

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 chilli ponzu
calamari		✓	✓	✓				✓*	✓*	no sriracha aioli no sweet chili
bruschetta	✓* no cheese	✓	✓				✓* no bread		✓	Ⓥ
potstickers (available at select locations)		✓	✓					✓	✓	
med-bread (available at select locations)	✓	✓	✓		✓*			✓	✓	Ⓥ* no cream cheese dip
dry ribs		✓* no breading	✓* no breading							
sushi cones (available at select locations)	✓	✓	✓	✓	✓			✓*	✓	no mayo
spicy tuna roll		✓	✓		✓			✓*	✓	sriracha aioli
fresh smashed guacamole		✓* no guac spice no salsa	✓* no guac spice no salsa							Ⓥ
mosaic dip	✓	✓	✓					✓*	✓*	no bread no bread
chicken wings	✓* no ranch	✓	✓					✓*	✓*	no ranch
fresh-cut fries, dressing & gravy (available at select locations)	✓	✓	✓						✓	
lettuce wraps	✓* no dip	✓	✓				✓*	✓*	✓	no cashews no noodles
double cheese nachos	✓	✓* no onions no salsa	✓* no salsa							Ⓥ
poutine (available at select locations)	✓	✓	✓						✓	

SALADS										
broccoli cheese soup not including garlic baguette (available at select locations)	✓	✓								
starter market salad		✓* no dressing							✓*	no edamame
starter caesar salad	✓	✓	✓*		✓			✓		no dressing no croutons
caesar salad with chicken	✓	✓* no butter on chicken	✓*		✓			✓		no dressing no croutons no baguette no butter on chicken
kale & quinoa salad + lemon vinaigrette (available at select locations)	✓* no cheese	✓								Ⓥ* no cheese
steak salad	✓* no goat cheese crostinis	✓	✓	✓*			✓*		✓	no goat cheese crostinis no steak no dressing
salmon & avocado cobb salad (available at select locations)	✓* no feta, no peppercorn ranch	✓* no dressing no chives no croutons	✓* no dressing no croutons		✓*			✓*	no peppercorn ranch no croutons	Ⓥ* no bacon no salmon no cheese
seared ginger tuna salad (available at select locations)		✓			✓		✓*		✓*	no cashews no dressing no tuna

PIZZAS (available at select locations)										
rustic italian pizza	✓	✓	✓					✓	✓	
margherita pizza	✓	✓	✓					✓	✓	Ⓥ

STEAKS (also see sides)										
steak frites	✓* no cheese with arugula	✓	✓							
sirloin		✓* no steak spice no butter	✓* no steak spice no butter							
honey garlic top sirloin		✓	✓							
mushroom sirloin	✓* no sauce	✓	✓						✓*	no sauce
sirloin & shrimp		✓* no steak spice no butter	✓* no steak spice no butter	✓*						no shrimp
new york (available at select locations)		✓* no steak spice no butter	✓* no steak spice no butter							
madagascar peppercorn new york (available at select locations)	✓	✓	✓						✓	
tenderloin filet (available at select locations)	✓	✓* no steak spice no butter	✓* no butter						✓*	no demi glace

MAINS (also see sides)										
spanish cod & shrimp (available at select locations)	✓	✓	✓	✓	✓		✓*		✓	no ciabatta
lemon basil salmon	✓* no sauce	✓	✓		✓				✓	
chipotle mango chicken		✓	✓				✓*		✓	no mango
oven roasted free-run chicken (available at select locations)	✓* no goat cheese no sauce	✓	✓						✓	
slow roasted baby back ribs		✓	✓					✓*		no coleslaw
chicken + ribs		✓	✓					✓*	✓	no coleslaw
cod & chips (available at select locations)	✓* no dip	✓* no seasoning	✓* no seasoning		✓			✓*	✓*	no coleslaw no coleslaw

- ✓ 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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BOWLS										
vegetarian power bowl (available at select locations)			✓					✓	✓	Ⓥ
chicken madeira rigatoni	✓	✓	✓				✓* no ciabatta	✓* no ciabatta	✓* no sauce no ciabatta	
herb alfredo (available at select locations)	✓	✓	✓				✓* no ciabatta	✓* no ciabatta	✓	Ⓥ* no cheese
chicken enchiladas (available at select locations)	✓	✓	✓					✓	✓	
red thai curry (available at select locations)	✓* no naan	✓	✓	✓	✓			✓* no naan	✓* no naan	
beef vindaloo	✓	✓	✓			✓	✓	✓* no naan	✓* no naan no beef	Ⓥ* no beef
miso ramen		✓	✓					✓	✓	Ⓥ* no protein

HANDHELDS (also see sides)										
blackened chicken burger	✓* sub lettuce bun	✓* no cajun spice	✓* no cajun spice no garlic mayo					✓* no sauces	✓	
portobello veggie burger	✓* no cheese sub lettuce bun	✓	✓					✓* no sauces	✓* 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	
fish tacos	✓* no sour cream no jalapeño lime sauce	✓	✓		✓					Ⓥ* no fish
southern fried chicken sandwich (available at select locations)	✓	✓	✓					✓* no sauces	✓	
beef dip	✓* no cheese	✓	✓					✓* no horseradish aioli	✓* no au jus no glaze	
double stacked turkey club (available at select locations)	✓* no cheese							✓* no mayo		
chicken tenders		✓	✓					✓	✓	
butcher's cut steak sandwich	✓	✓	✓				✓* no ciabatta	✓* no sauce no ciabatta	✓* no sauce no ciabatta	

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

DESSERTS										
white chocolate brownie	✓							✓	✓	Ⓥ
sticky toffee pudding	✓						✓* no almonds	✓		Ⓥ
flourless chocolate cake	✓					✓	✓	✓	✓	Ⓥ
mint chocolate gelato	✓									Ⓥ

SIDES										
fries		✓* no seasoning	✓* no seasoning							Ⓥ
sweet potato fries	✓* no dip	✓* no seasoning no dip	✓* no seasoning no dip					✓* no dip		Ⓥ
lemon quinoa		✓								Ⓥ
stuffed baked potato (available at select locations)	✓	✓						✓		
roasted baby potatoes	✓* no lemon butter									Ⓥ
jasmine rice										Ⓥ
garlic butter shrimp			✓* no garlic butter	✓						
cremini mushroom sauce	✓	✓	✓						✓	
madagascar peppercorn brandy sauce (available at select locations)	✓	✓	✓						✓	

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