



Ingredient and Sensitivity Guide Harvest 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.

IMPORTANT - OUR FRYER OIL IS SHARED - PLEASE INFORM YOUR SERVER IN CASE OF SEVERE ALLERGIES

PEANUT / TREE NUT	GLUTEN	DAIRY	FISH / SHELLFISH
STARTERS	STARTERS	STARTERS	STARTERS
ALL STARTERS	BRUSSELS SPROUTS	BRUSSELS SPROUTS no cheese	BISCUITS HUMMUS PIEROGI MINI MEATBALLS BRIE FONDUE FONDUEMENTALE
SALADS	SALADS	MINI MEATBALLS TORPEDO SHRIMP	
ALL SALADS	BISTRO SALAD FAB SALAD CAESAR SALAD	SALADS	
SOUPS	no pangrattata	ALL SALADS no cheese	SALADS
ALL SOUPS	SOUPS	SOUPS	BISTRO SALAD FAB SALAD
SANDWICHES	ALL SOUPS no side bread	STRAIGHT UP TOMATO	
ALL SANDWICHES	SANDWICHES	SANDWICHES	SOUPS
CLASSICS		TASTY CHICKEN no cheese	STRAIGHT UP TOMATO SUNSET CORN MUSHROOM MEDLEY
ALL CLASSICS	COMFORT FOOD	EGGPLANT PARM no cheese	
SIDES	BEEF BOURGUIGNON BUTTER CHICKEN no naan KENTUCKY BURGEOO no biscuits sub rice	EL CUBANO no cheese	SANDWICHES
ALL SIDES		COMFORT FOOD	ALL SANDWICHES
DESSERTS	SIDES	BEEF BOURGUIGNON no mash KENTUCKY BURGEOO no cheese / no biscuits	COMFORT FOOD
ALL DESSERTS	MASHED POTATOES BASMATI RICE		FRENCH ONION MAC + CHEESE BEEF BOURGUIGNON BUTTER CHICKEN JAMBALAYA <i>no prawns</i>
	DESSERTS	SIDES	CHICKEN DIJON KENTUCKY BURGEOO
	CHOCOLATE MOUSSE ICE CREAM	BASMATI RICE	
			SIDES
			ALL SIDES
			DESSERTS
			ALL DESSERTS

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GARLIC	ONION	SOY	EGG
STARTERS	STARTERS	STARTERS	STARTERS
BISCUITS PIEROGIES BRUSSELS SPROUTS CORN RIBS	BISCUITS no herb butter HUMMUS BRUSSELS SPROUTS CORN RIBS BRIE FONDUE	BISCUITS HUMMUS BRUSSELS SPROUTS PIEROGI BRIE FONDUE FONDUEMENTALE	BISCUITS PIEROGI BRUSSELS SPROUTS MEATBALLS FONDUEMENTALE BRIE FONDUE
SALADS	SALADS	SALADS	SALADS
FAB SALAD	BISTRO SALAD no onion sub balsamic / olive oil FAB SALAD	BISTRO SALAD FAB SALAD	BISTRO SALAD FAB SALAD
SANDWICHES	SANDWICHES	SOUPS	SOUPS
GOOEY GRILLERS TASTY CHICKEN	no onion sub balsamic / olive oil FAB SALAD	ALL SOUPS	ALL SOUPS
COMFORT FOOD	SANDWICHES	SANDWICHES	SANDWICHES
MAC + CHEESE no pangratatta	GOOEY GRILLERS DIABLO GRILLERS TASTY CHICKEN no onion jam	GOOEY GRILLERS DIABLO GRILLERS TASTY CHICKEN <i>no mayo</i> EL CUBANO <i>no mayo</i> EGGPLANT PARM	GOOEY GRILLERS DIABLO GRILLERS TASTY CHICKEN <i>no mayo</i> EL CUBANO <i>no mayo</i> EGGPLANT PARM
SIDES	COMFORT FOOD	SANDWICHES	SANDWICHES
SIDE MAC + CHEESE no pangratatta MASHED POTATOES	no onion jam	GOOEY GRILLERS DIABLO GRILLERS TASTY CHICKEN <i>no mayo</i> EL CUBANO <i>no mayo</i> EGGPLANT PARM	GOOEY GRILLERS DIABLO GRILLERS TASTY CHICKEN <i>no mayo</i> EL CUBANO <i>no mayo</i> EGGPLANT PARM
DESSERTS	SIDES	COMFORT FOOD	COMFORT FOOD
ALL DESSERTS	MASHED POTATOES no chives	FRENCH ONION MAC + CHEESE <i>no carnitas</i> BEEF BOURGUIGNON BUTTER CHICKEN JAMBALAYA CHICKEN DIJON KENTUCKY BURGOO	FRENCH ONION MAC + CHEESE BEEF BOURGUIGNON BUTTER CHICKEN JAMBALAYA KENTUCKY BURGOO CHICKEN DIJON <i>no vol au vent</i>
	DESSERTS	SIDES	SIDES
	ALL DESSERTS	ALL SIDES	ALL SIDES
		DESSERTS	DESSERTS
		ALL DESSERTS	CHOCOLATE MOUSSE APPLE CRUMBLE <i>no ice cream</i>

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VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
BRUSSELS SPROUTS <i>no bacon no parmesan</i>	BISCUITS HUMMUS BRUSSELS SPROUTS <i>no bacon</i>	BISCUITS HUMMUS BRUSSELS SPROUTS <i>no bacon</i>
SALADS	PIEROGIES <i>no sausage</i>	PIEROGIES <i>no sausage</i>
BISTRO SALAD	CORN RIBS	CORN RIBS
SANDWICHES	BRIE FONDUE FONDUEMENTALE	TORPEDO SHRIMP BRIE FONDUE FONDUEMENTALE
EGGPLANT PARM <i>no cheese</i>		
SOUPS	SALADS	SALADS
STRAIGHT UP TOMATO	BISTRO SALAD	BISTRO SALAD CAESAR SALAD
COMFORT FOOD	SOUPS	SOUPS
KENTUCKY BURGOO <i>no cheese sub rice</i>	STRAIGHT UP TOMATO MUSHROOM MEDLEY	STRAIGHT UP TOMATO CRAB BISQUE MUSHROOM MEDLEY
SIDES	SANDWICHES	SANDWICHES
BASMATI RICE	GOOEY GRILLERS EGGPLANT PARM	GOOEY GRILLERS EGGPLANT PARM
DESSERTS	COMFORT FOOD	COMFORT FOOD
	MAC + CHEESE KENTUCKY BURGOO	MAC + CHEESE KENTUCKY BURGOO
	SIDES	SIDES
	MASHED POTATOES MINI MAC + CHEESE BASMATI RICE NAAN	MASHED POTATOES MINI MAC + CHEESE BASMATI RICE NAAN
	DESSERTS	DESSERTS
	ALL DESSERTS	ALL DESSERTS

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BISCUITS	HUMMUS	PIEROGI	BRUSSEL SPROUTS
D F	V G	F D G	D
FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK	GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN SEED SALT PEPPER CANOLA OIL LEMON JUICE	PIEROGI DUMPLINGS SMOKED SAUSAGE GRAINY MUSTARD BUTTER SOUR CREAM CHIVES	BRUSSEL SPROUTS BALSAMIC SYRUP BACON PARMESAN PARSLEY
FINISH	FINISH D F	PIEROGI DUMPLINGS	
HERB BUTTER	PAPRIKA OLIVE OIL PARSLEY LEMON WEDGE NAAN	F D G FLOUR POTATO CHEDDAR VEG OIL SALT ANNATO	
HERB BUTTER		GRAINY MUSTARD BUTTER	
D		D	
BUTTER BASIL PARSLEY CHIVES	NAAN	BUTTER GRAINY DIJON MUSTARD MARJORAM CHIVES	
	F D		
	FLOUR CANOLA OIL BUTTERMILK EGG SUGAR SALT GHEE BAKING POWDER	SMOKED SAUSAGE	
		PORK SALT SPICES BROWN SUGAR SMOKE	

	CHICKEN KARAAGE		MINI MEATBALLS
	F G D S		F G
	CHICKEN KARAAGE KATSU CURRY MAYO LIME CHIVES		MEATBALLS CHERRIES HOUSE BBQ SAUCE VEG STOCK CHIVES
CORN RIBS	CHICKEN KARAAGE	TORPEDO SHRIMP	
F D	F G D	S F	MEATBALLS
CORN RIBS TAJIN SEASONING CILANTRO LIME MAYO CILANTRO	CHICKEN THIGH FLOUR OIL SUGAR SALT PEPPER SOY GINGER EGG SPICES CORN STARCH MILK ONION GARLIC SHORTENING PRESERVATIVES	TORPEDO SHRIMP BLOODY MARY SAUCE LEMON PARSLEY	F G GROUND BEEF GARLIC BREADCRUMBS SOY SUGAR SALT SPICES PRESERVATIVES
CORN RIBS		SHRIMP	HOUSE BBQ SAUCE
F D		S F	G
CORN FLOUR SALT RICE FLOUR SPICES OIL POTATO STARCH MILK NATURAL SMOKE	KATSU CURRY MAYO	SHRIMP FLOUR CORN FLOUR SALT CORNSTARCH EGG SHORTENING YEAST PRESERVATIVES	ONION GARLIC COFFEE KETCHUP SOY SAUCE MOLASSES RED WINE VINEGAR CHIPOTLE PUREE BROWN SUGAR CHILI POWDER PEPPER SALT
CILANTRO LIME MAYO	S	BLOODY MARY SAUCE	
D	MAYO KETCHUP SOY SAUCE WORCESTER LEMON SUGAR GARAM MASALA TURMERIC	S	
MAYO LIME JUICE SOUR CREAM SALT CILANTRO		KETCHUP MAYO TABASCO WORCESTER HORSERADISH LEMON	

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TOMATO SOUP	CRAB BISQUE	SUNSET CORN	MUSHROOM MEDLEY
G	G D S	G D	G D
TOMATO	OLIVE OIL	CHICKEN BREAST	BUTTER
ROMA TOMATO	WHITE ONION	CHIPOTLE PASTE	WHITE ONION
RED ONION	YAMS CELERY GARLIC	CORN	CELERY GARLIC
GARLIC	RED PEPPERS	WHITE ONION	BUTTON MUSHROOM
TOMATO PASTE	WHITE WINE	GREEN ONION	OYSTER MUSHROOM
BROWN SUGAR	TOMATO PASTE	YAMS GARLIC	PORTOBELLOS
RED WINE VINEGAR	SEAFOOD BASE	CHICKEN STOCK	SHIITAKE MUSHROOM
OLIVE OIL	FENNEL SEED	OREGANO	WHIP CREAM
SALT PEPPER	SALT PEPPER	SALT CUMIN	VEG STOCK
RED WINE	WHIPPING CREAM	TURMERIC	WHITE WINE
<i>FINISH F</i>	CRAB MEAT	WHIPPING CREAM	DRY THYME
OLIVE OIL	PARSLEY BASIL	CILANTRO	SALT PEPPER
SIDE BREAD	<i>FINISH F</i>	<i>FINISH F</i>	FRESH PARSLEY
	PARSLEY	CHIVES	GREEN ONION
	LEMON WEDGE	SOUR CREAM	TRUFFLE OIL
	SIDE BREAD	LIME WEDGE	<i>FINISH F</i>
		SIDE BREAD	PARSLEY
			SIDE BREAD

	TASTY CHICKEN	EGGPLANT PARMESAN	
	F D	F G D	
	CIABATTA	CIABATTA	
	ROAST CHICKEN	EGGPLANT	
	BACON CHEDDAR MIX	OLIVE OIL	EL CUBANO
	ONION JAM APPLE	SALT PEPPER	F G D
	HOUSE MAYO	ROASTED PEPPERS	CIABATTA
GRILLED CHEESE		PARMESAN BASIL	PULLED PORK
F D	HOUSE MAYO	TOMATO SAUCE	HAM MUSTARD AIOLI
BUTTER		HOUSE PESTO	PICKLES BANANA PEPPERS
HOUSE BREAD	EGG DIJON	BALSAMIC SYRUP	CHEESE MIX
CHEESE MIX	WHITE SUGAR		
CHEDDAR MIX	PEPPER SALT	TOMATO SAUCE	PULLED PORK
	VINEGAR LEMON	G	G
DIABLO MIX	SOYBEAN OIL	OLIVE OIL RED WINE	PORK BUTT
G *TG		WHITE ONION GARLIC	WHITE ONION
ONION PEPPERS	ONION JAM	TOMATOES OREGANO	GARLIC
CANOLA OIL CHORIZO*		BALSAMIC VINEGAR	RED WINE VINEGAR
CHIPOTLE PUREE	ONION BROWN SUGAR	SALT CHILI SUGAR	ORANGE JUICE
LIME JUICE SALT	APPLE CIDER VINEGAR		CHILI POWDER
CILANTRO CUMIN	SALT PEPPER	PESTO	SALT PEPPER
CREAM CHEESE		G	
	ROAST CHICKEN	OLIVE OIL GARLIC	MUSTARD AIOLI
CHORIZO SAUSAGE		BASIL PARSLEY	G
G *TG	CHICKEN BREAST	PUMPKIN SEED	GARLIC OIL
PORK SMK PAPRIKA	OLIVE OIL	LEMON JUICE	YELLOW MUSTARD
SALT SUGAR GARLIC	PEPPER SALT	SALT PEPPER SUGAR	MAYONNAISE
YEAST EXTRACT			

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CAESAR DRESSING G S EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE CAYENNE WHITE WINE VINEGAR WORCESTERSHIRE OLIVE OIL VEG OIL PEPPER SALT	COOKHOUSE DRESSING G CANOLA OIL GARLIC ONION FRESH PARSLEY BROWN SUGAR DIJON MUSTARD BALSAMIC VINEGAR RED WINE VINEGAR SALT PEPPER	BACON VINAIGRETTE CANOLA OIL BACON ONION THYME PARSLEY GREEN ONION BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE SALT PEPPER	BRIE FONDUE G D GARLIC HONEY WHITE WINE BRIE APPLE JUICE SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE <i>FINISH F</i> HOUSE BREAD APPLES GRAPES CHERRY TOMATOES
CAESAR SALAD F G S KALE PANGRATATTA PARMESAN PARSLEY LEMON	BISTRO SALAD G GREENS CUCUMBER ONION TOMATO QUINOA PARSLEY	FAB SALAD D GREENS APPLE BACON ONION PARSLEY FETA CHEESE	FONDUEMENTALE V G D WHITE WINE WHITE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE CHEESE MIX KIRSCH <i>FINISH F</i> HOUSE BREAD TOMATO APPLES GRAPES
PANGRATATTA F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE 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 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 F</i> BROWN RICE NAAN MANGO CHUTNEY CREAM CILANTRO	CHICKEN DIJON F D G CHICKEN BREAST MUSHROOMS WILD MUSHROOMS BUTTER CANOLA OIL ONION CELERY GARLIC RUTABAGA FLOUR CREAM WHITE WINE THYME CHICKEN STOCK DIJON MUSTARD SALT PEPPER ROSEMARY PARSLEY <i>FINISH F</i> VOL AU VENT HERB OIL PARSLEY	KENTUCKY BURGEOO G ONION CELERY RUTABEGA GARLIC DICED TOMATO TOMATO PASTE VEG STOCK MOLASSES RED WINE VINEGAR BRWN SUGAR CHILI POWDER CHIPOTLE PUREE SMOKED PAPRIKA THYME OREGANO SALT PEPPER BEANS CORN OKRA KALE PARSLEY <i>FINISH D F</i> BISCUITS CHEDDAR MIX HERB OIL CHIVES
ANDOUILLE SAUSAGE D F G PORK MILK FLOUR SALT SPICES GARLIC SMOKE	MANGO CHUTNEY MANGOS VINEGAR SUGAR SALT SPICES	VOL AU VENT F D PUFF PASTRY EGG ROSEMARY SALT PEPPER	

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MAC & CHEESE D F CAVATAPPI VEG OIL CREAM MILK ONION NUTMEG PAPRIKA SALT PEPPER BUTTER FLOUR CHEDDAR MIX <i>FINISH</i> CHEDDAR MIX PANGRATATTA	BOURGUIGNON G 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 D</i> MASHED POTATOES BACON PARSLEY HERB OIL	FRENCH ONION G ONION GARLIC RED WINE VEG OIL BEEF BROTH SALT PEPPER <i>FINISH F</i> BREAD CHEESE MIX	CHEESE MIX D MOZZARELLA DOMESTIC SWISS CHEDDAR MIX D MOZZARELLA EXTRA OLD CHEDDAR
CARNITAS STYLE G TG* PULLED PORK HOUSE BBQ SAUCE*		MASHED POTATOES D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER CHIVES	CIABATTA BREAD F FLOUR YEAST SALT CANOLA OIL
PANGRATATTA F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL			HOUSE BREAD F FLOUR YEAST SALT MALTED BARLEY FLOUR

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	CHICKEN STOCK CHICKEN BROTH AND FAT CORN STARCH SALT / SUGAR / SPICES YEAST EXTRACT CITRIC ACID / FLAVOUR	BEEF STOCK BEEF BROTH AND FAT SALT / SUGAR / FLAVOUR ONION POWDER YEAST EXTRACT MALTODEXTRIN
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CHOCOLATE MOUSSE D WHIPPING CREAM CHOCOLATE KAH LUA INSTANT COFFEE <i>FINISH</i> WHIPPED CREAM	CARAMEL APPLE CRUMB F D APPLES BUTTER BROWN SUGAR WHIPPING CREAM CORNSTARCH OATS BAGUETTE BUTTER SALT CINNAMON <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	ICE CREAM D MILK CREAM SUGAR EGG YOLK VANILLA BEAN
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