



Ingredient and Sensitivity Guide Harvest 2019

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 OLIVES PICKLES FARMERS SAUSAGE HUMMUS <i>sub tortilla chips</i> TUNA POKE	STARTERS OLIVES PICKLES FARMERS SAUSAGE HUMMUS <i>sub tortilla chips</i> TUNA POKE	STARTERS OLIVES PICKLES FARMERS SAUSAGE TUNA POKE	STARTERS OLIVES PICKLES FARMERS SAUSAGE HUMMUS BRIE FONDUE
SALADS BISTRO SALAD LG BISTRO SALAD	SALADS ALL SALADS <i>no cheese</i>	SALADS ALL SALADS <i>olive oil and balsamic</i>	SALADS ALL SALADS <i>olive oil and balsamic</i> <i>no onions</i>
SOUPS STRAIGHT UP TOMATO BUTTERNUT SQUASH	SOUPS STRAIGHT UP TOMATO BUTTERNUT SQUASH	SOUPS BUTTERNUT SQUASH	SOUPS
SANDWICHES		SANDWICHES TASTIER CHICKEN GOOEY CHEESE GRILLERS	SANDWICHES GOOEY CHEESE GRILLERS TASTIER CHICKEN <i>no onion jam</i>
CLASSICS RATATOUILLE <i>no persillade</i> BEEF BOURGUIGNON	SANDWICHES TASTIER CHICKEN <i>no cheese</i>	CLASSICS MAC + CHEESE	CLASSICS
SIDES BASMATI RICE MASHED POTATOES RATATOUILLE	CLASSICS BEEF BOURGUIGNON RATATOUILLE <i>no cheese</i>	SIDES BASMATI RICE SIDE MAC + CHEESE FLATBREAD BISCUITS MASHED POTATOES	SIDES MASHED POTATOES BASMATI RICE BISCUITS FLATBREAD
SIDES BASMATI RICE RATATOUILLE	SIDES BASMATI RICE <i>no butter</i> RATATOUILLE	DESSERTS ALL DESSERTS	DESSERTS ALL DESSERTS
DESSERTS CHOC CHILI POT	DESSERTS	WEEKEND FEATURES AVOCADO TOAST BREAKFAST SANDWICH BBQ PORK TATER HASH <i>no bbq sauce</i>	WEEKEND FEATURES AVOCADO TOAST BREAKFAST SANDWICH
WEEKEND FEATURES EGGS RATATOUILLE <i>no persillade</i> BBQ PORK TATER HASH <i>no bbq sauce</i>	WEEKEND FEATURES AVOCADO TOAST SAUSAGE ROLLS BREAKFAST SANDWICH <i>no egg no cheese</i>		

EGG	FISH / SHELLFISH	PEANUT / TREE NUT	SOY
STARTERS	STARTERS	STARTERS	STARTERS
ALL STARTERS	OLIVES PICKLES	OLIVES PICKLES	OLIVES PICKLES
SALADS	FARMERS SAUSAGE	FARMERS SAUSAGE	FARMERS SAUSAGE
ALL SALADS	HUMMUS	HUMMUS	HUMMUS
<i>sub cookhouse vinaigrette</i>	BRIE FONDUE	<i>contains sesame</i>	BRIE FONDUE
	FONDUEMENTALE	TUNA POKE	FONDUEMENTALE
		<i>contains sesame</i>	
SOUPS	SALADS	FONDUEMENTALE	SALADS
ALL SOUPS	ALL SALADS	BRIE FONDUE	ALL SALADS
	<i>no caesar dressing</i>		<i>no caesar dressing</i>
	<i>no salmon</i>		
SANDWICHES		SALADS	
GOOEY CHEESE GRILLERS		ALL SALADS	SOUPS
DOS DIABLOS	SOUPS	<i>no nuts</i>	STRAIGHT UP TOMATO
TASTIER CHICKEN	STRAIGHT UP TOMATO		CRAB BISQUE
<i>no mayonnaise</i>	SUNSET CORN	SOUPS	SUNSET CORN
EL CUBANO	BUTTERNUT SQUASH	ALL SOUPS	BUTTERNUT SQUASH
<i>no mayonnaise</i>	FRENCH ONION	<i>no nuts</i>	FRENCH ONION
	SANDWICHES	SANDWICHES	SANDWICHES
CLASSICS	ALL SANDWICHES	ALL SANDWICHES	GOOEY CHEESE GRILLERS
MAC + CHEESE			DOS DIABLOS
RATATOUILLE	CLASSICS	CLASSICS	EL CUBANO
BEEF BOURGUIGNON	ALL CLASSICS	ALL CLASSICS	<i>no mayonnaise</i>
SHEPHERDS PIE			TASTIER CHICKEN
	SIDES	SIDES	<i>no mayonnaise</i>
SIDES	ALL SIDES	ALL SIDES	
ALL SIDES			CLASSICS
	DESSERTS	DESSERTS	MAC + CHEESE
DESSERTS	ALL DESSERTS	APPLE CRUMBLE	RATATOUILLE
APPLE CRUMBLE		CHOC CHILI POT	BEEF BOURGUIGNON
	WEEKEND FEATURES	BREAD PUDDING	SHEPHERDS PIE
WEEKEND FEATURES	ALL BRUNCH ITEMS		
AVOCADO TOAST		WEEKEND FEATURES	SIDES
BBQ PORK HASH		ALL BRUNCH ITEMS	ALL SIDES
<i>no egg</i>			
			DESSERTS
			ALL DESSERTS
			WEEKEND FEATURES
			AVOCADO TOAST
			BBQ PORK HASH
			EGGS BURGOO
			EGGS RATATOUILLE
			BREAKFAST SANDWICH
			<i>no mayonnaise</i>

VEGETARIAN (EGG / DAIRY)	VEGAN	PESCATARIAN
STARTERS	STARTERS	STARTERS
OLIVES	OLIVES	OLIVES
PICKLES	PICKLES	PICKLES
HUMMUS	HUMMUS	HUMMUS
FONDUEMENTALE	<i>sub tortilla chips</i>	TUNA POKE
BRIE FONDUE		FONDUEMENTALE
	SALADS	BRIE FONDUE
SALADS	BISTRO SALAD	
BISTRO SALAD	<i>olive oil and balsamic</i>	SALADS
LARGE BISTRO SALAD	LARGE BISTRO SALAD	ALL SALADS
<i>no salmon</i>	<i>no salmon</i>	<i>no chicken</i>
	<i>olive oil and balsamic</i>	<i>no bacon</i>
SOUPS		
STRAIGHT UP TOMATO	SOUPS	SOUPS
BUTTERNUT SQUASH	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO
	BUTTERNUT SQUASH	CRAB BISQUE
		BUTTERNUT SQUASH
SANDWICHES	SANDWICHES	
GOOEY CHEESE GRILLERS		SANDWICHES
		GOOEY CHEESE GRILLERS
CLASSICS	CLASSICS	
MAC + CHEESE	RATATOUILLE	CLASSICS
RATATOUILLE	<i>no cheese</i>	MAC + CHEESE
		RATATOUILLE
SIDES	SIDES	
ALL SIDES	BASMATI RICE	SIDES
	<i>no butter</i>	ALL SIDES
	RATATOUILLE	
DESSERTS	DESSERTS	DESSERTS
ALL DESSERTS		ALL DESSERTS
	WEEKEND FEATURES	WEEKEND FEATURES
WEEKEND FEATURES	AVOCADO TOAST	AVOCADO TOAST
AVOCADO TOAST		BREAKFAST SANDWICH
BREAKFAST SANDWICH		<i>no ham</i>
<i>no ham</i>		EGGS RATATOUILLE
EGGS RATATOUILLE		

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	HUMMUS V G HUMMUS TAPENADE <i>FINISH D F</i> PAPRIKA LEMON WEDGE OLIVES OLIVE OIL PARSLEY FLATBREAD	TUNA POKE S AHI TUNA EDAMAME GREEN ONION SHREDDED NORI SESAME SEEDS SOY SAUCE SRIRACHA SESAME OIL <i>FINISH</i> SESAME SEEDS TORTILLA CHIPS LIME	GUACAMOLE V AVOCADO GREEN ONION CILANTRO JALAPENO LIME JUICE CUMIN SALT PEPPER <i>FINISH</i> CILANTRO TORTILLA CHIPS
PICKLES V CUCUMBERS VINEGAR SUGAR SPICES	HUMMUS V G GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN SEED SALT PEPPER CANOLA OIL LEMON JUICE	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	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
FARMERS SAUSAGE PORK WATER SALT SPICES BROWN SUGAR NATURAL FLAVOURS ARTIFICIAL FLAVOURS PRESERVATIVES	TAPENADE V G PITTED BLACK OLIVES CHERRY PEPPERS GARLIC GREEN ONION BASIL PARSLEY LEMON JUICE WHITE SUGAR DRIED CHILIES OLIVE OIL	TORTILLA CHIPS V YELLOW CORN CALCIUM HYDROXIDE CANOLA OIL SALT	HOUSE BREAD V F FLOUR YEAST SALT MALTED BARLEY FLOUR
FLATBREAD V D F FLOUR YEAST WATER VEG OIL SUGAR SALT YOGURT PRESERVATIVES	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	BIG CAESAR SALAD G S *TG BABY KALE CAESAR DRESSING CROUTONS PARMESAN LEMON WEDGE ROAST CHICKEN BACON	ROAST CHICKEN CHICKEN BREAST OLIVE OIL PEPPER SALT
CAESAR SALAD G S *TG BABY KALE CAESAR DRESSING CROUTONS PARMESAN LEMON WEDGE	COOKHOUSE VINAIGRETTE G GARLIC RED ONION FRESH PARSLEY HONEY DIJON MUSTARD BALSAMIC VINEGAR RED WINE VINEGAR SALT PEPPER CANOLA OIL	BIG BISTRO SALAD V S G GREENS MIX COOKHOUSE VINAIGRETTE DICED CUCUMBER DICED TOMATO RED ONION COOKED QUINOA SMOKED SALMON PUMPKIN SEEDS DRIED CRANBERRIES	SMOKED SALMON S SOCKEYE SALMON MAPLE SYRUP SALT NATURAL SMOKE
	BISTRO SALAD V G GREENS MIX COOKHOUSE VINAIGRETTE DICED CUCUMBER DICED TOMATO RED ONION COOKED QUINOA		BISCUITS V D F FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK

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TOMATO V G TOMATO ROMA TOMATO RED ONION GARLIC TOMATO PASTE BROWN SUGAR RED WINE VINEGAR OLIVE OIL SALT PEPPER RED WINE <i>FINISH</i> OLIVE OIL	CRAB BISQUE G D S *TG OLIVE OIL WHITE ONION YAMS CELERY GARLIC RED PEPPERS WHITE WINE TOMATO PASTE LOBSTER BASE* FENNEL SEED SALT PEPPER WHIPPING CREAM CRAB MEAT PARSLEY BASIL <i>FINISH</i> PARSLEY LEMON WEDGE	SUNSET CORN G D *TG CHICKEN BREAST CHIPOTLE PASTE* CORN WHITE ONION GREEN ONION YAMS GARLIC CHICKEN STOCK OREGANO SALT CUMIN TURMERIC WHIPPING CREAM CILANTRO <i>FINISH</i> CILANTRO SOUR CREAM LIME WEDGE	BUTTERNUT SQUASH V BUTTERNUT SQUASH CARROT WHITE ONION CELERY GINGER SALT WINTER SPICE WHITE PEPPER ORANGE JUICE MAPLE SYRUP <i>FINISH N</i> HAZELNUTS PARSLEY
GRILLED CHEESE F V D BUTTER HOUSE BREAD CHEESE MIX CHEDDAR MIX	DOS DIABLOS F G D TG* BUTTER HOUSE BREAD CHEDDAR MIX CHORIZO MIX*	TASTIER CHICKEN F D HOUSE BREAD ROAST CHICKEN BACON BRIE CHEESE ONION JAM APPLE CUCUMBER GREENS HOUSE MAYO	EL CUBANO F G D TG* HOUSE BREAD PULLED PORK CAPICOLLO* RELISH CHEESE MIX PEPPERONCINI HOUSE MAYO
CHEESE MIX V D MOZZARELLA SWISS GRUYERE	CHORIZO MIX G *TG RED PEPPERS RED ONION CHIPOTLE PUREE* CANOLA OIL LIME JUICE SALT CHORIZO* CILANTRO CUMIN CREAM CHEESE	HOUSE MAYO EGG DIJON WHITE SUGAR PEPPER SALT VINEGAR SOYBEAN OIL	RELISH G GARLIC OLIVE OIL CORNICHONS GRAINY DIJON HONEY SALT
CHEDDAR MIX V D CHEDDAR MOZZARELLA		ONION JAM V RED ONION BALSAMIC BLACK PEPPER SALT	PULLED PORK G PORK BUTT WHITE ONION GARLIC RED WINE VINEGAR ORANGE JUICE CHILI POWDER SALT PEPPER

PUFF PASTRY F WHEAT FLOUR PALM OIL SALT SOY LECITHIN POTASSIUM SORBATE SODIUM PROPRIONATE FLAVOUR COLOUR	BASMATI RICE V BROWN BASMATI VEG STOCK SALT <i>FINISH</i> BUTTER PARSLEY	PERSILLADE F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL	MASHED POTATOES V D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER PARSLEY
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FRENCH ONION	MAC & CHEESE	CHICKEN POT PIE	SHEPHERDS PIE
G	V D F	G F D	G D *TG
ONION	MACARONI VEG OIL	CHICKEN BREAST	LAMB DICED
GARLIC	WHIPPING CREAM	BUTTON MUSHROOM	BEEF DICED
RED WINE	HOMO MILK	OYSTER MUSHROOM	WHITE ONION
BEEF BROTH	WHITE ONION	PORTOBELLOS	RUTABAGA
CANOLA OIL	NUTMEG	SHIITAKE MUSHROOM	CELERY
SALT PEPPER	SALT PEPPER	PEARL ONIONS	GARLIC
<i>FINISH F</i>	BUTTER	CANOLA OIL	GUINNESS*
BREAD	FLOUR	BUTTER	BEEF STOCK
CHEESE MIX	CHEDDAR MIX	WHITE ONION	WORCESTERSHIRE SAUCE*
	<i>FINISH</i>	CELERY	POTATO STARCH
	CHEDDAR MIX	GARLIC	PEPPER SALT
		FLOUR	PEAS
		WHITE WINE	FRESH ROSEMARY
		CHICKEN STOCK	FRESH PARSLEY
		WHIPPING CREAM	MASHED POTATOES
		DIJON MUSTARD	CHEDDAR MIX
		DRY THYME	<i>FINISH</i>
		PEPPER SALT	FRESH PARSLEY
		FRESH ROSEMARY	
		FRESH PARSLEY	
		PEAS	
		<i>FINISH</i>	
		PUFF PASTRY	
		EGGS	
		ROSEMARY	
		PEPPER SALT	
		FRESH PARSLEY	

BOURGUIGNON	RATATOUILLE
G	G V
BEEF DICED	EGGPLANT
SALT PEPPER	ZUCCHINI
RED WINE	BELL PEPPERS
BEEF STOCK	GARLIC
CARROTS	OLIVE OIL
BUTTON MUSHROOM	RED ONION
PEARL ONIONS	TOMATO PASTE
CANOLA OIL	DICED TOMATO
WHITE ONION	WHITE WINE
GARLIC CELERY	VEG STOCK
TOMATO PASTE	SALT PEPPER
POTATO STARCH	FRESH PARSLEY
THYME	FRESH OREGANO
BAY LEAF	FRESH BASIL
PARSLEY	<i>FINISH F</i>
<i>FINISH</i>	PERSILLADE
PARSLEY	GOAT CHEESE
	PARSLEY
	OLIVE OIL
	<i>FINISH (MINI)</i>
	PARSLEY

LOBSTER STOCK	CHICKEN STOCK	VEGETABLE STOCK	BEEF STOCK
S G D		<i>Note - all soups and stews finished with light veg stock</i>	
LOBSTER SALT CORN	CHICKEN / ONION / CARROT	CARROT / CELERY / ONION	BEEF / ONION / GARLIC
TAPIOCA POTATO	ROSEMARY / TURMERIC	CELERICAC / MUSHROOM	SALT / SUGAR / FLAVOUR
SUGAR YEAST EXTRACT	SALT / SPICES	GARLIC / GREEN PEAS	CARAMEL COLOUR
CORN OIL MILK	POTATO FLOUR	SALT / SUGAR / SPICES	
TOMATO PASTE		POTATO STARCH	
ONION POWDER			
GARLIC POWDER			
COD LIVER OIL SOY			
SPICES PRESERVATIVES			

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STICKY TOFFEE	HOT CHOCOLATE CHILI POT	CARAMEL APPLE CRUMBLE	BANANA B PUDDING
V F D N	V D	V F D	V F D
RAISINS	CREAM MILK	APPLES	RIPE BANANAS
CURRANTS	EGGS SALT	CINNAMON	VEG OIL
HAZELNUTS	WINTER SPICE	MAPLE SYRUP	APPLE JUICE
FLOUR	CAYENNE	BROWN SUGAR	FLOUR
BAKING POWDER	DARK CHOCOLATE	WHIPPING CREAM	BAKING POWDER
WINTER SPICE	WHITE SUGAR	BUTTER SALT	WINTER SPICE
BUTTER	BROWN SUGAR	OATS FLOUR	EGGS SALT
BRWN SUGAR	CORNSTARCH	<i>FINISH</i>	CREAM MILK
EGGS SALT	<i>FINISH</i>	ICE CREAM	BROWN SUGAR
ORANGE JUICE	ICE CREAM		DARK CHOCOLATE
WHT SUGAR		WINTER SPICE	<i>FINISH</i>
WHIP CREAM	ICE CREAM		ICE CREAM
VANILLA	V D	CINNAMON	
<i>FINISH</i>	MILK CREAM	ALLSPICE NUTMEG	
ICE CREAM	SUGAR EGG YOLK	CLOVE GINGER	
	VANILLA BEAN		

SAUSAGE ROLLS	AVOCADO TOAST	BREAKFAST SANDWICH	PORK TATER TOT HASH
F G	V F	F D	D G *TG
BEEF PORK EGGS	HOUSE BREAD	HOUSE BREAD	TATERS
ROLLED OATS	AVOCADO	SCRAMBLED EGGS	PULLED PORK
ONION GARLIC	TAJIN SEASONING	SMOKED HAM	SPINACH
SUGAR SPICES	SEA SALT	CHEDDAR MIX	GREEN ONION
DIJON MUSTARD	CILANTRO	TOMATO GREENS	BASIL PARSLEY
SOYBEAN OIL	TOMATO	RED EYE MAYO	CHEDDAR MIX
FLOUR VINEGAR	CUCUMBER		<i>FINISH</i>
SHORTENING	LIME WEDGE	RED EYE MAYO	SCRAMBLED EGGS
PEPPER SALT		EGG SUGAR VINEGAR	CHEDDAR MIX
<i>FINISH</i>	TAJIN SEASON	SUGAR PEPPER SALT	BBQ SAUCE*
DIJON MAPLE SYRUP	V	SOY BEAN OIL	PEPPERONCINI
	CHILI PEPPERS	INSTANT COFFEE	PARSLEY
EGGS RATATOUILLE	SEA SALT	SRIRACHA	SCRAMBLED EGGS
D F G	DEHYDRATED LIME	MAPLE SYRUP	D
SCRAMBLED EGGS	SILICON DIOXIDE		EGGS CREAM
RATATOUILLE		SRIRACHA	BUTTER SALT
CHEVRE	TATER TOTS	G	BBQ SAUCE
PERSILLADE	V	CHILI SUGAR SALT	V G TG*
OLIVE OIL	POTATOES	GARLIC VINEGAR	WHITE ONION
HOUSE BREAD	VEGETABLE OIL	POTASSIUM SORBATE	GARLIC SALT
	CORNSTARCH	SODIUM BISULFITE	COFFEE
EGGS BURGEOO	SALT	XANTHAM GUM	WORCESTER
D F G	ONION POWDER		KETCHUP
SCRAMBLED EGGS	DEXTROSE		RED WINE VINEGAR
KENTUCKY BURGEOO			MOLASSES
CHEDDAR MIX			CHIPOTLE PUREE*
PARSLEY PEPPERONCINI			BROWN SUGAR
BURGEOO BISCUIT			CHILI POWDER