



## Ingredient and Allergy Information Summer 2017

Please know that our kitchens are not allergen-free. This is a reference guide of low risk items for people with sensitivities. Trace amounts of allergens may be found in our products and those produced in outside facilities.

ALLERGY GUIDE

<b>GLUTEN</b>	<b>DAIRY</b>	<b>GARLIC</b>	<b>ONION</b>
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>
PEPPERONI	OLIVES	OLIVES	CHEESIE STRAWS
OLIVES	GUACAMOLE	GUACAMOLE	PEPPERONI
GUACAMOLE	CEVICHE	CEVICHE	OLIVES
CEVICHE	POKE		HUMMUS
POKE	HUMMUS		
HUMMUS	<i>sub tortillas</i>		
<i>sub tortillas</i>			
	<b>SHARES</b>		<b>SHARES</b>
<b>SHARES</b>		<b>SALADS</b>	BRIE FONDUE
FONDUEMENTAL		ALL SALADS	
<i>sub tortillas</i>	<b>SALADS</b>	<i>sub lemon dressing</i>	<b>SALADS</b>
BRIE FONDUE	ALL SALADS		ALL SALADS
<i>sub tortillas</i>	<i>sub lemon dressing</i>	<b>SOUPS</b>	<i>sub lemon dressing</i>
NACHO POLLO	<i>sub bacon vinaigrette</i>	YUMMY CARROT	<i>no onions</i>
	<i>no cheese</i>		
		<b>SANDWICHES</b>	<b>SOUPS</b>
<b>SALADS</b>	<b>SOUPS</b>	TASTIEST CHICKEN	
ALL SALADS	STRAIGHT UP TOMATO	GOOEY CHEESE GRILLERS	<b>SANDWICHES</b>
<i>no croutons</i>	BUTTERNUT SQUASH	VEGITERRANEAN	GOOEY CHEESE GRILLERS
	YUMMY CARROT	<i>no hummus</i>	TASTIEST CHICKEN
<b>SOUPS</b>	CHICKEN QUINOA	SHRIMP BAGUETTE	<i>no onion jam</i>
STRAIGHT UP TOMATO			VEGITERRANEAN
SUNSET CORN + CHICKEN	<b>SANDWICHES</b>	<b>CLASSICS</b>	
YUMMY CARROT	TASTIEST CHICKEN	MAC + CHEESE	<b>CLASSICS</b>
MUSHROOM MEDLEY	<i>no cheese</i>	MAC + MORE	
CHICKEN QUINOA	VEGITERRANEAN	<i>no persillade</i>	<b>SIDES</b>
	<i>no cheese</i>		GARLIC MASHED POTATOES
<b>SANDWICHES</b>	SHRIMP BAGUETTE	<b>SIDES</b>	BROWN BASMATI RICE
		BROWN BASMATI RICE	BISCUITS
<b>CLASSICS</b>	<b>CLASSICS</b>	FLATBREAD	
RATATOUILLE	KENTUCKY BURGEOO	BISCUITS	<b>DESSERTS</b>
<i>no persillade</i>	JAMBALAYA		ALL DESSERTS
BEEF BOURGUIGNON	RATATOUILLE	<b>DESSERTS</b>	
BUTTER CHICKEN	<i>no cheese</i>	ALL DESSERTS	<b>WEEKEND FEATURES</b>
JAMBALAYA	BEEF BOURGUIGNON	<b>WEEKEND FEATURES</b>	AVOCADO TOAST
	IRISH LAMB STEW	AVOCADO TOAST	RICOTTA TOAST
<b>SIDES</b>		RICOTTA TOAST	KENTUCKY HOT BROWN
BROWN BASMATI RICE	<b>SIDES</b>	FRENCH TOAST	FRENCH TOAST
GALRIC MASHED POTATOES	BROWN BASMATI RICE		
	<i>no butter</i>		
<b>DESSERTS</b>			
CHOCOLATE MOUSSE	<b>DESSERTS</b>		
STRAWBERRY CHEESECAKE			
<i>no graham crust</i>	<b>WEEKEND FEATURES</b>		
CHOCOLATE CHILI POT	AVOCADO TOAST		
<b>WEEKEND FEATURES</b>			
EGGS RATATOUILLE			
<i>no persillade</i>			
BBQ PORK TATER HASH			

ALLERGY GUIDE

<b>EGG</b>	<b>FISH / SHELLFISH</b>	<b>PEANUT / TREE NUT</b>	<b>SOY</b>
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>
PEPPERONI OLIVES HUMMUS GUACAMOLE CEVICHE POKE	CHEESIE STRAWS PEPPERONI OLIVES HUMMUS GUACAMOLE MEATBALLS	CHEESIE STRAWS PEPPERONI OLIVES HUMMUS <i>contains sesame</i> GUACAMOLE CEVICHE POKE <i>contains sesame</i> MEATBALLS	OLIVES HUMMUS GUACAMOLE CEVICHE MEATBALLS
<b>SHARES</b>	<b>SHARES</b>	<b>SHARES</b>	<b>SHARES</b>
ALL SHARES	ALL SHARES	ALL SHARES	ALL SHARES
<b>SALADS</b>	<b>SALADS</b>	<b>SALADS</b>	<b>SALADS</b>
ALL SALADS <i>sub lemon dressing</i> <i>sub bacon vinaigrette</i>	ALL SALADS <i>no caesar dressing</i> <i>no salmon</i>	ALL SALADS <i>no nuts</i>	ALL SALADS <i>no caesar dressing</i>
<b>SOUPS</b>	<b>SOUPS</b>	<b>SOUPS</b>	<b>SOUPS</b>
ALL SOUPS	STRAIGHT UP TOMATO SUNSET CORN + CHICKEN YUMMY CARROT MUSHROOM MEDLEY CHICKEN QUINOA FRENCH ONION	ALL SOUPS	STRAIGHT UP TOMATO SUNSET CORN + CHICKEN YUMMY CARROT MUSHROOM MEDLEY CHICKEN QUINOA FRENCH ONION
<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>
TASTIEST CHICKEN <i>no mayonnaise</i> GOOEY CHEESE GRILLERS VEGITERRANEAN DOS DIABLOS EL CUBANO <i>no mayonnaise</i>	TASTIEST CHICKEN <i>no mayonnaise</i> GOOEY CHEESE GRILLERS VEGITERRANEAN DOS DIABLOS EL CUBANO <i>no mayonnaise</i>	ALL SANDWICHES	GOOEY CHEESE GRILLERS VEGITERRANEAN EL CUBANO <i>no mayonnaise</i>
<b>CLASSICS</b>	<b>CLASSICS</b>	<b>CLASSICS</b>	<b>CLASSICS</b>
MAC + CHEESE MAC + MORE KENTUCKY BURGEOO JAMBALAYA RATATOUILLE BUTTER CHICKEN BEEF BOURGUIGNON IRISH LAMB STEW	MAC + CHEESE MAC + MORE CHICKEN POT PIE JAMBALAYA RATATOUILLE BUTTER CHICKEN BEEF BOURGUIGNON IRISH LAMB STEW	ALL CLASSICS	MAC + CHEESE MAC + MORE RATATOUILLE BUTTER CHICKEN BEEF BOURGUIGNON IRISH LAMB STEW
<b>SIDES</b>	<b>SIDES</b>	<b>SIDES</b>	<b>SIDES</b>
ALL SIDES	ALL SIDES	ALL SIDES	ALL SIDES
<b>DESSERTS</b>	<b>DESSERTS</b>	<b>DESSERTS</b>	<b>DESSERTS</b>
STRAWBERRY CHEESECAKE	ALL DESSERTS	STRAWBERRY CHEESECAKE CHOCOLATE MOUSSE CHOCOLATE CHILI POT CARAMEL APPLE CRUMBLE ICE CREAM	<i>no ice cream</i> STICKY TOFFEE PUDDING CHOCOLATE CHILI POT CHOCOLATE MOUSSE CARAMEL APPLE CRUMBLE
<b>WEEKEND FEATURES</b>	<b>WEEKEND FEATURES</b>	<b>WEEKEND FEATURES</b>	<b>WEEKEND FEATURES</b>
AVOCADO TOAST RICOTTA TOAST KENTUCKY HOT BROWN CROQUE MONSIEUR BBQ PORK HASH <i>no egg</i>	AVOCADO TOAST RICOTTA TOAST EGGS RATATOUILLE KENTUCKY HOT BROWN CROQUE MONSIEUR	AVOCADO TOAST RICOTTA TOAST <i>no nuts</i> EGGS RATATOUILLE BURGOO + EGGS BBQ PORK HASH KENTUCKY HOT BROWN CROQUE MONSIEUR FRENCH TOAST	AVOCADO TOAST RICOTTA TOAST KENTUCKY HOT BROWN CROQUE MONSIEUR EGGS RATATOUILLE FRENCH TOAST

ALLERGY GUIDE

<b>VEGETARIAN</b>	<b>VEGAN</b>	<b>PESCATARIAN</b>	
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>	
CHEESIE STRAWS OLIVES HUMMUS GUACAMOLE	OLIVES HUMMUS <i>sub tortilla chips</i> GUACAMOLE	CHEESIE STRAWS OLIVES HUMMUS GUACAMOLE CEVICHE POKE	
<b>SHARES</b>	<b>SHARES</b>	<b>SHARES</b>	
FONDUEMENTALE BRIE FONDUE		FONDUEMENTALE BRIE FONDUE	
<b>SALADS</b>	<b>SALADS</b>	<b>SALADS</b>	
GRAINS+GREENS LG GRAINS+GREENS <i>no salmon or chicken</i>	GRAINS+GREENS LG GRAINS+GREENS <i>no salmon or chicken</i> <i>no dressing (honey)</i>	GRAINS+GREENS LG GRAINS+GREENS <i>no chicken</i>	
<b>SOUPS</b>	<b>SOUPS</b>	<b>SOUPS</b>	
STRAIGHT UP TOMATO YUMMY CARROT MUSHROOM MEDLEY	STRAIGHT UP TOMATO YUMMY CARROT	STRAIGHT UP TOMATO YUMMY CARROT CRAB BISQUE MUSHROOM MEDLEY	
<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	
GOOEY CHEESE GRILLERS VEGITERRANEAN SHRIMP BAGUETTE	VEGITERRANEAN <i>no cheese</i>	GOOEY CHEESE GRILLERS VEGITERRANEAN SHRIMP BAGUETTE	
<b>CLASSICS</b>	<b>CLASSICS</b>	<b>CLASSICS</b>	
MAC + CHEESE RATATOUILLE	RATATOUILLE <i>no cheese</i>	MAC + CHEESE RATATOUILLE	
<b>SIDES</b>	<b>SIDES</b>	<b>SIDES</b>	
ALL SIDES	BROWN BASMATI RICE <i>no butter</i>	ALL SIDES	
<b>DESSERTS</b>	<b>DESSERTS</b>	<b>DESSERTS</b>	
ALL DESSERTS		ALL DESSERTS	
<b>WEEKEND FEATURES</b>	<b>WEEKEND FEATURES</b>	<b>WEEKEND FEATURES</b>	
AVOCADO TOAST RICOTTA TOAST CROQUE MONSIEUR <i>no ham</i> EGGS RATATOUILLE FRENCH TOAST	AVOCADO TOAST	AVOCADO TOAST RICOTTA TOAST CROQUE MONSIEUR <i>no ham</i> EGGS RATATOUILLE FRENCH TOAST	

INGREDIENT LIST

V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS \*TG = TRACE GLUTEN

<b>OLIVES</b> <b>V</b> MIXED OLIVES OLIVE OIL CHILI FLAKES LEMON JUICE SALT PEPPER	<b>CHEESE CRISPS</b> <b>V D F G</b> PUFF PASTRY SALT PARMESAN SRIRACHA <b>PUFF PASTRY</b> <b>F V</b> WHEAT FLOUR PALM OIL SALT SOY LECITHIN POTASSIUM SORBATE SODIUM PROPRIONATE FLAVOUR COLOUR	<b>PEPPERONI</b> <b>G D</b> PORK SALT FENNEL GARLIC CHILI PEPPER SKIM MILK RED WINE SODIUM NITRITE <b>TORTILLA CHIPS</b> <b>V</b> WHITE CORN OIL SALT	<b>GREEN BEANS</b> <b>V G</b> GREEN BEANS VINEGAR SALT GARLIC SPICES <b>FLATBREAD</b> <b>F V D</b> FLOUR YEAST VEG OIL SUGAR SALT YOGURT PRESERVATIVES
<b>HUMMUS</b> <b>V G</b> GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN SEED SALT PEPPER CANOLA OIL LEMON JUICE <b>FINISH D</b> FLATBREAD LEMON WEDGE OLIVES OLIVE OIL PARSLEY	<b>GUACAMOLE</b> <b>V</b> AVOCADO TOMATO BLACK BEANS GREEN ONION RED ONION JALAPENO CILANTRO LIME JUICE CUMIN SALT PEPPER <b>FINISH</b> TORTILLA CHIPS PEPPERONCINI CILANTRO LIME WEDGE	<b>CEVICHE</b> <b>S</b> ARGENTINE SHRIMP ROMA TOMATO RED ONION JALAPENO SEEDED CILANTRO LIME JUICE CUMIN SALT <b>FINISH</b> TORTILLA CHIPS CILANTRO LIME WEDGE PEPPERONCINI	<b>POKE</b> <b>S G</b> ALBACORE TUNA GREEN ONION SRIRACHA SESAME OIL SOY SAUCE AVOCADO LIME JUICE <b>FINISH</b> TOASTED SESAME TORTILLA CHIPS LIME WEDGE PEPPERONCINI
<b>POLLO MIX</b> <b>G</b> POBLANO PEPPERS WHITE ONION JALAPENOS CANOLA OIL LIME JUICE SALT ROAST CHICKEN CILANTRO	<b>SALSA VERDE</b> <b>V G</b> TOMATILLO POBLANO PEPPERS WHITE ONION GARLIC CILANTRO JALAPENOS CUMIN SALT WHITE SUGAR LIME JUICE	<b>BRIE FONDUE</b> <b>V G D</b> GARLIC HONEY WHITE WINE APPLE JUICE SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE BRIE <b>FINISH</b> HOUSE BREAD APPLES GRAPES	<b>FONDUEMENTALE</b> <b>V G D</b> WHITE WINE WHITE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE CHEESE MIX KIRSCH <b>FINISH</b> HOUSE BREAD APPLES GRAPES
<b>QUESO BLANCO</b> <b>D G</b> CREAM CHEESE WHIPPING CREAM WHITE ONION GARLIC CUMIN SALT	<b>NACHOS</b> <b>G D</b> TORTILLA CHIPS QUESO BLANCO POLLO MIX CHEDDAR MIX SALSA VERDE CILANTRO	<b>HOUSE BREAD</b> <b>V F</b> FLOUR YEAST SALT MALTED WHEAT FLOUR AMYLASE ASCORBIC ACID	<b>PREPARED MAYO</b> EGG WHITE SUGAR PEPPER SALT VINEGAR SOYBEAN OIL
<b>SRIRACHA</b> <b>V G</b> CHILI SUGAR SALT GARLIC VINEGAR PRESERVATIVES			

INGREDIENT LIST

V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS \*TG = TRACE GLUTEN

<b>CAESAR DRESSING</b> G S *TG EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE WHITE WINE VINEGAR WORCESTERSHIRE* CAYENNE OLIVE OIL CANOLA OIL PEPPER SALT	<b>LEMON VINAIGRETTE</b> V LEMON JUICE HONEY OLIVE OIL CANOLA OIL PEPPER SALT	<b>BACON VINAIGRETTE</b> BACON FAT RED ONION GREEN ONION THYME PARSLEY APPLE CIDER VINEGAR APPLE JUICE BROWN SUGAR CANOLA OIL PEPPER SALT	<b>ROAST CHICKEN</b> CHICKEN BREAST OLIVE OIL PEPPER SALT
	<b>BISTRO SALAD</b> V BABY KALE GREENS MIX LEMON DRESSING DICED CUCUMBER DICED TOMATO RED ONION COOKED QUINOA	<b>SPINACH SALAD</b> D SPINACH SLICED APPLE BACON RED ONION GRATED FETA BACON VINAIGRETTE	<b>BAKED SALMON</b> WILD SALMON LEMON JUICE OLIVE OIL PEPPER SALT
<b>CAESAR SALAD</b> G S *TG BABY KALE CAESAR DRESSING CROUTONS PARMESAN LEMON WEDGE	<b>LARGE BISTRO SALAD</b> V BABY KALE GREENS MIX LEMON DRESSING DICED CUCUMBER DICED TOMATO RED ONION CHICKEN OR SALMON AVOCADO PUMPKIN SEEDS DRIED CRANBERRIES COOKED QUINOA PARSLEY	<b>LARGE SPINACH SALAD</b> D N SPINACH SLICED APPLE BACON RED ONION GRATED FETA BACON VINAIGRETTE CHICKEN OR SALMON AVOCADO RAISINS WALNUTS	<b>QUINOA</b> QUINOA SALT
<b>LARGE CAESAR SALAD</b> G S *TG BABY KALE CAESAR DRESSING CROUTONS CHICKEN OR SALMON BACON GRAPES SUNDRIED TOMATO PARMESAN LEMON WEDGE PARSLEY			

INGREDIENT LIST

V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS \*TG = TRACE GLUTEN

TOMATO	CRAB BISQUE	SUNSET CORN	YUMMY CARROT
<b>V G</b>	<b>G D S *TG</b>	<b>G D *TG</b>	<b>V</b>
TOMATO	OLIVE OIL	CHICKEN BREAST	CARROTS
ROMA TOMATO	WHITE ONION	CHIPOTLE PASTE*	YAMS
RED ONION	YAMS CELERY GARLIC	CORN	WHITE ONION
GARLIC	RED PEPPERS	WHITE ONION	CELERY
TOMATO PASTE	WHITE WINE	GREEN ONION	GINGER
BROWN SUGAR	TOMATO PASTE	YAMS GARLIC	COCONUT MILK
RED WINE VINEGAR	LOBSTER BASE*	CHICKEN STOCK	ORANGE JUICE
OLIVE OIL	FENNEL SEED	OREGANO	LIME JUICE
SALT PEPPER	SALT PEPPER	SALT CUMIN	HONEY
RED WINE	WHIPPING CREAM	TURMERIC	TURMERIC
<b>FINISH</b>	CRAB MEAT	WHIPPING CREAM	CARDAMOM
OLIVE OIL	PARSLEY BASIL	CILANTRO	CORIANDER
	<b>FINISH</b>	<b>FINISH</b>	SALT PEPPER
	PARSLEY	CILANTRO	MINT
	LEMON WEDGE	SOUR CREAM	<b>FINISH</b>
		LIME WEDGE	MINT

CHICKEN QUINOA	MUSHROOM MEDLEY	VEGETABLE STOCK	HOUSE BREAD
<b>G</b>	<b>V G D</b>	<b>Note - all soups and stews finished with light veg stock</b>	<b>F</b>
CHICKEN BREAST	BUTTER	TOMATO / MUSHROOM	FLOUR YEAST SALT
VEGETABLE OIL	WHITE ONION	ONION / CARROT	MALTED WHEAT FLOUR
QUINOA	CELERY GARLIC	CELERY / SUGAR / SALT	AMYLASE
CUMIN	BUTTON MUSHROOM	MALTODEXTRIN	ASCORBIC ACID
RUTABEGA	OYSTER MUSHROOM	<b>CHICKEN STOCK</b>	
CELERY	PORTOBELLOS	CHICKEN / CHICKEN FAT	<b>LOBSTER STOCK</b>
WHITE ONION	SHIITAKE MUSHROOM	SALT / SUGAR	<b>SFD D</b>
GARLIC	WHIP CREAM	MALTODEXTRIN	LOBSTER SALT CORN
GREEN ONION	VEG STOCK	YEAST EXTRACT	TAPIOCA POTATO
ZUCCHINI	WHITE WINE	<b>BEEF STOCK</b>	SUGAR YEAST EXTRACT
PARSLEY	DRY THYME	BEEF / BEEF FAT	CORN OIL MILK
KALE	SALT PEPPER	SALT / SUGAR	TOMATO PASTE
CHICKEN STOCK	FRESH PARSLEY	MALTODEXTRIN	ONION POWDER
GREEN PEPPER	GREEN ONION	YEAST EXTRACT	GARLIC POWDER
BLACK PEPPER	TRUFFLE OIL		COD LIVER OIL SOY
SALT	<b>FINISH</b>		SPICES PRESERVATIVES
<b>FINISH</b>	PARSLEY		
PARSLEY			

INGREDIENT LIST

V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS \*TG = TRACE GLUTEN

<b>GRILLED CHEESE</b> F V D BUTTER HOUSE BREAD CHEESE MIX CHEDDAR MIX	<b>TASTIEST CHICKEN</b> F D HOUSE BREAD ONION JAM CHICKEN SALAD BACON BRIE CHEESE HOUSE MAYO GREENS MIX	<b>VEGITERRANEAN</b> F V G D HOUSE BREAD HUMMUS ARTICHOKE MIX FETA CHEESE TOMATO GREENS MIX BALSAMIC VINEGAR	<b>EL CUBANO</b> F G D HOUSE BREAD PULLED PORK CAPICOLLO* RELISH CHEESE MIX PEPPERONCINI HOUSE MAYO
<b>DOS DIABLOS</b> F G D BUTTER HOUSE BREAD CHEDDAR MIX QUESO BLANCO CHORIZO MIX	<b>CHICKEN SALAD</b> ROAST CHICKEN HOUSE MAYO APPLE	<b>ARTICHOKE MIX</b> V ARTICHOKES MIXED PEPPERS OLIVE OIL SALT PEPPER BASIL PARSLEY SPINACH	<b>RELISH</b> G GARLIC OLIVE OIL CORNICHONS GRAINY DIJON HONEY SALT
<b>CHORIZO MIX</b> G *TG RED PEPPERS RED ONION CHIPOTLE PUREE* CANOLA OIL LIME JUICE SALT CHORIZO* CILANTRO	<b>ROAST CHICKEN</b> CHICKEN BREAST OLIVE OIL PEPPER SALT	<b>HUMMUS</b> V G GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN WHITE PEPPER SALT OLIVE OIL LEMON JUICE	<b>PULLED PORK</b> G PORK BUTT WHITE ONION GARLIC RED WINE VINEGAR ORANGE JUICE CHILI POWDER SALT PEPPER
<b>QUESO BLANCO</b> D G CREAM CHEESE WHIPPING CREAM WHITE ONION GARLIC CUMIN SALT	BALSAMIC BLACK PEPPER SALT		
<b>SHRIMP BAGUETTE</b> SFD F CIABATTA BAGUETTE SHRIMP SALAD CUCUMBER MIXED GREENS LEMON WEDGE	<b>SHRIMP SALAD</b> SFD WILD SHRIMP CELERY ROOT GREEN ONION PARSLEY BASIL LEMON HOUSE MAYO SALT PEPPER	<b>HOUSE MAYO</b> LEMON JUICE DIJON MUSTARD EGG WHITE SUGAR PEPPER SALT VINEGAR SOYBEAN OIL	

	<b>HOUSE BREAD</b> F FLOUR YEAST SALT MALTED WHEAT FLOUR AMYLASE ASCORBIC ACID
<b>CHEDDAR MIX</b> V D CHEDDAR MOZZARELLA	<b>CHEESE MIX</b> V D MOZZARELLA EMMENTHAL GRUYERE



INGREDIENT LIST

V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS \*TG = TRACE GLUTEN

KENTUCKY BURGOO	BOURGUIGNON	SHEPHERDS PIE	CHICKEN POT PIE
<b>G *TG</b>	<b>G</b>	<b>G F D</b>	<b>G F D</b>
BEEF DICED	BEEF DICED	LAMB DICED	CHICKEN BREAST
LAMB DICED	SALT PEPPER	BEEF DICED	BUTTON MUSHROOM
PORK HOCK	RED WINE	WHITE ONION	OYSTER MUSHROOM
WHITE ONION	BEEF STOCK	RUTABAGA	PORTOBELLOS
GARLIC	CARROTS	CELERY	SHIITAKE MUSHROOM
DICED TOMATO	BUTTON MUSHROOM	GARLIC	PEARL ONIONS
TOMATO PASTE	PEARL ONIONS	GUINNESS	CANOLA OIL
BEEF STOCK	CANOLA OIL	BEEF STOCK	BUTTER
WORCESTERSHIRE*	WHITE ONION	WORCESTERSHIRE SAUCE*	WHITE ONION
MOLASSES	GARLIC CELERY	POTATO STARCH	CELERY
RED WINE VINEGAR	TOMATO PASTE	PEPPER SALT	GARLIC
BROWN SUGAR	POTATO STARCH	PEAS	FLOUR
CHILI POWDER	THYME	FRESH ROSEMARY	WHITE WINE
CHIPOTLE PUREE*	BAY LEAF	FRESH PARSLEY	CHICKEN STOCK
CELERY	PARSLEY	MASHED POTATOES	WHIPPING CREAM
SALT PEPPER	<i>FINISH</i>	CHEDDAR MIX	DIJON MUSTARD
DRY THYME	PARSLEY	<i>FINISH</i>	DRY THYME
DRY OREGANO		FRESH PARSLEY	PEPPER SALT
GREEN CABBAGE	<b>BUTTER CHICKEN</b>		FRESH ROSEMARY
POTATOES	<b>G D</b>	<b>RATATOUILLE</b>	FRESH PARSLEY
CORN OKRA	CHICKEN BREAST	<b>G V</b>	PEAS
LIMA BEANS	CUMIN	EGGPLANT	<i>FINISH</i>
<i>FINISH</i>	CORIANDER	ZUCCHINI	PUFF PASTRY
PARSLEY	FENUGREEK	BELL PEPPERS	EGGS
	CINNAMON	GARLIC	ROSEMARY
<b>JAMBALAYA</b>	CLOVES	OLIVE OIL	PEPPER SALT
<b>G S *TG *TD</b>	CARDAMOM	RED ONION	FRESH PARSLEY
PAPRIKA	POTATOES	TOMATO PASTE	
DRY THYME	BUTTER	DICED TOMATO	<b>IRISH LAMB</b>
DRY OREGANO	WHITE SUGAR	WHITE WINE	<b>G F</b>
ALLSPICE	WHITE ONION	VEG STOCK	LAMB DICED
CAYENNE	GINGER	BLACK PEPPER	VEG STOCK
SALT PEPPER	GARLIC	SALT	GUINNESS
ANDOUILLE*	TURMERIC	FRESH PARSLEY	RUTABAGA
CHICKEN BREAST	FENUGREEK LEAF	FRESH OREGANO	PARSNIPS
CANOLA OIL	TOMATO PASTE	FRESH BASIL	CARROTS
WHITE ONION	CHICKEN STOCK	<i>FINISH F</i>	CANOLA OIL
CELERY	SALT PEPPER	PERSILLADE	WHITE ONION
MIXED PEPPERS	WHIPPING CREAM	GOAT CHEESE	CELERY
GARLIC	CILANTRO	PARSLEY	GARLIC
DICED TOMATOES	<i>FINISH</i>	OLIVE OIL	DRY BAY LEAF
TOMATO PASTE	CILANTRO		DRY THYME
CHICKEN STOCK			BLACK PEPPER
PEELED SHRIMP			SALT
FRZN OKRA			POTATO STARCH
FRESH PARSLEY			PEAS
BAY LEAF			FRESH ROSEMARY
<i>FINISH</i>			FRESH PARSLEY
BROWN RICE			<i>FINISH</i>
FRESH PARSLEY			PARSLEY

INGREDIENT LIST

**V = VEGETARIAN    F = FLOUR    G = GARLIC    D = DAIRY    S = SEAFOOD    N = NUTS    \*TG = TRACE GLUTEN**

FRENCH ONION	MAC & CHEESE	MAC & MORE	PUFF PASTRY
<b>G</b>	<b>V D F</b>	<b>D F G</b>	<b>F</b>
ONION	MACARONI VEG OIL	MAC & CHEESE	WHEAT FLOUR
GARLIC	WHIPPING CREAM	BACON	PALM OIL
RED WINE	HOMO MILK	WHITE ONION	SALT SOY LECITHIN
BEEF BROTH	WHITE ONION	FRESH THYME	POTASSIUM SORBATE
CANOLA OIL	NUTMEG	FRESH PARSLEY	SODIUM PROPRIONATE
SALT PEPPER	SALT PEPPER	GREEN PEAS	FLAVOUR COLOUR
<i>FINISH F</i>	BUTTER	<i>FINISH</i>	
BREAD	FLOUR	PERSILLADE	
CHEESE MIX	CHEDDAR MIX		
	<i>FINISH</i>		
	CHEDDAR MIX		

VEGETABLE STOCK	CHICKEN STOCK	BEEF STOCK	PERSILLADE
<i>Note - all soups and stews finished with light veg stock</i>	CHICKEN / CHICKEN FAT	BEEF / BEEF FAT	<b>F G</b>
TOMATO / MUSHROOM	SALT / SUGAR	SALT / SUGAR	PANKO BREAD CRUMBS
ONION / CARROT	MALTODEXTRIN	MALTODEXTRIN	PARSLEY
CELERY / SUGAR / SALT	YEAST EXTRACT	YEAST EXTRACT	GARLIC
MALTODEXTRIN			SALT PEPPER
YEAST EXTRACT			OLIVE OIL

CHEESE MIX	CHEDDAR MIX	MASHED POTATOES	BASMATI RICE
<b>V D</b>	<b>V D</b>	<b>V G D</b>	<b>V</b>
MOZZARELLA	CHEDDAR	POTATOES SALT	BROWN BASMATI
EMMENTHAL	MOZZARELLA	GARLIC CANOLA OIL	VEG STOCK SALT
GRUYERE		MILK CREAM BUTTER	<i>FINISH</i>
		<i>FINISH</i>	BUTTER PARSLEY
		BUTTER PARSLEY	

BISCUITS	HOUSE BREAD	TORTILLA CHIPS	FLATBREAD
<b>V D F</b>	<b>V F</b>	<b>V</b>	<b>V D F</b>
FLOUR	FLOUR YEAST SALT	WHITE CORN	FLOUR YEAST
MARGARINE	MALTED WHEAT FLOUR	CALCIUM HYDROXIDE	WATER VEG OIL
PARSLEY	AMYLASE	CANOLA OIL SALT	SUGAR SALT
BAKING POWDER	ASCORBIC ACID		YOGURT
CHEDDAR			PRESERVATIVES
MOZZARELLA			
SALT PEPPER			
BUTTERMILK			

INGREDIENT LIST

V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS \*TG = TRACE GLUTEN

STICKY TOFFEE	HOT CHOCOLATE CHILI POT	CHOCOLATE MOUSSE	CHEESECAKE
V F D N	V D	V D	V D
RAISINS	CREAM MILK	WHIPPING CREAM	CREAM CHEESE
CURRANTS	EGGS	CHOCOLATE	ICING SUGAR
HAZELNUTS	WINTER SPICE	EGG YOLKS	VANILLA EXTRACT
FLOUR	CAYENNE	CRÈME DE CACAO	WHIPPING CREAM
BAKING POWDER	DARK CHOCOLATE	VANILLA EXTRACT	STRAWBERRIES
WINTER SPICE	WHITE SUGAR	<i>FINISH</i>	SUGAR
BUTTER	BROWN SUGAR	WHIPPED CREAM	CORNSTARCH
BRWN SUGAR	CORNSTARCH		<i>FINISH F</i>
EGGS SALT	SALT		GRAHAM CRUMB
ORANGE JUICE			
WHT SUGAR			
WHIP CREAM			
VANILLA			
<i>FINISH</i>			
ICE CREAM			

BANANA B PUDDING	WINTER SPICE	ICE CREAM	GRAHAM CRUMB
V F D	V D	V D	V D F
RIPE BANANAS	CINNAMON	MILK INGREDIENTS	WHEAT FLOUR
VEG OIL	ALLSPICE NUTMEG	SUGAR GLUCOSE	SOYBEAN OIL
APPLE JUICE	CLOVE CARDAMOM	VANILLA EXTRACT	HONEY
FLOUR		SALT COLOR	BAKING SODA
BAKING POWDER		MONOGLYCERIDES	SALT
WINTER SPICE		DIGLYCERIDES	AMMONIUM BICARBONATE
EGGS SALT		GUAR GUM	MONOCALCIUM PHOSPHATE
CREAM MILK		XANTHAN GUM	SOY LECITHIN
BROWN SUGAR		CARAGEENAN	ARTIFICIAL FLAVOR
DARK CHOCOLATE			ASPARAGINASE
<i>FINISH</i>			SUGAR
ICE CREAM			BUTTER

INGREDIENT LIST

V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS \*TG = TRACE GLUTEN

<b>AVOCADO TOAST</b> V HOUSE BREAD AVOCADO CUCUMBER SEA SALT TAJIN SEASONING LIME	<b>EGGS BURGOO</b> D F G SCRAMBLED EGGS KENTUCKY BURGOO CHEDDAR MIX PARSLEY	<b>CROQUE MONSIEUR</b> F D HOUSE BREAD DIJON FONDUE SMOKED HAM SPINACH BASIL PARSLEY GREEN ONION CHEESE MIX	<b>KENTUCKY HOT BROWN</b> F D HOUSE BREAD SMK PAPRIKA FONDUE PULLED CHICKEN BACON ROAST TOMATOES PARSLEY CHEDDAR MIX
<b>RICOTTA TOAST</b> V D N HOUSE BREAD RICOTTA LEMON JUICE GRAPES HONEY WALNUTS	<b>EGGS RATATOUILLE</b> D F G SCRAMBLED EGGS RATATOUILLE CHEVRE CHEESE MIX PERSILLADE OLIVE OIL	<b>DIJON FONDUE</b> V G D WHITE WINE WHITE ONION GARLIC PEPPER SALT WHIPPING CREAM CORNSTARCH CREAM CHEESE CHEESE MIX KIRSCH DIJON MUSTARD	<b>SMOKED PAPRIKA FONDUE</b> V G D GARLIC HONEY WHITE WINE APPLE JUICE PEPPER SALT WHIPPING CREAM CORNSTARCH CREAM CHEESE BRIE SMOKED PAPRIKA
<b>TAJIN SEASON</b> V CHILI PEPPERS SEA SALT DEHYDRATED LIME SILICON DIOXIDE	<b>SCRAMBLED EGGS</b> D EGGS MILK SALT		

<b>PORK TATER TOT HASH</b> D G *TG TATERS PULLED PORK SPINACH GREEN ONION PARSLEY BASIL CHEDDAR MIX <i>FINISH</i> SCRAMBLED EGGS CHEDDAR MIX BBQ SAUCE* PEPPERONCINI PARSLEY	<b>PULLED PORK</b> G PORK BUTT WHITE ONION GARLIC RED WINE VINEGAR ORANGE JUICE CHILI POWDER SALT PEPPER	<b>FRENCH TOAST</b> D F BUTTER HOUSE BREAD EGGS MILK APPLES CINNAMON MASCARPONE MAPLE CARAMEL	<b>HOUSE BREAD</b> F FLOUR YEAST SALT MALTED WHEAT FLOUR AMYLASE ASCORBIC ACID
<b>TATERS</b> V POTATOES VEGETABLE OIL CORNSTARCH SALT ONION POWDER DEXTROSE	<b>BBQ SAUCE</b> G *TG WHITE ONION GARLIC COFFEE WORCESTER* KETCHUP RED WINE VIN MOLASSES CHIPOTLE PUREE BROWN SUGAR CHILI POWDER SALT	<b>MAPLE CARAMEL</b> D BROWN SUGAR WHIPPING CREAM MAPLE SYRUP BUTTER	<b>CHEESE MIX</b> V D MOZZARELLA EMMENTHAL GRUYERE
			<b>CHEDDAR MIX</b> V D CHEDDAR MOZZARELLA