



Ingredient and Sensitivity Guide Harvest 2024

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		MINI MEATBALLS	BISCUITS
	SALADS		HUMMUS
SALADS	BISTRO SALAD	SALADS	PIEROGI
ALL SALADS	FAB SALAD	ALL SALADS	CAPRESE
	CAESAR SALAD	no cheese	CAULIFLOWER
	no pangrattata		FONDUEMENTALE
SOUPS		SOUPS	
ALL SOUPS	SOUPS	STRAIGHT UP TOMATO	SALADS
	ALL SOUPS		BISTRO SALAD
SANDWICHES	no side bread	SANDWICHES	FAB SALAD
ALL SANDWICHES		TASTY CHICKEN	
	SANDWICHES	no cheese	SOUPS
CLASSICS		EGGPLANT PARM	STRAIGHT UP TOMATO
ALL CLASSICS	COMFORT FOOD	no cheese	SUNSET CORN
	BEEF BOURGUIGNON	EL CUBANO	MUSHROOM MEDLEY
SIDES	BUTTER CHICKEN	no cheese	
ALL SIDES	no naan	COMFORT FOOD	SANDWICHES
	KENTUCKY BURGOO	BEEF BOURGUIGNON	ALL SANDWICHES
DESSERTS	no biscuits sub rice	no mash	COMFORT FOOD
ALL DESSERTS		KENTUCKY BURGOO	FRENCH ONION
	SIDES	no cheese / no biscuits	MAC + CHEESE
	MASHED POTATOES		BEEF BOURGUIGNON
	BASMATI RICE	SIDES	BUTTER CHICKEN
		BASMATI RICE	JAMBALAYA
	DESSERTS		no prawns
	CHOCOLATE MOUSSE		KENTUCKY BURGOO
	ICE CREAM		
	CHEESECAKE		SIDES
	no graham crumbs		ALL SIDES
			DESSERTS
			ALL DESSERTS

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GARLIC	ONION	SOY	EGG
STARTERS	STARTERS	STARTERS	STARTERS
BISCUITS	BISCUITS	BISCUITS	BISCUITS
PIEROGIES	no herb butter	HUMMUS	PIEROGI
CAULIFLOWER	HUMMUS	CAPRESE BITES	CAPRESE BITES
no sauce	CAPRESE BITES	PIEROGI	MEATBALLS
		FONDUEMENTALE	FONDUEMENTALE
SALADS	SALADS	SALADS	SALADS
FAB SALAD	BISTRO SALAD	BISTRO SALAD	BISTRO SALAD
	no onion	FAB SALAD	FAB SALAD
SANDWICHES	sub balsamic / olive oil		
GOOEY GRILLERS	FAB SALAD	SOUPS	SOUPS
TASTY CHICKEN	no onion	ALL SOUPS	ALL SOUPS
	sub balsamic / olive oil		
COMFORT FOOD	SANDWICHES	SANDWICHES	SANDWICHES
MAC + CHEESE	GOOEY GRILLERS	GOOEY GRILLERS	GOOEY GRILLERS
no pangratatta	TASTY CHICKEN	DIABLO GRILLERS	DIABLO GRILLERS
	no onion jam	TASTY CHICKEN	TASTY CHICKEN
SIDES		<i>no mayo</i>	<i>no mayo</i>
SIDE MAC + CHEESE	COMFORT FOOD	EL CUBANO	EL CUBANO
no pangratatta		<i>no mayo</i>	<i>no mayo</i>
MASHED POTATOES	SIDES	EGGPLANT PARM	EGGPLANT PARM
	MASHED POTATOES		
DESSERTS	no chives	COMFORT FOOD	COMFORT FOOD
ALL DESSERTS		FRENCH ONION	FRENCH ONION
	DESSERTS	MAC + CHEESE	MAC + CHEESE
	ALL DESSERTS	<i>no carnitas</i>	BEEF BOURGUIGNON
		BEEF BOURGUIGNON	BUTTER CHICKEN
		BUTTER CHICKEN	JAMBALAYA
		JAMBALAYA	KENTUCKY BURGOO
		KENTUCKY BURGOO	CHICKEN DIJON
		SIDES	SIDES
		ALL SIDES	ALL SIDES
		DESSERTS	DESSERTS
		ALL DESSERTS	CHOCOLATE MOUSSE
			CHEESECAKE

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VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
	BISCUITS	BISCUITS
SALADS	HUMMUS	HUMMUS
BISTRO SALAD	CAPRESE BITES	CAPRESE BITES
	PIEROGIES	PIEROGIES
SANDWICHES	<i>no sausage</i>	<i>no sausage</i>
EGGPLANT PARM	CAULIFLOWER	CAULIFLOWER
<i>no cheese</i>	FONDUEMENTALE	CALAMARI
		FONDUEMENTALE
SOUPS	SALADS	SALADS
STRAIGHT UP TOMATO	BISTRO SALAD	BISTRO SALAD
		CAESAR SALAD
COMFORT FOOD	SOUPS	SOUPS
KENTUCKY BURGOO	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO
<i>no cheese sub rice</i>	MUSHROOM MEDLEY	LOBSTER BISQUE
		MUSHROOM MEDLEY
SIDES	SANDWICHES	SANDWICHES
BASMATI RICE	GOOEY GRILLERS	GOOEY GRILLERS
	EGGPLANT PARM	EGGPLANT PARM
DESSERTS	COMFORT FOOD	COMFORT FOOD
	MAC + CHEESE	MAC + CHEESE
	KENTUCKY BURGOO	KENTUCKY BURGOO
	SIDES	SIDES
	MASHED POTATOES	MASHED POTATOES
	MINI MAC + CHEESE	MINI MAC + CHEESE
	BASMATI RICE	BASMATI RICE
	NAAN	NAAN
	DESSERTS	DESSERTS
	ALL DESSERTS	ALL DESSERTS

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BISCUITS	HUMMUS	PIEROGI	CAPRESE BITES
D F	V G	F D G	F D G
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	POTATO GNOCCHI BOCCONCINI HERBS TOMATO PESTO BALSAMIC SYRUP
FINISH	FINISH D F	PIEROGI DUMPLINGS	GNOCCHI
HERB BUTTER	PAPRIKA OLIVE OIL PARSLEY LEMON WEDGE NAAN	F D G FLOUR POTATO CHEDDAR VEG OIL SALT ANNATO	F D G FLOUR POTATO STARCH SALT SPICES
HERB BUTTER		GRAINY MUSTARD BUTTER	PESTO
D BUTTER BASIL PARSLEY CHIVES	NAAN	D BUTTER GRAINY DIJON MUSTARD MARJORAM CHIVES	G OLIVE OIL GARLIC BASIL PARSLEY PUMPKIN SEED LEMON JUICE SALT PEPPER SUGAR
	F D FLOUR CANOLA OIL BUTTERMILK EGG SUGAR SALT GHEE BAKING POWDER	SMOKED SAUSAGE	
		PORK SALT SPICES BROWN SUGAR SMOKE	

CAULIFLOWER	CHICKEN KARAAGE	MINI MEATBALLS	CALAMARI
F D G	F G D S	F G	S F G D
CAULIFLOWER CHIPOTLE CHEDDAR SAUCE PARSLEY	CHICKEN KARAAGE KATSU CURRY MAYO LIME CHIVES	MEATBALLS CHERRIES HOUSE BBQ SAUCE VEG STOCK CHIVES	CALAMARI BLOODY MARY SAUCE LEMON PARSLEY
CAULIFLOWER	CHICKEN KARAAGE	MEATBALLS	CALAMARI
F D	F G D	F G	S F G D
CAULIFLOWER FLOUR CORN FLOUR SALT CORN STARCH SUGAR BAKING POWDER MILK PAPRIKA SPICES NATURAL FLAVOUR PRESERVATIVES	CHICKEN THIGH FLOUR OIL SUGAR SALT PEPPER SOY GINGER EGG SPICES CORN STARCH MILK ONION GARLIC SHORTENING PRESERVATIVES	GROUND BEEF GARLIC BREADCRUMBS SOY SUGAR SALT SPICES PRESERVATIVES	CALAMARI FLOUR VEGETABLE OILS CORNSTARCH GARLIC ONION EGG SPICES BUTTERMILK NATURAL FLAVOURS PRESERVATIVES
CHIPOTLE CHEDDAR SAUCE	KATSU CURRY MAYO	HOUSE BBQ SAUCE	BLOODY MARY SAUCE
D G	S	G	S
CHEDDAR CHIPOTLE TOMATO JALAPENO ANAHEIM PEPPERS ONION GARLIC SALT CHILI POWDER SPICES SMOKED PAPRIKA PRESERVATIVES	MAYO KETCHUP SOY SAUCE WORCESTER LEMON SUGAR GARAM MASALA TURMERIC	ONION GARLIC COFFEE KETCHUP SOY SAUCE MOLASSES RED WINE VINEGAR CHIPOTLE PUREE BROWN SUGAR CHILI POWDER PEPPER SALT	KETCHUP MAYO TABASCO WORCESTER HORSERADISH LEMON

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TOMATO SOUP	LOBSTER 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>	LOBSTER 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
	SOYBEAN OIL	OLIVE OIL RED WINE	PORK BUTT
DIABLO MIX		WHITE ONION GARLIC	WHITE ONION
G *TG	ONION JAM	TOMATOES OREGANO	GARLIC
ONION PEPPERS		BALSAMIC VINEGAR	RED WINE VINEGAR
CANOLA OIL CHORIZO*	ONION BROWN SUGAR	SALT CHILI SUGAR	ORANGE JUICE
CHIPOTLE PUREE	APPLE CIDER VINEGAR		CHILI POWDER
LIME JUICE SALT	SALT PEPPER	PESTO	SALT PEPPER
CILANTRO CUMIN		G	
CREAM CHEESE	ROAST CHICKEN	OLIVE OIL GARLIC	MUSTARD AIOLI
		BASIL PARSLEY	G
CHORIZO SAUSAGE	CHICKEN BREAST	PUMPKIN SEED	GARLIC OIL
G *TG	OLIVE OIL	LEMON JUICE	YELLOW MUSTARD
PORK SMK PAPRIKA	PEPPER SALT	SALT PEPPER SUGAR	MAYONNAISE
SALT SUGAR GARLIC			
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 G CANOLA OIL BACON ONION THYME PARSLEY GREEN ONION BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE SALT PEPPER	FONDUEMENTALE D SWISS CHEESE MOZZARELLA CREAM CHEESE WHITE WINE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH KIRSCH
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	FINISH F HOUSE BREAD APPLES GRAPES CHERRY TOMATOES

PANGRATATTA F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL
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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 FINISH S 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 FINISH F BROWN RICE NAAN MANGO CHUTNEY CREAM CILANTRO	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 FINISH D MASHED POTATOES BACON PARSLEY HERB OIL	KENTUCKY BURGOO 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 FINISH D F 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		

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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	LOBSTER MIX S LOBSTER LANGOSTINO HERB BUTTER LEMON CARNITAS STYLE G TG* PULLED PORK HOUSE BBQ SAUCE*	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
PANGRATATTA F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL		MASHED POTATOES D POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <i>FINISH</i> BUTTER CHIVES	CIABATTA BREAD F FLOUR YEAST SALT CANOLA 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 KAHLUA INSTANT COFFEE <i>FINISH</i> WHIPPED CREAM	CHEESECAKE D CREAM CHEESE SUGAR CHERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH <i>FINISH F</i> GRAHAM CRUMB GRAHAM CRUMB V D F FLOUR OIL SALT HONEY BAKING SODA SUGAR BUTTER	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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