIC SHRIMP
G S
PRAWNS GARLIC
GRAPE TOMATO
OLIVE OIL CHILI SALT
SMOKED PAPRIKA
<i>FINISH F</i>
HOUSE BREAD
HERB BUTTER
ROUILLE PARSLEY
LEMON

PIEROGI
F D G
PIEROGI DUMPLINGS
SMOKED SAUSAGE
GRAINY MUSTARD BUTTER
SOUR CREAM CHIVES

PIEROGI DUMPLINGS
F D
FLOUR POTATO
CHEDDAR VEG OIL
SALT ANNATO

GRAINY MUSTARD BUTTER
D
BUTTER
GRAINY DIJON MUSTARD
MARJORAM CHIVES

SMOKED SAUSAGE
PORK SALT SPICES
BROWN SUGAR SMOKE

CHICKEN KARAAGE
F G D S
CHICKEN KARAAGE
KATSU CURRY MAYO
LEMON CHIVES

CHICKEN KARAAGE
F G D
CHICKEN THIGH
FLOUR OIL SUGAR
SALT PEPPER SOY
GINGER EGG SPICES
CORN STARCH MILK
ONION GARLIC
SHORTENING
PRESERVATIVES

KATSU CURRY MAYO
S
MAYO KETCHUP
SOY SAUCE WORCESTER
LEMON SUGAR
GARAM MASALA
TURMERIC

DUMPLINGS
F G S
DUMPLINGS
SWEET CHILI SOY
SESAME CHILI CRUNCH
CHIVES

DUMPLINGS
F S
BEEF CABBAGE ONION
SOY SAUCE GINGER
SESAME OIL GARLIC
CORN STARCH FLOUR
CANOLA OIL SUGAR
SALT SPICES

SWEET CHILI SOY
G
SWEET CHILI SAUCE
SOY SAUCE
RICE WINE VINEGAR

CHILI CRUNCH
F
SESAME SEEDS CHILI
ONION WHEAT FLOUR
SALT SUGAR VEG OIL

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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 G
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
	GREENS	GREENS	FRIED ONIONS
		HOUSE PESTO	PICKLES
	BATTERED POLLOCK	BALSAMIC SYRUP	FRIES KETCHUP
	S F		
	POLLOCK FLOUR	ROAST CHICKEN	
	SOYA OIL WHEAT CRUMB	CHICKEN BREAST	BURGER SAUCE
	SALT SUGARS	OLIVE OIL	G
	BAKING POWDER	PEPPER SALT	MAYONNAISE KETCHUP
	PRESERVATIVES		DIJON MUSTARD
		PESTO	PICKLES CAYENNE
	REMOULADE	G	GARLIC POWDER
	G	OLIVE OIL GARLIC	SMOKED PAPRIKA
	ROAST RED PEPPER	BASIL PARSLEY	
	MAYONNAISE	PUMPKIN SEED	FRIED ONIONS
	LEMON JUICE	LEMON JUICE	F
	GARLIC CAYENNE	SALT PEPPER SUGAR	ONION FLOUR
			SUGAR SALT

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CAESAR DRESSING	BACON VINAIGRETTE	HARISSA DRESSING	SALSA
G S EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE WHITE WINE VINEGAR WORCESTERSHIRE OLIVE OIL VEG OIL PEPPER SALT	CANOLA OIL BACON ONION THYME PARSLEY GREEN ONION BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE SALT PEPPER	G RED CHILI PEPPERS CANOLA OIL HONEY ORANGE JUICE GARLIC RED WINE VINEGAR SUNDRIED TOMATO SALT MINT SPICES	G FIRE ROASTED TOMATOES JALAPENO PEPPERS ANAHEIM PEPPERS ONION GARLIC SALT SPICES PRESERVATIVES
	FAB SALAD	WHOLESOME BOWL	BURRITO BOWL
CAESAR SALAD	D	D G	D G
F G S D KALE PANGRATATTA PARMESAN PARSLEY LEMON	GREENS APPLE BACON ONION PARSLEY FETA CHEESE	TURMERIC RICE ROAST CHICKEN FETA BEAN MEDLEY KALE ROASTED PEPPERS HOUSE HUMMUS ONIONS PARSLEY	TURMERIC RICE ROAST CHICKEN CORN BEAN MEDLEY TOMATO RED ONION GUACAMOLE SALSA CREMA CILANTRO

ROASTED PEPPERS
RED PEPPERS BASIL BALSAMIC VINEGAR SUGAR

JAMBALAYA	BUTTER CHICKEN	BOURGUIGNON	KENTUCKY BURGOO
G S F CHICKEN BREAST SMOKED 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> BASMATI 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> BASMATI 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
SMOKED SAUSAGE	MANGO CHUTNEY		
PORK SALT SPICES BROWN SUGAR SMOKE	MANGOS VINEGAR SUGAR SALT SPICES		

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MAC & CHEESE	POUTINE	FRENCH ONION	FONDUEMENTALE
D F CAVATAPPI VEG OIL CREAM MILK ONION NUTMEG PAPRIKA SALT PEPPER BUTTER FLOUR CHEDDAR MIX <i>FINISH</i> CHEDDAR MIX PANGRATATTA	D F FRENCH FRIES POUTINE GRAVY CHEESE CURDS	G ONION GARLIC RED WINE VEG OIL BEEF BROTH SALT PEPPER <i>FINISH F</i> BREAD CHEESE MIX	D SWISS CHEESE MOZZARELLA CREAM CHEESE WHITE WINE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH KIRSCH <i>FINISH F</i> HOUSE BREAD APPLES GRAPES CHERRY TOMATOES
PANGRATATTA	POUTINE GRAVY	MASHED POTATOES	
F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL	F D FLOUR CANOLA OIL CORN STARCH ONION MILK SOY CARAMEL ONION PAPRIKA SALT SUGAR HERBS PRESERVATIVES	D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER CHIVES	
	CHEDDAR MIX	CHEESE MIX	
	D MOZZARELLA EXTRA OLD CHEDDAR	D MOZZARELLA DOMESTIC SWISS	

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	LOBSTER BASE D S LOBSTER TOMATO ONION GARLIC CELERY COD OIL MILK CORN MUSTARD PAPRIKA SPICES HERBS PRESERVATIVES SALT SUGAR YEAST
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	CHEESECAKE		
	D CREAM CHEESE SUGAR CHERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH <i>FINISH F</i> GRAHAM CRUMB	BANANA B PUDDING	
CHOCOLATE MOUSSE	GRAHAM CRUMB	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	ICE CREAM
D WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE <i>FINISH</i> WHIPPED CREAM	V D F FLOUR OIL SALT HONEY BAKING SODA SUGAR BUTTER		D MILK CREAM SUGAR EGG YOLK VANILLA BEAN