

# 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
<b>SHARE</b>										
tuna poke in a jar (available at select locations)		✓			✓				✓ * no chilli ponzu	
korean fried cauliflower	✓ * no lime dip	✓	✓							Ⓥ
calamari		✓	✓	✓				✓ * no sriracha aioli	✓ * no sweet chili	
bruschetta	✓ * no cheese	✓	✓						✓	Ⓥ * no grana padano
potstickers (available at select locations)		✓	✓					✓	✓	
med-bread (available at select locations)	✓	✓	✓		✓ * no garlic cream cheese dip			✓	✓	Ⓥ
dry ribs		✓ * no breading	✓ * no breading							
sweet chili chicken	✓	✓	✓						✓	
sushi cones	✓ * no shrimp	✓	✓	✓ * no shrimp				✓ * no mayo	✓ * no sauce	Ⓥ * no shrimp
tableside fresh smashed guacamole		✓ * no guac spice no salsa	✓ * no guac spice no salsa							Ⓥ
indo chicken flatbread	✓ * no cheese no yogurt	✓	✓			✓ * no crispy lentils	✓ * no crispy lentils	✓	✓	Ⓥ * no chicken
mosaic dip	✓	✓	✓					✓ * no bread	✓ * no bread	Ⓥ
chicken wings	✓ * no ranch	✓	✓					✓ * no ranch	✓ * no ranch	
lettuce wraps	✓ * no dip	✓	✓				✓ * no cashews	✓ * no noodles	✓	Ⓥ
double cheese nachos	✓	✓ * no onions no salsa	✓ * no salsa							Ⓥ

<b>SALADS</b>										
broccoli cheese soup not including garlic baguette	✓	✓								
starter market salad		✓ * no dressing							✓ * no edamame	Ⓥ
starter caesar salad	✓	✓	✓ * no dressing no croutons		✓			✓		Ⓥ * no dressing no cheese
caesar salad with chicken	✓	✓	✓ * no dressing no croutons no baguette		✓			✓		Ⓥ * no chicken no dressing no cheese
kale & quinoa salad + lemon vinaigrette	✓ * no cheese	✓								Ⓥ * no cheese
asian chopped salad		✓	✓ * sub non-marinated chicken					✓	✓ * no dressing	Ⓥ * no chicken
steak salad	✓ * no goat cheese	✓	✓		✓ * no dressing				✓ * no steak no dressing no crostini	Ⓥ * 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

<b>PIZZAS (available at select locations)</b>										
rustic italian pizza	✓	✓	✓					✓	✓	
margherita pizza	✓	✓	✓					✓	✓	Ⓥ

<b>STEAKS (also see sides)</b>										
sirloin		✓ * no steak spice no butter	✓ * no steak spice no butter							
madagascar sirloin	✓	✓	✓						✓ * no sauce	
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		✓ * no steak spice no butter	✓ * no steak spice no butter							
madagascar peppercorn new york	✓	✓	✓						✓ * no sauce	
tenderloin filet (available at select locations)	✓	✓ * no steak spice no butter	✓ * no butter							

<b>MAINS (also see sides)</b>										
mustard & dill salmon (available at select locations)	✓	✓			✓			✓ * no aioli		
lemon herb salmon	✓ * no sauce	✓	✓		✓				✓	
chipotle mango chicken		✓	✓				✓ * no mango		✓	
oven roasted free-run chicken	✓ * no goat cheese no sauce	✓	✓						✓	
slow roasted baby back ribs		✓	✓							
chicken + ribs	✓	✓	✓						✓	

✓ 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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<b>PASTA + RICE</b>										
chicken madeira rigatoni	✓	✓	✓					✓* no sauce		
herb alfredo	✓	✓	✓						✓	Ⓥ* no cheese
shrimp linguine		✓	✓	✓	✓					
chicken enchiladas	✓	✓	✓					✓	✓	
ginger teriyaki rice bowl	✓* no yogurt	✓	✓						✓	Ⓥ
red thai curry	✓* no naan	✓	✓	✓	✓			✓* no naan	✓* no naan	
beef vindaloo	✓	✓	✓			✓	✓	✓* no naan	✓* no naan no beef	Ⓥ* no beef
<b>BURGERS (also see sides)</b>										
blackened chicken burger	✓* sub lettuce bun	✓* no cajun spice	✓* no cajun spice no garlic mayo					✓* no sauces sub lettuce bun	✓	
portobello veggie burger	✓* no cheese sub lettuce bun	✓	✓					✓* no sauces sub lettuce bun		Ⓥ
the burger	✓* sub lettuce bun	✓	✓		✓			✓		
the loaded burger	✓* no cheese sub lettuce bun	✓	✓		✓			✓		
short rib stuffed burger (available at select locations)	✓* sub lettuce bun	✓* no onions						✓	✓	
<b>HANDHELDS (also see sides)</b>										
street tacos	✓* no cheese no yogurt	✓	✓							Ⓥ* no chicken
fish tacos	✓* no peppercorn ranch	✓	✓		✓			✓* no peppercorn ranch	✓* no peppercorn ranch	
greek chicken wrap	✓* no feta	✓	✓							Ⓥ* no chicken
southern fried chicken sandwich	✓	✓	✓					✓* no sauces		
beef dip	✓* no cheese	✓	✓					✓* no horseradish aioli	✓* no au jus no glaze	
double stacked turkey club	✓* no cheese							✓* no mayo		
chicken tenders		✓	✓					✓	✓	
steak sandwich	✓* no crispy onions	✓	✓					✓* no sauce	✓* no sauce	
<b>KIDS' MENU (also see sides)</b>										
pasta	✓* sub tomato sauce	✓	✓						✓	Ⓥ
cheeseburger	✓	✓	✓		✓			✓	✓	
chicken bites	✓	✓	✓						✓	
grilled cheese sandwich	✓								✓* sub multigrain	Ⓥ
cheese pizza	✓	✓	✓					✓	✓	Ⓥ
grilled chicken dinner		✓	✓* no garlic butter						✓	
<b>DESSERTS</b>										
salted caramel & pecan cheesecake	✓						✓	✓		Ⓥ
dark chocolate cake	✓							✓		Ⓥ
white chocolate brownie	✓							✓		Ⓥ
sticky toffee pudding	✓						✓* no almonds	✓		Ⓥ
tasting trio	✓						✓	✓		Ⓥ
<b>SIDES</b>										
fries		✓	✓							Ⓥ
sweet potato fries	✓* no dip	✓* no seasoning no dip	✓* no seasoning no dip					✓* no dip		Ⓥ
lemon quinoa		✓								Ⓥ
stuffed baked potato	✓	✓						✓		
roasted baby potatoes	✓* no lemon butter									Ⓥ
jasmine rice										Ⓥ
garlic butter shrimp		✓* no garlic butter	✓* no garlic butter	✓						
skillet of garlic mushrooms		✓	✓* no garlic butter		✓					Ⓥ* no mushroom spice mix

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