

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										
calamari	✓* no garlic dip	✓	✓	✓				✓* no garlic dip	✓* no spicy mayo	
roasted tomatoes & whipped feta cheese	✓	✓* no chives	✓					✓* bread may contain		✓
dry ribs (available at select locations)		✓* no breading	✓* no breading							
fresh smashed guacamole		✓	✓* no salsa							✓
1lb chicken wings	✓* no ranch	✓	✓					✓* no ranch	✓* no ranch	
cashew chicken lettuce wraps		✓	✓				✓* no cashews		✓	
poutine (available at select locations)	✓	✓	✓						✓	
vegan tofu lettuce wraps		✓	✓				✓* no cashews		✓	✓
nachos (available at select locations)	✓	✓	✓* no salsa							✓

SALADS										
feature soup seasonal rotating- ask your server for details	✓* no baguette	✓* no baguette	✓* no baguette				✓* baguette may contain			* soup varies
caesar salad	✓	✓	✓		✓		✓* baguette may contain	✓* no dressing	✓* no baguette or croutons	
market kale salad	✓* no cheese	✓	✓						✓* no edamame or croutons	✓* no cheese
soup, salad & bread (available at select locations)	✓* no baguette or croutons	✓	✓						✓* no croutons, soup varies	* soup varies

STEAKS (also see sides)										
steak frites	✓* no cheese on fresh greens	✓	✓							
sirloin	✓	✓	✓							
mushroom sirloin (available at select locations)	✓	✓	✓							
new york (available at select locations)	✓	✓	✓							

MAINS (also see sides)										
lemon basil salmon	✓	✓	✓		✓					
chipotle mango chicken	✓* no butter	✓	✓				✓* sauce may contain			
baby back ribs (available at select locations)	✓	✓	✓							

✓ 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

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PASTA & BOWLS										
vegetarian power bowl		✓	✓					✓* no egg	✓* no sauces, tofu, edamame or mushrooms	✓
chicken madeira rigatoni	✓	✓	✓				✓* baguette may contain		✓* no garlic butter on baguette	
chicken alfredo	✓	✓	✓				✓* baguette may contain		✓	
tuna poke bowl (available at select locations)		✓	✓		✓			✓* no egg	✓* no sauces, tofu, edamame or mushrooms	

HANDHELDS (also see sides)										
blackened chicken burger	✓* no bun or cheese	✓	✓					✓* no sauce	✓* no bun	
beyond meat burger	✓* no bun or cheese	✓* no relish or onion	✓* no relish					✓* no pickled mustard seed mayo	✓* no bun	✓
1/4 lb cheeseburger	✓* no bun or cheese	✓	✓					✓* no pickled mustard seed mayo	✓* no bun	
bacon double cheeseburger	✓* no bun or cheese	✓	✓					✓* no pickled mustard seed mayo	✓* no bun	
beef dip	✓	✓	✓					✓* no garlic mayo	✓	
bt's crispy chicken sandwich	✓	✓	✓					✓* no sauce	✓* no sauce	
chicken tenders		✓	✓					✓	✓	
vegan tacos (available at select locations)		✓	✓						✓	✓
blackened shrimp tacos (available at select locations)	✓* no jalapeño lime sauce	✓	✓	✓					✓* no spicy mayo	

KIDS' MENU (also see sides)										
pasta	✓	✓	✓				✓* baguette may contain		✓* no garlic butter on baguette	
cheeseburger	✓* no bun or cheese	✓	✓						✓* no bun	
chicken fingers		✓	✓					✓	✓	

DESSERTS										
mini jelly donuts	✓							✓	✓	✓
white chocolate brownie	✓							✓	✓	✓
dark chocolate torte (available at select locations)	✓						✓		✓	✓

ADD ONS & TABLE SHARE										
fries & garlic dip	✓* no dip	✓* no dip	✓* no dip					✓* no garlic dip		✓
sweet potato fries & garlic dip	✓* no dip	✓* no dip	✓* no dip					✓* no garlic dip		✓
buttered mashed potatoes	✓									✓

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