

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 sub rice crackers		✓	Ⓥ
dry ribs		✓* no breading	✓* no breading							
spicy tuna roll		✓	✓		✓			✓* sriracha aioli	✓	
fresh smashed guacamole		✓* no guac spice no salsa	✓* no guac spice no salsa							Ⓥ
mosaic dip	✓	✓	✓					✓* no bread	✓* no bread	Ⓥ
med-bread (available at select locations)	✓	✓	✓		✓* no cream cheese dip			✓	✓	Ⓥ* no cream cheese dip
chicken wings		✓	✓							
lettuce wraps	✓* no dip	✓	✓				✓* no cashews	✓* no noodles	✓	Ⓥ
nachos	✓	✓* no onions no salsa	✓* no salsa							Ⓥ

SALADS										
starter market salad		✓* no dressing							✓* no edamame	Ⓥ
starter caesar salad	✓	✓	✓* no dressing no croutons		✓			✓		
caesar salad with chicken	✓	✓* no dressing no butter on chicken	✓* no dressing no croutons no baguette no butter on chicken		✓			✓		
steak salad	✓* no goat cheese crostinis	✓	✓	✓* no dressing					✓	Ⓥ* 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

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		✓* no steak spice no butter	✓* no steak spice no butter							
madagascar peppercorn new york	✓	✓	✓						✓	

MAINS (also see sides)										
lemon basil 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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FAVOURITES										
chicken madeira rigatoni	✓	✓	✓						✓ * no sauce	
herb alfredo	✓	✓	✓						✓	✓ * no cheese
red thai curry	✓ * no naan	✓	✓	✓	✓			✓ * no naan	✓ * no naan	
beef vindaloo	✓	✓	✓			✓	✓	✓ * no naan	✓ * no naan no beef	✓ * no beef
miso ramen		✓	✓					✓	✓	✓ * no protein
chicken tenders		✓	✓					✓	✓	

HANDHELDS (also see sides)										
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	✓ * no sauces sub lettuce bun	✓
the burger	✓ * sub lettuce bun	✓	✓		✓			✓	✓ * sub lettuce bun	
the loaded burger	✓ * no cheese sub lettuce bun	✓	✓		✓			✓	✓ * sub lettuce bun	
fish tacos	✓ * no jalapeño lime sauce	✓	✓		✓					✓ * no fish
beef dip	✓ * no cheese	✓	✓					✓ * no horseradish aioli	✓ * no au jus no glaze	
double stacked turkey club	✓ * no cheese							✓ * no mayo		
butcher's cut steak sandwich	✓	✓	✓					✓ * no sauce	✓ * no sauce	

KIDS' MENU (also see sides)										
pasta	✓ * sub tomato sauce	✓	✓						✓ * sub tomato sauce	✓
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 dark 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		✓								✓
roasted baby potatoes	✓ * no lemon butter									✓
jasmine rice										✓
garlic butter shrimp		✓ * no garlic butter	✓ * no garlic butter	✓						
madagascar peppercorn brandy sauce	✓	✓	✓						✓	

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