



Ingredient and Sensitivity Guide Summer 2023

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	FISH / SHELLFISH	SOY
STARTERS	STARTERS	STARTERS	STARTERS
OLIVES	OLIVES	OLIVES	OLIVES
GUACAMOLE	GUACAMOLE	BISCUITS	BISCUITS
TUNA CRUDO	TUNA CRUDO	GUACAMOLE	GUACAMOLE
sub tortilla chips	CHICKEN WINGS	JERK WINGS	TUNA CRUDO
CHICKEN WINGS	BBQ RIBS	BBQ RIBS	FONDUEMENTALE
FONDUEMENTALE		FONDUEMENTALE	
sub tortilla chips	SALADS		SALADS
	ALL SALADS	SALADS	ALL SALADS
	no cheese	GRAINS + GREENS	
SALADS			SOUPS
SMK SALMON SALAD	SOUPS	SOUPS	STRAIGHT UP TOMATO
GRAINS + GREENS	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO	CRAB BISQUE
	TOM KHA GAI	YUMMY CARROT	YUMMY CARROT
SOUPS	YUMMY CARROT		
STRAIGHT UP TOMATO		SANDWICHES	SANDWICHES
TOM KHA GAI	SANDWICHES	ALL SANDWICHES	GOOEY GRILLERS
YUMMY CARROT	BAJA VEGGIE		DIABLO GRILLERS
	no cheese	CLASSICS	CHICKEN PARMESAN
SANDWICHES	CHICKEN PARMESAN	FRENCH ONION	
BAJA VEGGIE BURGER	no cheese	MAC + CHEESE	CLASSICS
sub gluten free bun	BBQ PORK	RATATOUILLE	FRENCH ONION
		BEEF BOURGUIGNON	MAC + CHEESE
CLASSICS	CLASSICS	BUTTER CHICKEN	<i>no carnitas</i>
RATATOUILLE	BEEF BOURGUIGNON	JAMBALAYA	BEEF BOURGUIGNON
no persillade	no mash	<i>no prawns</i>	BUTTER CHICKEN
BEEF BOURGUIGNON	RATATOUILLE		JAMBALAYA
BUTTER CHICKEN	no cheese	SIDES	
no naan		ALL SIDES	SIDES
			ALL SIDES
SIDES		DESSERTS	DESSERTS
MASHED POTATOES		ALL DESSERTS	ALL DESSERTS
DESSERTS			
CHOCOLATE MOUSSE			
CHEESECAKE			
no graham crumbs			
ICE CREAM			

EGG	GARLIC	ONION	PEANUT / TREE NUT
STARTERS	STARTERS	STARTERS	STARTERS
ALL STARTERS	BISCUITS PIEROGIES	BISCUITS no herb butter	ALL STARTERS
SALADS	SALADS	SALADS	SALADS
SMK SALMON SALAD GRAINS + GREENS	GRAINS + GREENS	GRAINS + GREENS	ALL SALADS
SOUPS	SANDWICHES	SANDWICHES	SOUPS
ALL SOUPS	GOOEY GRILLERS no chips	GOOEY GRILLERS no chips	ALL SOUPS
SANDWICHES	DIABLO GRILLERS no chips	DIABLO GRILLERS no chips	SANDWICHES
GOOEY GRILLERS DIABLO GRILLERS BAJA VEGGIE BURGER CHICKEN PARMESAN	CLASSICS	CLASSICS	ALL SANDWICHES
CLASSICS	MAC + CHEESE no breadcrumbs	SIDES	CLASSICS
ALL CLASSICS	SIDES	MASHED POTATOES no chives	ALL CLASSICS
SIDES	SIDE MAC + CHEESE no breadcrumbs	DESSERTS	SIDES
ALL SIDES	MASHED POTATOES	ALL DESSERTS	ALL SIDES
DESSERTS	DESSERTS		DESSERTS
CHOCOLATE MOUSSE CHERRY CHEESECAKE PEACH BROWN BETTY	ALL DESSERTS		ALL DESSERTS

VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
OLIVES	OLIVES BISCUITS no bacon marmalade	OLIVES BISCUITS no bacon marmalade
SALADS	PIEROGIES no sausage	PIEROGIES no sausage
GRAINS + GREENS no feta	FONDUEMENTALE	TUNA CRUDO FONDUEMENTALE
SANDWICHES	SALADS	SALADS
BAJA VEGGIE BURGER no cheese	GRAINS + GREENS	ALL SALADS
SOUPS	SOUPS	SOUPS
STRAIGHT UP TOMATO	STRAIGHT UP TOMATO YUMMY CARROT	STRAIGHT UP TOMATO CRAB BISQUE YUMMY CARROT
CLASSICS	SANDWICHES	SANDWICHES
RATATOUILLE no cheese	GOOEY GRILLERS	GOOEY GRILLERS BAJA VEGGIE BURGER
SIDES	CLASSICS	CLASSICS
	MAC + CHEESE RATATOUILLE	MAC + CHEESE RATATOUILLE
DESSERTS	SIDES	SIDES
	MASHED POTATOES MINI MAC + CHEESE	MASHED POTATOES MINI MAC + CHEESE
	DESSERTS	DESSERTS
	ALL DESSERTS	ALL DESSERTS

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

OLIVES G CASTELVETRANO OLIVES HERB OIL SPICES	BISCUITS D F FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK <i>FINISH</i> BACON MARMALADE HERB BUTTER	PIEROGI F D G PIEROGI DUMPLINGS SMOKED SAUSAGE GRAINY MUSTARD BUTTER SOUR CREAM CHIVES	TUNA CRUDO S G F TUNA CRUDO TAPENADE HERB OIL ARUGULA CROCCANTINI
GUACAMOLE AVOCADO TOMATO RED ONION GREEN ONION CILANTRO JALAPENO LIME JUICE CUMIN SALT PEPPER <i>FINISH</i> TORTILLA CHIPS PICKLED ONION TAJIN LIME	BACON MARMALADE BACON MARMALADE BALSAMIC VINEGAR	PIEROGI DUMPLINGS F D G FLOUR POTATO CHEDDAR VEG OIL SALT ANNATO	TUNA CRUDO S YELLOWTAIL TUNA CITRUS DRESSING
TORTILLA CHIPS CORN SALT VEGETABLE OIL	HERB BUTTER D BUTTER BASIL PARSLEY CHIVES	GRAINY MUSTARD BUTTER D BUTTER GRAINY DIJON MUSTARD MARJORAM CHIVES	TAPENADE G PITTED BLACK OLIVES SUN DRIED TOMATOES GARLIC GREEN ONION BASIL PARSLEY OLIVE OIL LEMON CHILIES SUGAR
PICKLED ONIONS RED ONION VINEGAR SUGAR SALT		SMOKED SAUSAGE PORK SALT SPICES BROWN SUGAR SMOKE	CROCCANTINI F FLOUR SALT OLIVE OIL

FONDUEMENTALE V G D WHITE WINE WHITE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE CHEESE MIX KIRSCH <i>FINISH</i> HOUSE BREAD TOMATO APPLES GRAPES	JERK WINGS G CHICKEN WINGS <i>FINISH</i> JERK SAUCE CUCUMBER RANCH BANANA PEPPERS CHIVES LIME WEDGE CHICKEN WINGS CHICKEN SALT RICE STARCH TAPIOCA STARCH SODIUM PHOSPHATE	BBQ RIBS G TG* PORK BACK RIBS <i>FINISH</i> HOUSE BBQ SAUCE PICKLES PARSLEY HICKORY STICKS PORK BACK RIBS G PORK BACK RIBS ONION GARLIC RED PEPPER PAPRIKA EXTRACT SALT DEXTROSE	HICKORY STICKS POTATOES VEG OIL ONION POWDER MSG SPICES MATOUKS HOT SAUCE G SCOTCH BONNET PEPPER VINEGAR CANE SUGAR CORNSTARCH SALT MUSTARD SEED GARLIC ONION POWDER
	JERK SAUCE G MATOUKS HOT SAUCE SOY SAUCE KETCHUP MOLASSES ORANGE JUICE ALLSPICE CUMIN THYME NUTMEG	HOUSE BBQ SAUCE G TG* ONION GARLIC COFFEE KETCHUP SOY SAUCE MOLASSES RED WINE VINEGAR CHIPOTLE PUREE* BROWN SUGAR CHILI POWDER PEPPER SALT	

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TOMATO SOUP	CRAB BISQUE	TOM KHA GAI	YUMMY CARROT
G	G D S *TG	G S	
TOMATO	OLIVE OIL	CHICKEN BREAST	CARROTS YAMS
ROMA TOMATO	WHITE ONION	RED CURRY PASTE	ONION CELERY
RED ONION	YAMS CELERY GARLIC	MUSHROOMS	GINGER HONEY
GARLIC	RED PEPPERS	CANOLA OIL	COCONUT MILK
TOMATO PASTE	WHITE WINE	ONION CARROT	VEG STOCK CORIANDER
BROWN SUGAR	TOMATO PASTE	GINGER GARLIC	TURMERIC CARDAMOM
RED WINE VINEGAR	LOBSTER BASE*	CHICKEN STOCK	SALT PEPPER
OLIVE OIL	FENNEL SEED	COCONUT MILK	ORANGE JUICE
SALT PEPPER	SALT PEPPER	FISH SAUCE	LIME JUICE MINT
RED WINE	WHIPPING CREAM	LIME JUICE	<i>FINISH F</i>
<i>FINISH F</i>	CRAB MEAT	SALT SUGAR	CHIVES
OLIVE OIL	PARSLEY BASIL	BABY BOK CHOY	SIDE BREAD
SIDE BREAD	<i>FINISH F</i>	CILANTRO BASIL	
	PARSLEY	<i>FINISH F</i>	RED CURRY PASTE
	LEMON WEDGE	CILANTRO LIME WEDGE	G
	SIDE BREAD	SIDE BREAD	CHILI GARLIC SHALLOT

RED CURRY PASTE
G
CHILI GARLIC SHALLOT
SOYBEAN OIL SALT
LEMONGRASS GALANGAL
CORIANDER LIME LEAF

CHICKEN PARMESAN
F G
BRIOCHE BUN
FRIED CHICKEN BREAST
TOMATO SAUCE
CHEESE MIX PARMESAN
TOMATO SAUCE
PESTO ARUGULA
<i>FINISH G</i>
SEASONED CHIPS
PICKLE SPEAR

BAJA VEGGIE
F G
BRIOCHE BUN
BLACK BEAN BURGER
CHEDDAR MIX
CUCUMBER RANCH
BANANA PEPPERS
TORTILLA CHIPS
GUACAMOLE GREENS
<i>FINISH G</i>
SEASONED CHIPS
PICKLE SPEAR

GRILLED CHEESE
F D
BUTTER
HOUSE BREAD
CHEESE MIX
CHEDDAR MIX
<i>FINISH G</i>
SEASONED CHIPS
PICKLE SPEAR

SMOKEY BBQ PORK
F G TG*
BRIOCHE BUN
PULLED PORK
HOUSE BBQ SAUCE*
HICKORY CHIPS
HOUSE SLAW
BANANA PEPPERS
<i>FINISH G</i>
SEASONED CHIPS
PICKLE SPEAR

FRIED CHICKEN BREAST
F G
CHICKEN BREAST
FLOUR CANOLA OIL
CORN STARCH SALT
SPICES SUGAR GARLIC
BAKING POWDER

BLACK BEAN BURGER
G
BLACK BEANS VEG OIL
BROWN RICE CORN
ONION TOMATO PASTE
SOY PROTEIN PEPPERS
SUGAR POTATO STARCH
VEGETABLE GUM
YEAST EXTRACT SALT
GARLIC ONION SPICES
BLACK BEAN POWDER

DIABLO MIX
G *TG
ONION PEPPERS
CANOLA OIL CHORIZO*
CHIPOTLE PUREE*
LIME JUICE SALT
CILANTRO CUMIN
CREAM CHEESE

PULLED PORK
G
PORK BUTT
WHITE ONION
GARLIC
RED WINE VINEGAR
ORANGE JUICE
CHILI POWDER
SALT PEPPER

TOMATO SAUCE
G
OLIVE OIL RED WINE
WHITE ONION GARLIC
TOMATOES OREGANO
BALSAMIC VINEGAR
SALT CHILI SUGAR

PESTO
G
OLIVE OIL GARLIC
BASIL PARSLEY
PUMPKIN SEED
LEMON JUICE
SALT PEPPER SUGAR

CHORIZO SAUSAGE
G
PORK SPICES
CORNSTARCH SUGAR
GARLIC POWDER

SEASONED CHIPS
G
HARDBITE POTATO CHIPS
GARLIC ONION OIL
SUNDRIED TOMATO
RED PEPPER SALT SUGAR
ASCORBIC ACID

ELMANS PICKLE
CUCUMBER SALT
VINEGAR SPICES
MUSTARD TURMERIC

HOUSE SLAW
CABBAGE PARSLEY
CARROTS MAYONNAISE
APPLE CIDER VINEGAR
SUGAR CELERY SALT

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CAESAR DRESSING G S *TG EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE CAYENNE WHITE WINE VINEGAR WORCESTERSHIRE* OLIVE OIL VEG OIL PEPPER SALT	CUCUMBER RANCH G CUCUMBER APPLE CIDER VINEGAR PARSLEY CHIVES DRY GARLIC DRY DILL SALT PEPPER SUGAR VEGAN MAYO	CITRUS DRESSING LEMON JUICE ORANGE JUICE GRAPEFRUIT JUICE BANANA PEPPERS MARMALADE SMOKED PAPRIKA SALT TURMERIC OLIVE OIL CANOLA OIL	RATATOUILLE G EGGPLANT ZUCCHINI BELL PEPPERS GARLIC RED ONION OLIVE OIL CHICK PEAS TOMATO PASTE DICED TOMATO WHITE WINE VEG STOCK SALT PEPPER FRESH PARSLEY FRESH OREGANO FRESH BASIL <i>FINISH F D</i> PERSILLADE (PANGRATATTA) GOAT CHEESE PARSLEY OLIVE OIL
CAESAR SALAD F G S *TG KALE PERSILLADE GRANA PADANO PARSLEY LEMON	SMK SALMON SALAD S G GREENS CUCUMBER HOT SMOKED SALMON PICKLED RED ONION RADISH CHIVES CAPERS CRUMB LEMON	GRAINS + GREENS D ARUGULA QUINOA ROAST CARROTS SUNDRIED TOMATO CRISP GARBANZO PARSLEY FETA	
PANGRATATTA F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL	EVERYTHING CRUMB G SESAME SEEDS POPPY SEEDS POTATO CHIPS GARLIC ONION OIL SUNDRIED TOMATO RED PEPPER SALT SUGAR ASCORBIC ACID	ROAST CARROTS CARROTS OLIVE OIL SMOKED PAPRIKA SALT HONEY	

BOURGUIGNON G D BEEF DICED SALT PEPPER RED WINE BEEF STOCK CARROTS BUTTON MUSHROOM PEARL ONIONS CANOLA OIL WHITE ONION GARLIC CELERY TOMATO PASTE POTATO STARCH THYME BAY LEAF PARSLEY <i>FINISH</i> MASHED POTATOES BACON PARSLEY HERB OIL	JAMBALAYA G S F D CHICKEN BREAST ANDOUILLE SAUSAGE VEG OIL GARLIC ONION CELERY BELL PEPPERS OKRA DICED TOMATOES TOMATO PASTE CHICKEN STOCK SALT PEPPER PAPRIKA THYME OREGANO ALLSPICE CAYENNE <i>FINISH S</i> BROWN RICE PRAWNS MUSSELS HERB OIL CHIVES	BUTTER CHICKEN G D CHICKEN BREAST GARAM MASALA BUTTER ONION GINGER GARLIC CAULIFLOWER VEG OIL FENUGREEK PAPRIKA TOMATOES TOMATO PASTE CHICKEN STOCK SUGAR SALT CREAM CILANTRO <i>FINISH</i> BROWN RICE NAAN MANGO CHUTNEY CREAM CILANTRO	ANDOUILLE SAUSAGE D F G PORK MILK FLOUR SALT SPICES GARLIC SMOKE
			NAAN F D FLOUR CANOLA OIL BUTTERMILK EGG SUGAR SALT GHEE BAKING POWDER
			MANGO CHUTNEY MANGOS VINEGAR SUGAR SALT SPICES

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FRENCH ONION G ONION GARLIC RED WINE VEG OIL BEEF BROTH SALT PEPPER <i>FINISH F</i> BREAD CHEESE MIX	MAC & CHEESE D F CAVATAPPI VEG OIL CREAM MILK ONION NUTMEG SALT PEPPER BUTTER FLOUR CHEDDAR MIX <i>FINISH</i> CHEDDAR MIX PERSILLADE	MASHED POTATOES D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER CHIVES	VEGETABLE STOCK <i>Note - all soups and stews finished with light veg stock</i> CARROT / CELERY / ONION CABBAGE / MUSHROOM GARLIC / TOMATO SALT / SUGAR / SPICES YEAST EXTRACT MALTODEXTRIN
CHEESE MIX D MOZZARELLA SWISS GOUDA	CARNITAS STYLE G TG* PULLED PORK HOUSE BBQ SAUCE*	HOUSE BREAD F FLOUR YEAST SALT MALTED BARLEY FLOUR	CHICKEN STOCK CHICKEN BROTH AND FAT CORN STARCH SALT / SUGAR / SPICES YEAST EXTRACT CITRIC ACID / FLAVOUR
CHEDDAR MIX D MOZZARELLA CHEDDAR JACK		BRIOCHE BUNS F FLOUR OIL YEAST SALT SUGAR ENZYMES CORN STARCH CAROTENE PEA PROTEINS	BEEF STOCK BEEF BROTH AND FAT SALT / SUGAR / FLAVOUR ONION POWDER YEAST EXTRACT MALTODEXTRIN

CHEESECAKE D CREAM CHEESE SUGAR CHERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH <i>FINISH F</i> GRAHAM CRUMB	CHOCOLATE MOUSSE D WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE <i>FINISH</i> WHIPPED CREAM	PEACH BROWN BETTY V D PEACHES PEAR JUICE BROWN SUGAR CORN STARCH BUTTER HOUSE BREAD <i>FINISH</i> ICE CREAM	BANANA B PUDDING F D BANANA SUGAR FLOUR EGGS OIL OATS MILK SALT VANILLA FLAVOUR BAKING POWDER CREAM MILK BROWN SUGAR DARK CHOCOLATE <i>FINISH</i> ICE CREAM
GRAHAM CRUMB V D F FLOUR OIL SALT HONEY BAKING SODA SUGAR BUTTER		ICE CREAM D MILK CREAM SUGAR EGG YOLK VANILLA BEAN	