

COMMON MILD ALLERGEN GUIDE

IF YOU HAVE A SEVERE FOOD ALLERGY, please inform your server and ensure that a manager handles your order personally, to confirm your food is prepared safely.

If your allergy or intolerance is not severe & you are comfortable eating foods that contain very small amounts of the identified allergen, then please use this guide along with our main menu to make your selection.

	contains dairy	contains onions	contains garlic	contains shellfish	contains fish	contains peanuts	contains tree nuts	contains eggs	contains soy	vegetarian item
SHARE										
tuna poke		✓			✓			✓	✓* no chili ponzu	
calamari		✓	✓	✓				✓* no sriracha aioli	✓* no sweet chili	
dry ribs		✓* no breading	✓* no breading							
chicken wings	✓* no ranch	✓	✓					✓* no ranch	✓* no ranch	
sushi cones	✓	✓	✓	✓				✓* no mayo	✓	
spicy tuna roll		✓	✓		✓			✓* no sriracha aioli	✓	
fresh smashed guacamole		✓ no guac spice no salsa	✓ no guac spice no salsa							Ⓥ
bruschetta	✓* no cheese	✓	✓				✓* no bread		✓	Ⓥ
potstickers		✓	✓					✓	✓	
poutine	✓	✓	✓						✓	
lettuce wraps	✓* no dip	✓	✓				✓* no cashews	✓* no noodles	✓	Ⓥ
1 lb cheese nachos	✓	✓* no onions no salsa	✓* no salsa							Ⓥ

SOUPS & SALADS										
starter market salad		✓* no dressing							✓* no edamame	Ⓥ
starter caesar salad	✓	✓	✓* no dressing no croutons		✓			✓		Ⓥ* no dressing no cheese
caesar salad with chicken	✓	✓* no butter on chicken	✓* no dressing no croutons no baguette no butter on chicken		✓			✓		
kale & quinoa salad	✓* no cheese	✓								Ⓥ* no cheese
flat iron steak salad	✓* no goat cheese crostinis	✓	✓	✓* no dressing			✓* no dressing no crostinis		✓	Ⓥ* no steak no dressing
salmon & avocado cobb salad	✓* no feta, no peppercorn ranch	✓* no dressing no chives no croutons	✓* no dressing no croutons		✓* no salmon			✓* no egg, no peppercorn ranch	✓* no peppercorn ranch no croutons	Ⓥ* no bacon no salmon no cheese
seared ginger tuna salad		✓			✓		✓* no cashews		✓* no dressing	Ⓥ* no tuna

STEAKS (also see sides)										
steak frites	✓* no cheese with arugula	✓	✓							
new york		✓* no garlic butter	✓* no garlic butter							
rib eye	✓	✓* no garlic butter	✓* no garlic butter							
tenderloin filet	✓	✓* no garlic butter	✓* no garlic butter							

MAINS (also see sides)										
blackened mahi mahi	✓* no lemon butter	✓	✓		✓					
lemon basil salmon	✓* no sauce	✓	✓		✓				✓	
chipotle mango chicken		✓	✓				✓* no mango		✓	
oven roasted free-run chicken	✓* no goat cheese	✓	✓						✓	
baby back ribs		✓	✓					✓* no coleslaw		

BOWLS										
vegetarian power bowl			✓					✓	✓	Ⓥ
chicken madeira rigatoni	✓	✓	✓				✓* no ciabatta	✓* no ciabatta	✓* no sauce no ciabatta	
miso ramen		✓	✓					✓	✓	Ⓥ* no protein
red thai curry bowl	✓* no naan	✓	✓	✓	✓			✓* no naan	✓* no naan	
beef vindaloo	✓	✓	✓			✓	✓	✓* no naan	✓* no naan no beef	Ⓥ* no beef

✓ checked items contain the ingredient
 * starred items can be prepared without the ingredient at your request – please be aware that modified items may contain very small amounts of the identified allergen
 ☐ unchecked items are considered safe for mild allergies or intolerances, and may contain very small amounts of the identified allergen
 Ⓥ vegetarian items

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HANDHELDS (also see sides)										
blackened chicken burger	✓ * sub lettuce bun	✓ * no cajun spice	✓ * no cajun spice no mayo					✓ * no sauces sub lettuce bun	✓	
portobello veggie burger	✓ * no cheese sub lettuce bun	✓	✓					✓ * no sauces	✓ * sub lettuce bun	Ⓥ
the burger	✓ * sub lettuce bun	✓	✓		✓ * no brush			✓	✓ * sub lettuce bun	
the loaded burger	✓ * no cheese sub lettuce bun	✓	✓		✓ * no brush			✓	✓ * sub lettuce bun	
blackened chicken tacos	✓	✓	✓							Ⓥ * no chicken
fish tacos	✓ * no sour cream no jalapeño lime sauce	✓	✓		✓					Ⓥ * no fish
southern fried chicken sandwich	✓	✓	✓					✓ * no sauces	✓	
beef dip	✓ * no cheese no glaze	✓	✓					✓ * no horseradish aioli	✓ * no au jus no glaze	
flat iron steak sandwich	✓	✓	✓					✓ * no sauce	✓ * no sauce	

KIDS' MENU (also see sides)										
kids' pasta		✓	✓					✓ * no ciabatta	✓ * no ciabatta	Ⓥ
cheeseburger	✓ * no cheese	✓	✓		✓			✓	✓	
chicken fingers	✓	✓	✓					✓	✓	
grilled cheese sandwich	✓								✓ * sub multigrain	Ⓥ
grilled chicken dinner	✓ * no ranch	✓	✓ * garlic butter					✓ * no ranch	✓	

DESSERTS										
flourless chocolate cake	✓							✓	✓	Ⓥ
white chocolate brownie	✓								✓	Ⓥ
sticky toffee pudding	✓ * no ice cream							✓ * no pecans	✓	Ⓥ
mint chocolate gelato	✓									Ⓥ

SIDES										
market salad		✓ * no dressing							✓ * no edamame	Ⓥ
fries		✓ * no seasoning	✓ * no seasoning							Ⓥ
sweet potato fries		✓ * no seasoning no dip	✓ * no seasoning no dip							Ⓥ
lemon quinoa		✓								Ⓥ
stuffed baked potato	✓	✓						✓		
roasted baby potatoes	✓ * no lemon butter									Ⓥ
jasmine rice										Ⓥ
mushroom skillet		✓	✓		✓					
garlic butter shrimp			✓ * no garlic butter	✓						
madagascar peppercorn sauce	✓	✓	✓						✓	
cremini mushroom sauce	✓	✓	✓						✓	

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