

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 chilli	
bruschetta	✓ * no cheese	✓	✓				✓ * no bread		✓	Ⓥ
potstickers (available at select locations)		✓	✓					✓	✓	
med-bread (available at select locations)	✓	✓	✓		✓ * no cream cheese dip			✓	✓	Ⓥ * 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							Ⓥ
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 dressing			✓ * 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 salmon			✓ * no egg, no peppercorn ranch	✓ * 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

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		✓	
slow roasted baby back ribs	✓	✓	✓							
chicken + ribs	✓	✓	✓						✓	
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			✓					✓	✓	Ⓥ
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	✓	
beyond meat 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 (available at select locations)	✓	✓	✓				✓ * 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 (available at select locations)			✓ * no garlic butter							Ⓥ
mashed potatoes (available at select locations)	✓									Ⓥ
jasmine rice										Ⓥ
garlic butter shrimp			✓ * no garlic butter	✓						
cremini mushroom sauce	✓	✓	✓						✓	
madagascar peppercorn brandy sauce (available at select locations)	✓	✓	✓						✓	

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