



Ingredient and Allergy Information

Please be aware that our kitchens contain a wide variety of ingredients. Every effort is made to ensure that only the ingredients listed in these recipes are found in our menu items.

Unfortunately, trace amounts of nuts, gluten or other commonly used ingredients may be found in products that are manufactured in a factory where these allergens are present.

Please inform your server of any food allergies or sensitivities, so they may help you with your selection.

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Recommended Menu Items for Gluten Allergies or Sensitivities

Please know that our kitchens are not gluten-free. Additionally, trace amounts of gluten may be found in products that are produced in a facility where this allergen is present.

The following items are some of the items not prepared at Burgoo and may contain trace amounts of gluten: pepper, nuts, corn nuts, mayonnaise, mustard, cured meats & sausages, spices, tomato paste, ice cream, cornstarch, rice, quinoa and tahini

Starters

Pepperoni	Hummus <ul style="list-style-type: none"> ● Remove flatbread ● Substitute corn tortillas 	Deviled Ham <ul style="list-style-type: none"> ● Remove flatbread ● Substitute corn tortillas
Olives	Guacamole	Poke
Ceviche	Nachos	

Fondue all fondues contain cornstarch and pepper

Fondue mental & Brie (without bread)

Salads : all dressings contain black pepper

Bistro Salad	Chicken Salad	Spinach Salad
Kale + Quinoa <ul style="list-style-type: none"> ● Contains quinoa & pumpkin seeds 	Salmon Salad <ul style="list-style-type: none"> ● Contains wild rice 	

Soup

Sunset Corn & Chicken <ul style="list-style-type: none"> ● Chipotle puree may contain traces of gluten 	Split Pea	Chicken Harira
Butternut Squash	Straight up Tomato	

Bistro Meals: all stews listed contain tomato paste and black pepper

Ratatouille Provencal <ul style="list-style-type: none"> ● Remove breadcrumbs 	Butter Chicken	Jambalaya
Beef Bourguignon		

Sides

Garlic Mashed Potatoes, Brown Basmati Rice

Desserts

Chocolate Mousse	Strawberry Cheesecake <ul style="list-style-type: none"> ● Remove graham crumble 	Hot Chocolate Chili Pot
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Weekend Features

Eggs Ratatouille

- Remove persillade

Recommended Items for Dairy Allergies

Our kitchens are not dairy-free. Unfortunately, trace amounts of dairy may be found in products that are produced in a facility where this allergen is present.

Starters

Olives	Guacamole	Ceviche
Poke	Hummus <ul style="list-style-type: none"> ● Flatbread contains yogurt (sub tortillas) 	

Salads

Bistro Salad	Kale + Quinoa	Spinach Salad
Salmon Salad	Caesar Salad <ul style="list-style-type: none"> ● Remove Parmesan ● Dressing contains Worcestershire (trace dairy) 	Chicken Salad <ul style="list-style-type: none"> ● Remove Parmesan and substitute dressing

Soup

Butternut Squash	Straight Up Tomato	Split Pea
Chicken Harira		

Sandwiches

Tastiest Chicken <ul style="list-style-type: none"> ● Remove Brie 	Vegiterranean <ul style="list-style-type: none"> ● Remove Feta 	Cubano <ul style="list-style-type: none"> ● Remove cheese
Lamb Chimichurri <ul style="list-style-type: none"> ● Remove Chevre spread 		

Bistro Meals

Kentucky Burgoo <ul style="list-style-type: none"> ● Contains Worcestershire (trace dairy) 	Jambalaya <ul style="list-style-type: none"> ● Andouille may contain traces of dairy 	Ratatouille <ul style="list-style-type: none"> ● Remove Chevre
Irish Lamb Stew	Beef Bourguignon	

Sides

Brown Basmati Rice

- Remove butter

Desserts

Unfortunately, all of our desserts contain dairy

Weekend Features

Unfortunately, all of our weekend features contain dairy

Recommended Menu Items for Garlic Allergies

Unfortunately, our kitchens are not garlic-free. Additionally, trace amounts of garlic may be found in products that are produced in a facility where this allergen is present.

Starters

Olives	Devilled Ham	Ceviche
Guacamole		

Salads

Bistro Salad • Substitute dressing	Caesar Salad • Substitute dressing	Kale + Quinoa
Spinach Salad	Salmon Salad	Chicken Salad • Substitute dressing

Soup

Butternut Squash

Sandwiches

Tastiest Chicken	Goopy Cheese Grillers	Cubano • Remove relish
Vegiterranean • Remove hummus		

Bistro Meals

Macaroni & Cheese	Macaroni & More • Remove persillade
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Sides

Brown Basmati Rice, Flatbread, Biscuits

Desserts

All of our desserts are available. Please enjoy!

Weekend Features

French Toast

Recommended Items for Onion Allergies

Unfortunately, our kitchens are not onion-free. Additionally, trace amounts of onion may be found in products that are manufactured in a factory where this allergen is present.

Starters

Cheesie Straws

Olives

Pepperoni

Hummus

Brie Fondue

Salads

Bistro Salad

- Remove dressing and onions

Spinach Salad

- Remove dressing and onions

Salmon Salad

- Remove dressing and onions

Chicken Salad

- Remove dressing and onions

Soup

Unfortunately, all soups contain onion

Sandwiches

Tastiest Chicken

- Remove onion jam

Goey Cheese Grillers

Vegiterranean

Bistro Meals

All Bistro Classics contain onion

Sides

Mashed Potatoes, Biscuits

Desserts

All of our desserts are available. Please enjoy!

Weekend Features

French Toast

Kentucky Hot Brown

Recommended Menu Items for Egg Allergies

Unfortunately, our kitchens are not egg-free. Additionally, trace amounts of egg may be found in products that are manufactured in a factory where this allergen is present.

Starters

Olives	Cheesie Straws	Pepperoni
Hummus	Guacamole	Ceviche
Poke	Nachos	

Fondue: bread may contain traces of egg

All Fondues are egg free

Salads

Kale + Quinoa	Bistro Salad	Spinach Salad
Chicken Salad <ul style="list-style-type: none"> • substitute dressing 	Salmon Salad	

Soup

All soups are egg free (Baguette in French Onion may contain traces of egg)

Sandwiches: bread may contain traces of egg

Tastiest Chicken <ul style="list-style-type: none"> • Remove mayonnaise 	Goey Cheese Grillers	Dos Diablos
Cubano <ul style="list-style-type: none"> • Remove mayonnaise 	Lamb Chimichurri	Vegitarranean

Bistro Meals

Macaroni & Cheese and Mac & More <ul style="list-style-type: none"> • Macaroni may contain traces of egg 	Ratatouille <ul style="list-style-type: none"> • Breadcrumbs may contain traces of egg 	Jambalaya
Shepherd's Pie	Beef Bourguignon	Butter Chicken
Kentucky Burgoo	Irish Stew	

Sides

Garlic Mashed Potatoes, Biscuits, Brown Basmati Rice & Flatbread

Desserts

Strawberry Cheesecake	Caramel Apple Crumble
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Weekend Features

Kentucky Hot Brown	Croque Monsieur	BBQ Pork Hash (without egg)
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Recommended Menu Items for Peanut and Tree Nut Allergies

Unfortunately, our kitchens are not peanut and tree nut-free. Additionally, trace amounts of nuts may be found in products that are produced in a factory where these allergens are present.

The following are some of the items not prepared at Burgoo and may have come in contact with or may contain traces of nuts: baguette, flatbread, puff pastry, panko crumbs, macaroni, corn tortillas, cured meats, sausages and ice cream

Starters

Olives	Cheesie Straws <ul style="list-style-type: none"> • Made with puff pastry 	Pepperoni
Ceviche	Hummus (contains sesame seeds) <ul style="list-style-type: none"> • Served with flatbread 	Guacamole
Nachos	Poke (contains sesame oil and seeds)	Meatballs <ul style="list-style-type: none"> • Contains panko
Deviled Ham		

Fondue

All Fondues are nut free (Baguette for Brie & Fondumental may contain traces of nuts)

Salads

Chicken Salad	Salmon Salad	Spinach Salad
Caesar Salad <ul style="list-style-type: none"> • Croutons may contain traces of nuts 	Bistro Salad	Kale + Quinoa

Soup

All soups are tree nut & peanut free (remove hazelnuts on Butternut Squash)

Sandwiches

All sandwiches do not contain tree nuts or peanuts; however, all bread products may contain traces of nuts

Bistro Meals

All Bistro Meals do not contain tree nuts or peanuts; however, macaroni noodles, puff pastry and bread crumbs may contain traces of nuts

Sides

Garlic Mashed Potatoes, Brown Basmati Rice, Biscuits & Flatbread

Desserts: all desserts are served with ice cream

Chocolate Chili Pot	Caramel Apple Crumble <ul style="list-style-type: none"> • Contains oats 	Chocolate Mousse
Strawberry Cheesecake <ul style="list-style-type: none"> • Graham cracker crumbs may contain traces of nuts 		

Weekend Features

Burgoo & Eggs

Eggs Ratatouille

BBQ Pork & Tater Hash

Croque Monsieur

- Bread may contain traces of nuts

Kentucky Hot Brown

- Bread may contain traces of nuts

French Toast

- Bread may contain traces of nuts

Recommended Menu Items for Fish and Shellfish Allergies

Please note that our kitchens are not fish and shellfish free.

Starters

Pepperoni	Olives	Deviled Ham
Cheesie Straws	Meatballs	Guacamole
Hummus	Nachos	

Fondue

All Fondues are fish and shellfish free

Salads

Kale + Quinoa	Bistro Salad	Spinach Salad
Caesar Salad <ul style="list-style-type: none"> • Contains anchovy and Worcestershire 	Chicken Salad	Salmon Salad <ul style="list-style-type: none"> • Remove salmon

Soup

Split Pea	Sunset Corn & Chicken	Straight Up Tomato
Butternut Squash	Chicken Harira	French Onion

Sandwiches

All of our sandwiches are fish and shellfish free

Bistro Meals

Irish Stew	Chicken Pot Pie	Macaroni & Cheese and Macaroni & More
Shepherd's Pie <ul style="list-style-type: none"> • Contains Worcestershire 	Ratatouille	Kentucky Burgoo <ul style="list-style-type: none"> • Contains Worcestershire
Beef Bourguignon	Butter Chicken	

Sides

Biscuits, Garlic Mashed Potatoes, Brown Basmati Rice & Flatbread

Desserts

All of our desserts do not contain fish or shellfish. Please enjoy!

Weekend Features

All of our Weekend Features items are fish and shellfish free; however, the Burgoo & Eggs and BBQ Pork & Tater Hash contain Worcestershire sauce

Recommended Items for Vegetarians

(V) = Vegetarian, (VV) Vegan, (P) Pescatarians

Starters

Olives (V,VV, P)	Guacamole (V,VV, P)	Cheesie Straws (V, P)
Hummus (V,VV, P) <ul style="list-style-type: none"> • Vegan: substitute flatbread for corn tortilla 	Poke (P)	Ceviche (P)

Fondue: both fondues contain wine

Fondue Fundamental (V, P)	Brie (V, P)
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Salads

Kale + Quinoa (V,VV, P)	Caesar Salad (P) <ul style="list-style-type: none"> • Contains Worcestershire 	Bistro Salad (V,VV, P) <ul style="list-style-type: none"> • Dressing contains honey
Salmon Salad (V,VV, P) <ul style="list-style-type: none"> • Remove salmon 	Chicken Salad (V,VV, P) <ul style="list-style-type: none"> • Remove chicken and cheese • Substitute dressing 	

Soup

Straight up Tomato (V, VV, P) <ul style="list-style-type: none"> • Contains red wine 	Butternut Squash (V, VV, P)	Crab Bisque (P) <ul style="list-style-type: none"> • Contains crab, dairy and white wine
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Sandwiches

Gooney Cheese Grillers (V, P) <ul style="list-style-type: none"> • Contains dairy 	Vegiterranean (V, VV, P) <ul style="list-style-type: none"> • Remove Feta
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Bistro Meals

Macaroni & Cheese (V, P) <ul style="list-style-type: none"> • Contains dairy 	Ratatouille (V,VV,P) <ul style="list-style-type: none"> • Vegans: remove Chevre • Contains white wine
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Sides

Garlic Mashed Potatoes, Biscuits & Flatbread (V, P)	Brown Basmati Rice (V, VV, P) <ul style="list-style-type: none"> • Remove butter from rice if vegan
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Desserts (all of our desserts contain dairy)

All of desserts are suitable for vegetarian and pescatarian diets. Please enjoy!

Weekend Features

Eggs Ratatouille (V, P)

- Contains dairy

French Toast (V,P)

- Contains dairy

Croque Monsieur (V,P)

- Contains dairy
- Remove smoked ham

Recommended Items for Soy Allergies

Please note that our kitchens are not soy free.

Starters

Ceviche	Olives	Guacamole
Hummus <ul style="list-style-type: none"> • Flatbread may contain trace amounts of soy 	Nachos	Meatballs <ul style="list-style-type: none"> • Panko may contain traces of soy

Fondue

All Fondues are soy free (Baguette for Fondumental and Brie may contain traces of soy)

Salads

Bistro Salad <ul style="list-style-type: none"> • Dressing contains Dijon mustard 	Kale & Quinoa	Spinach Salad
Chicken Salad <ul style="list-style-type: none"> • Remove dressing 	Salmon Salad <ul style="list-style-type: none"> • Dressing contains Dijon mustard 	

Soup: our chicken, beef and vegetable stocks contain yeast extract and maltodextrin

Straight up Tomato	Butternut Squash	Chicken Harira
French Onion <ul style="list-style-type: none"> • Bread may contain trace soy 	Split Pea	Sunset Corn & Chicken <ul style="list-style-type: none"> • Contains chipotle puree

Sandwiches: bread may contain traces of soy

Gooley Cheese Grillers	Cubano <ul style="list-style-type: none"> • Remove mayonnaise • Contains Dijon 	Vegiterranean
Lamb Chimichurri		

Bistro Meals: our chicken, beef and vegetable stocks contain yeast extract and maltodextrin

Ratatouille <ul style="list-style-type: none"> • Breadcrumbs may contain trace soy 	Butter Chicken	Mac & Cheese and Mac & More <ul style="list-style-type: none"> • Noodles and breadcrumbs may contain trace soy
Beef Bourguignon	Irish Stew	

Sides

Basmati Rice, Biscuits & Garlic Mashed Potatoes

Desserts: order without ice cream

Chocolate Chili Pot	Chocolate Mousse	Sticky Toffee Pudding
Caramel Apple Crumble		

Weekend Features

BBQ Pork Hash

- Remove BBQ sauce
- Taters contains cornstarch

Eggs Ratatouille

- Bread crumbs may contain soy

Croque Monsieur

- Bread may contain traces of soy
- Contains cornstarch, Dijon and smoked ham

French Toast

- Bread may contain traces of soy

Kentucky Hot Brown

- Bread may contain traces of soy
- Contains cornstarch