



Ingredient and Sensitivity Guide Harvest 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.

GLUTEN	DAIRY	GARLIC	ONION
STARTERS	STARTERS	STARTERS	STARTERS
OLIVES PICKLES CHORIZO POKE GUACAMOLE HUMMUS <i>sub tortillas</i>	OLIVES PICKLES CHORIZO GUACAMOLE POKE HUMMUS <i>sub tortillas</i>	OLIVES PICKLES GUACAMOLE CEVICHE	OLIVES PICKLES CHORIZO HUMMUS
		SHARES	SHARES
			BRIE FONDUE
SHARES	SHARES	SALADS	SALADS
FONDUEMENTAL <i>sub tortillas</i>		ALL SALADS <i>sub lemon dressing</i>	ALL SALADS <i>sub lemon dressing</i> <i>no onions</i>
BRIE FONDUE <i>sub tortillas</i>	SALADS	SOUPS	SOUPS
NACHO POLLO	ALL SALADS <i>sub lemon dressing</i> <i>sub bacon vinaigrette</i> <i>no cheese</i>	BUTTERNUT SQUASH	
MUSSELS <i>no bread</i>		SANDWICHES	SANDWICHES
	SOUPS	TASTIEST CHICKEN	GOOEY CHEESE GRILLERS TASTIEST CHICKEN
SALADS	STRAIGHT UP TOMATO	GOOEY CHEESE GRILLERS	<i>no onion jam</i>
ALL SALADS <i>no croutons</i>	BUTTERNUT SQUASH	VEGITERRANEAN <i>no hummus</i>	VEGITERRANEAN
	TOM KAH GAI	SALMON BANH MI <i>no caramel soy</i>	SALMON BANH MI
SOUPS			
ALL SOUPS	SANDWICHES	CLASSICS	CLASSICS
	TASTIEST CHICKEN <i>no cheese</i>	MAC + CHEESE	
	VEGITERRANEAN <i>no cheese</i>	MAC + MORE <i>no persillade</i>	SIDES
SANDWICHES	SALMON BANH MI		GARLIC MASHED POTATOES BROWN BASMATI RICE BISCUITS
		SIDES	
CLASSICS	CLASSICS	BROWN BASMATI RICE	DESSERTS
RATATOUILLE <i>no persillade</i>	KENTUCKY BURGOO	FLATBREAD	ALL DESSERTS
BEEF BOURGUIGNON	JAMBALAYA	BISCUITS	
BUTTER CHICKEN	RATATOUILLE <i>no cheese</i>		WEEKEND FEATURES
JAMBALAYA	BEEF BOURGUIGNON	DESSERTS	AVOCADO TOAST RICOTTA TOAST KENTUCKY HOT BROWN FRENCH TOAST
		WEEKEND FEATURES	
SIDES		AVOCADO TOAST	
BROWN BASMATI RICE	SIDES	RICOTTA TOAST	
GALRIC MASHED POTATOES	BROWN BASMATI RICE <i>no butter</i>	FRENCH TOAST	
DESSERTS	DESSERTS		
CHOCOLATE MOUSSE			
CHOCOLATE CHILI POT			
	WEEKEND FEATURES		
WEEKEND FEATURES	AVOCADO TOAST		
EGGS RATATOUILLE <i>no persillade</i>			
BBQ PORK TATER HASH			

EGG	FISH / SHELLFISH	PEANUT / TREE NUT	SOY
STARTERS	STARTERS	STARTERS	STARTERS
OLIVES PICKLES CHORIZO HUMMUS GUACAMOLE POKE	OLIVES PICKLES CHORIZO HUMMUS GUACAMOLE	OLIVES PICKLES CHORIZO HUMMUS <i>contains sesame</i> GUACAMOLE CEVICHE POKE	OLIVES PICKLES CHORIZO HUMMUS GUACAMOLE CEVICHE
SHARES	SHARES	SHARES	SHARES
ALL SHARES	NO MUSSELS	<i>contains sesame</i> MEATBALLS	ALL SHARES
SALADS	SALADS	SHARES	SALADS
ALL SALADS <i>sub lemon dressing</i> <i>sub bacon vinaigrette</i>	ALL SALADS <i>no caesar dressing</i> <i>no salmon</i>	ALL SHARES	ALL SALADS <i>no caesar dressing</i>
SOUPS	SOUPS	SALADS	SOUPS
ALL SOUPS	STRAIGHT UP TOMATO SUNSET CORN + CHICKEN BUTTERNUT SQUASH CAULIFLOWER FRENCH ONION	ALL SALADS <i>no nuts</i>	STRAIGHT UP TOMATO SUNSET CORN + CHICKEN BUTTERNUT SQUASH CAULIFLOWER TOM KAH GAI FRENCH ONION
SANDWICHES	SANDWICHES	SOUPS	SANDWICHES
TASTIEST CHICKEN <i>no mayonnaise</i> GOOEY CHEESE GRILLERS VEGITERRANEAN DOS DIABLOS EL CUBANO <i>no mayonnaise</i> SALMON BANH MI <i>no mayonnaise</i>	NO SALMON BANH MI	ALL SOUPS <i>no nuts</i>	GOOEY CHEESE GRILLERS VEGITERRANEAN EL CUBANO <i>no mayonnaise</i>
CLASSICS	CLASSICS	SANDWICHES	SANDWICHES
MAC + CHEESE MAC + MORE KENTUCKY BURGOO JAMBALAYA RATATOUILLE BUTTER CHICKEN BEEF BOURGUIGNON	MAC + CHEESE MAC + MORE CHICKEN POT PIE RATATOUILLE BUTTER CHICKEN BEEF BOURGUIGNON	ALL SANDWICHES	GOOEY CHEESE GRILLERS VEGITERRANEAN EL CUBANO <i>no mayonnaise</i>
SIDES	SIDES	CLASSICS	CLASSICS
ALL SIDES	ALL SIDES	ALL CLASSICS	MAC + CHEESE MAC + MORE RATATOUILLE BUTTER CHICKEN BEEF BOURGUIGNON
DESSERTS	DESSERTS	SIDES	DESSERTS
	ALL DESSERTS	ALL SIDES	MAC + CHEESE MAC + MORE RATATOUILLE BUTTER CHICKEN BEEF BOURGUIGNON
WEEKEND FEATURES	WEEKEND FEATURES	DESSERTS	DESSERTS
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	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
		WEEKEND FEATURES	WEEKEND FEATURES
		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

VEGETARIAN	VEGAN	PESCATARIAN	
STARTERS	STARTERS	STARTERS	
OLIVES PICKLES HUMMUS GUACAMOLE	OLIVES PICKLES HUMMUS <i>sub tortilla chips</i> GUACAMOLE	OLIVES PICKLES HUMMUS GUACAMOLE POKE	
SHARES	SHARES	SHARES	
FONDUEMENTALE BRIE FONDUE		FONDUEMENTALE BRIE FONDUE MUSSELS	
SALADS	SALADS	SALADS	
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>	
SOUPS	SOUPS	SOUPS	
STRAIGHT UP TOMATO BUTTERNUT SQUASH CAULIFLOWER	STRAIGHT UP TOMATO BUTTERNUT SQUASH	STRAIGHT UP TOMATO BUTTERNUT SQUASH CRAB BISQUE CAULIFLOWER	
SANDWICHES	SANDWICHES	SANDWICHES	
GOOEY CHEESE GRILLERS VEGITERRANEAN	VEGITERRANEAN <i>no cheese</i>	GOOEY CHEESE GRILLERS VEGITERRANEAN SALMON BANH MI	
CLASSICS	CLASSICS	SANDWICHES	
MAC + CHEESE RATATOUILLE	RATATOUILLE <i>no cheese</i>	GOOEY CHEESE GRILLERS VEGITERRANEAN SALMON BANH MI	
SIDES	SIDES	CLASSICS	
ALL SIDES	BROWN BASMATI RICE <i>no butter</i>	MAC + CHEESE RATATOUILLE	
DESSERTS	DESSERTS	SIDES	
ALL DESSERTS		ALL SIDES	
WEEKEND FEATURES	WEEKEND FEATURES	DESSERTS	
AVOCADO TOAST RICOTTA TOAST CROQUE MONSIEUR <i>no ham</i> EGGS RATATOUILLE FRENCH TOAST	AVOCADO TOAST	ALL DESSERTS	
		WEEKEND FEATURES	
		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

OLIVES V MIXED OLIVES OLIVE OIL CHILI FLAKES LEMON JUICE SALT PEPPER	PICKLES V SWEET GHERKINS SOUR CORNICHONS	CHORIZOS TG* CHORIZO SAUSAGE	MUSSELS COCOTTES G D BUTTER WHITE ONION GARLIC WHIPPING CREAM WHITE WINE WHITE PEPPER SALT PARSLEY FRESH THYME DIJON MUSTARD
HUMMUS V G GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN SEED SALT PEPPER CANOLA OIL LEMON JUICE <i>FINISH D</i> FLATBREAD LEMON WEDGE OLIVES OLIVE OIL PARSLEY	GUACAMOLE V AVOCADO TOMATO BLACK BEANS GREEN ONION RED ONION JALAPENO CILANTRO LIME JUICE CUMIN SALT PEPPER <i>FINISH</i> TORTILLA CHIPS PEPPERONCINI CILANTRO LIME WEDGE	POKE S G AHI TUNA GREEN ONION SRIRACHA SESAME OIL SOY SAUCE AVOCADO LIME JUICE <i>FINISH</i> TOASTED SESAME TORTILLA CHIPS LIME WEDGE PEPPERONCINI	<i>FINISH</i> BACON PARSLEY WHITE WINE MUSSELS
POLLO MIX G POBLANO PEPPERS WHITE ONION JALAPENOS CANOLA OIL LIME JUICE SALT ROAST CHICKEN CILANTRO	SALSA VERDE V G TOMATILLO POBLANO PEPPERS WHITE ONION GARLIC CILANTRO JALAPENOS CUMIN SALT WHITE SUGAR LIME JUICE	BRIE FONDUE V G D GARLIC HONEY WHITE WINE APPLE JUICE SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE BRIE <i>FINISH</i> HOUSE BREAD APPLES GRAPES	FONDUEMENTALE V G D WHITE WINE WHITE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE CHEESE MIX KIRSCH <i>FINISH</i> HOUSE BREAD APPLES GRAPES
QUESO BLANCO D G CREAM CHEESE WHIPPING CREAM WHITE ONION GARLIC CUMIN SALT	NACHOS G D TORTILLA CHIPS QUESO BLANCO POLLO MIX CHEDDAR MIX SALSA VERDE CILANTRO	HOUSE BREAD V F FLOUR YEAST SALT MALTED WHEAT FLOUR AMYLASE ASCORBIC ACID	FLATBREAD F V D FLOUR YEAST VEG OIL SUGAR SALT YOGURT PRESERVATIVES
SRIRACHA V G CHILI SUGAR SALT GARLIC VINEGAR PRESERVATIVES	TORTILLA CHIPS V WHITE CORN OIL SALT		

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

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

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

TOMATO	CRAB BISQUE	SUNSET CORN	CAULIFLOWER
V G	G D S *TG	G D *TG	V G D
TOMATO	OLIVE OIL	CHICKEN BREAST	CAULIFLOWER
ROMA TOMATO	WHITE ONION	CHIPOTLE PASTE*	WHITE ONION
RED ONION	YAMS CELERY GARLIC	CORN	GARLIC
GARLIC	RED PEPPERS	WHITE ONION	APPLE JUICE
TOMATO PASTE	WHITE WINE	GREEN ONION	VEGETABLE STOCK
BROWN SUGAR	TOMATO PASTE	YAMS GARLIC	SALT PEPPER
RED WINE VINEGAR	LOBSTER BASE*	CHICKEN STOCK	WHIPPING CREAM
OLIVE OIL	FENNEL SEED	OREGANO	OLD CHEDDAR
SALT PEPPER	SALT PEPPER	SALT CUMIN	DIJON MUSTARD
RED WINE	WHIPPING CREAM	TURMERIC	FRESH PARSLEY
<i>FINISH</i>	CRAB MEAT	WHIPPING CREAM	GREEN ONION
OLIVE OIL	PARSLEY BASIL	CILANTRO	RED APPLE
	<i>FINISH</i>	<i>FINISH</i>	<i>FINISH</i>
	PARSLEY	CILANTRO	CHEDDAR MIX
	LEMON WEDGE	SOUR CREAM	PARSLEY
		LIME WEDGE	

BUTTERNUT SQUASH	TOM KAH GAI	VEGETABLE STOCK	HOUSE BREAD
V	G S	<i>Note - all soups and stews finished with light veg stock</i>	F
BUTTERNUT SQUASH	WHITE ONION	TOMATO / MUSHROOM	FLOUR YEAST SALT
CARROT	GARLIC	ONION / CARROT	MALTED WHEAT FLOUR
WHITE ONION	LEMON GRASS	CELERY / SUGAR / SALT	AMYLASE
CELERY	KAFFIR LIME LEAVES	MALTODEXTRIN	ASCORBIC ACID
GINGER	THAI RED CHILI	YEAST EXTRACT	
SALT	GINGER	CHICKEN STOCK	
WINTER SPICE	TOMATO PASTE	CHICKEN / CHICKEN FAT	LOBSTER STOCK
WHITE PEPPER	CILANTRO	SALT / SUGAR	SFD D
ORANGE JUICE	FISH SAUCE	MALTODEXTRIN	LOBSTER SALT CORN
MAPLE SYRUP	COCONUT MILK	YEAST EXTRACT	TAPIOCA POTATO
<i>FINISH N</i>	CHICKEN STOCK		SUGAR YEAST EXTRACT
HAZELNUTS	WHITE SUGAR	BEEF STOCK	CORN OIL MILK
PARSLEY	SALT	BEEF / BEEF FAT	TOMATO PASTE
	LIME JUICE	SALT / SUGAR	ONION POWDER
	LIME ZEST	MALTODEXTRIN	GARLIC POWDER
	CHICKEN BREAST	YEAST EXTRACT	COD LIVER OIL SOY
	OYSTER MUSHROOMS		SPICES PRESERVATIVES
	BAKY BOK CHOY		
	CANOLA OIL		
	<i>FINISH</i>		
	LIME WEDGE		
	CILANTRO		

INGREDIENT LIST

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

GRILLED CHEESE F V D BUTTER HOUSE BREAD CHEESE MIX CHEDDAR MIX	TASTIEST CHICKEN F D HOUSE BREAD ONION JAM CHICKEN SALAD BACON BRIE CHEESE HOUSE MAYO GREENS MIX	VEGITERRANEAN F V G D HOUSE BREAD HUMMUS ARTICHOKE MIX FETA CHEESE TOMATO GREENS MIX BALSAMIC VINEGAR	EL CUBANO F G D HOUSE BREAD PULLED PORK CAPICOLLO* RELISH CHEESE MIX PEPPERONCINI HOUSE MAYO
DOS DIABLOS F G D BUTTER HOUSE BREAD CHEDDAR MIX QUESO BLANCO CHORIZO MIX	CHICKEN SALAD ROAST CHICKEN HOUSE MAYO APPLE	ARTICHOKE MIX V ARTICHOKES MIXED PEPPERS OLIVE OIL SALT PEPPER BASIL PARSLEY SPINACH	RELISH G GARLIC OLIVE OIL CORNICHONS GRAINY DIJON HONEY SALT
CHORIZO MIX G *TG RED PEPPERS RED ONION CHIPOTLE PUREE* CANOLA OIL LIME JUICE SALT CHORIZO* CILANTRO	ROAST CHICKEN CHICKEN BREAST OLIVE OIL PEPPER SALT	HUMMUS V G GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN WHITE PEPPER SALT OLIVE OIL LEMON JUICE	PULLED PORK G PORK BUTT WHITE ONION GARLIC RED WINE VINEGAR ORANGE JUICE CHILI POWDER SALT PEPPER
QUESO BLANCO D G CREAM CHEESE WHIPPING CREAM WHITE ONION GARLIC CUMIN SALT	ONION JAM V RED ONION BALSAMIC BLACK PEPPER SALT		
SALMON BANH MI F SFD G HOUSE BREAD SALMON SOY CARMEL HOUSE MAYO PICKLED VEG CUCUMBER GREENS MIX CILANTRO	PICKLED VEG CARROT DAIKON JALAPENO RICE WINE VINEGAR WHITE SUGAR SALT	SOY CARMEL G WHITE SUGAR GINGER GARLIC SOY SAUCE	PREPARED MAYO EGG WHITE SUGAR PEPPER SALT VINEGAR SOYBEAN OIL

CHEDDAR MIX V D CHEDDAR MOZZARELLA	CHEESE MIX V D MOZZARELLA EMMENTHAL GRUYERE	HOUSE BREAD F FLOUR YEAST SALT MALTED WHEAT FLOUR AMYLASE ASCORBIC ACID
--	--	---

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

KENTUCKY BURGOO	BOURGUIGNON	SHEPHERDS PIE	CHICKEN POT PIE
G *TG	G	G F D	G F D
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	BUTTER CHICKEN		FRESH ROSEMARY
POTATOES	G D	RATATOUILLE	FRESH PARSLEY
CORN OKRA	CHICKEN BREAST	G V	PEAS
LIMA BEANS	CUMIN	EGGPLANT	<i>FINISH</i>
<i>FINISH</i>	CORIANDER	ZUCCHINI	PUFF PASTRY
PARSLEY	FENUGREEK	BELL PEPPERS	EGGS
	CINNAMON	GARLIC	ROSEMARY
JAMBALAYA	CLOVES	OLIVE OIL	PEPPER SALT
G S *TG *TD	CARDAMOM	RED ONION	FRESH PARSLEY
PAPRIKA	POTATOES	TOMATO PASTE	
DRY THYME	BUTTER	DICED TOMATO	
DRY OREGANO	WHITE SUGAR	WHITE WINE	
ALLSPICE	WHITE ONION	VEG STOCK	
CAYENNE	GINGER	BLACK PEPPER	
SALT PEPPER	GARLIC	SALT	
ANDOUILLE*	TURMERIC	FRESH PARSLEY	
CHICKEN BREAST	FENUGREEK LEAF	FRESH OREGANO	
CANOLA OIL	TOMATO PASTE	FRESH BASIL	
WHITE ONION	CHICKEN STOCK	<i>FINISH F</i>	
CELERY	SALT PEPPER	PERSILLADE	
MIXED PEPPERS	WHIPPING CREAM	GOAT CHEESE	
GARLIC	CILANTRO	PARSLEY	
DICED TOMATOES	<i>FINISH</i>	OLIVE OIL	
TOMATO PASTE	CILANTRO		
CHICKEN STOCK			
PEELED SHRIMP			
FRZN OKRA			
FRESH PARSLEY			
BAY LEAF			
<i>FINISH</i>			
BROWN RICE			
FRESH PARSLEY			

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

FRENCH ONION	MAC & CHEESE	MAC & MORE	PUFF PASTRY
G	V D F	D F G	F
ONION GARLIC RED WINE BEEF BROTH CANOLA OIL SALT PEPPER	MACARONI VEG OIL WHIPPING CREAM HOMO MILK WHITE ONION NUTMEG SALT PEPPER	MAC & CHEESE BACON WHITE ONION FRESH THYME FRESH PARSLEY GREEN PEAS	WHEAT FLOUR PALM OIL SALT SOY LECITHIN POTASSIUM SORBATE SODIUM PROPRIONATE 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	F G
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
V D	V D	V G D	V
MOZZARELLA EMMENTHAL GRUYERE	CHEDDAR MOZZARELLA	POTATOES SALT GARLIC CANOLA OIL MILK CREAM BUTTER	BROWN BASMATI VEG STOCK SALT
		<i>FINISH</i>	<i>FINISH</i>
		BUTTER PARSLEY	BUTTER PARSLEY

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

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	CARAMEL APPLE CRUMBLE
V F D N	V D	V D	V F D
RAISINS	CREAM MILK	WHIPPING CREAM	APPLES
CURRANTS	EGGS	CHOCOLATE	CINNAMON
HAZELNUTS	WINTER SPICE	EGG YOLKS	MAPLE SYRUP
FLOUR	CAYENNE	CRÈME DE CACAO	BROWN SUGAR
BAKING POWDER	DARK CHOCOLATE	VANILLA EXTRACT	WHIPPING CREAM
WINTER SPICE	WHITE SUGAR	<i>FINISH</i>	BUTTER
BUTTER	BROWN SUGAR	WHIPPED CREAM	OATS
BRWN SUGAR	CORNSTARCH		FLOUR
EGGS SALT	SALT		SALT
ORANGE JUICE	<i>FINISH</i>		<i>FINISH</i>
WHT SUGAR	ICE CREAM		ICE CREAM
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 LECHITHIN
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

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

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