

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	
korean fried cauliflower	✓* no lime dip	✓	✓							Ⓥ
calamari		✓	✓	✓				✓* no sriracha aioli		
dry ribs		✓* no breading	✓* no breading							
chicken wings	✓* no ranch	✓	✓					✓* no ranch	✓* no ranch	
sushi cones	✓* no shrimp	✓	✓	✓* no shrimp				✓* no mayo	✓* no sauce	Ⓥ* no shrimp
spicy tuna roll		✓	✓		✓				✓	
fresh smashed guacamole		✓	✓							Ⓥ
bruschetta	✓* no cheese	✓	✓						✓	Ⓥ
poutine	✓	✓	✓						✓	
lettuce wraps	✓* no dip	✓	✓				✓* no cashews	✓* no noodles	✓	Ⓥ
1 lb cheese nachos	✓	✓* no onions no salsa	✓* no salsa							Ⓥ

SOUPS & SALADS										
caesar salad	✓	✓* no dressing no croutons	✓* no dressing no croutons		✓			✓		Ⓥ* no dressing no cheese
caesar salad with chicken	✓	✓* no dressing plain baguette no croutons	✓* no dressing no croutons no baguette		✓			✓		Ⓥ* no chicken no dressing no cheese
kale & quinoa salad		✓								Ⓥ* no cheese
flat iron steak salad	✓* no goat cheese	✓	✓	✓* no dressing					✓* 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

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		

PASTA + RICE										
chicken madeira rigatoni	✓	✓	✓						✓* no sauce	
lobster & shrimp linguine		✓	✓	✓	✓					
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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BURGERS (also see sides)										
blackened chicken burger	✓	✓* 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		✓	✓		✓			✓		
the loaded burger	✓* no cheese	✓	✓		✓			✓		

HANDHELDS (also see sides)										
blackened chicken tacos	✓	✓	✓							Ⓥ* no chicken
fish tacos	✓* no sour cream	✓	✓		✓					Ⓥ* no fish
southern fried chicken sandwich	✓	✓	✓					✓* no sauces		
french 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		✓	✓							Ⓥ
cheeseburger	✓* no cheese	✓	✓		✓			✓		
chicken bites	✓	✓	✓							
grilled cheese sandwich	✓									Ⓥ
grilled chicken dinner	✓* 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 fry salt	✓* no fry salt							Ⓥ
sweet potato fries		✓* no fry salt	✓* no fry salt							Ⓥ
lemon quinoa		✓								Ⓥ
stuffed baked potato	✓	✓						✓		
roasted baby potatoes	✓* no lemon butter									Ⓥ
jasmine rice										Ⓥ
mushroom skillet		✓	✓		✓					
garlic butter shrimp		✓* no garlic butter	✓* no garlic butter	✓						
east coast lobster tail		✓* no garlic butter	✓* no garlic butter	✓						
madagascar peppercorn sauce	✓	✓	✓						✓	

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