



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 | CAULIFLOWER |
| | CAESAR SALAD | no cheese | FONDUEMENTALE |
| | no pangrattata | | MEATBALLS |
| 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 | | SANDWICHES |
| | KENTUCKY BURGOO | COMFORT FOOD | ALL SANDWICHES |
| DESSERTS | no biscuits sub rice | BEEF BOURGUIGNON | |
| ALL DESSERTS | JAMBALAYA | no mash | COMFORT FOOD |
| | | KENTUCKY BURGOO | FRENCH ONION |
| | SIDES | no cheese / no biscuits | MAC + CHEESE |
| | MASHED POTATOES | JAMBALAYA | BEEF BOURGUIGNON |
| | BASMATI RICE | | BUTTER CHICKEN |
| | | SIDES | JAMBALAYA |
| | DESSERTS | BASMATI RICE | 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 | PIEROGI | MEATBALLS |
| no sauce | | FONDUEMENTALE | FONDUEMENTALE |
| | SALADS | | |
| SALADS | BISTRO SALAD | SALADS | SALADS |
| FAB SALAD | no onion | BISTRO SALAD | BISTRO SALAD |
| | sub balsamic / olive oil | FAB SALAD | FAB SALAD |
| SANDWICHES | FAB SALAD | | |
| GOOEY GRILLERS | no onion | SOUPS | SOUPS |
| TASTY CHICKEN | sub balsamic / olive oil | ALL SOUPS | ALL SOUPS |
| | | | |
| 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 |
| | | no mayo | no mayo |
| SIDES | COMFORT FOOD | EL CUBANO | EL CUBANO |
| SIDE MAC + CHEESE | | no mayo | no mayo |
| no pangratatta | SIDES | EGGPLANT PARM | EGGPLANT PARM |
| MASHED POTATOES | MASHED POTATOES | | |
| | no chives | COMFORT FOOD | COMFORT FOOD |
| DESSERTS | | FRENCH ONION | FRENCH ONION |
| ALL DESSERTS | DESSERTS | MAC + CHEESE | MAC + CHEESE |
| | ALL DESSERTS | no carnitas | BEEF BOURGUIGNON |
| | | BEEF BOURGUIGNON | BUTTER CHICKEN |
| | | BUTTER CHICKEN | JAMBALAYA |
| | | JAMBALAYA | KENTUCKY BURGEOO |
| | | KENTUCKY BURGEOO | |
| | | SIDES | SIDES |
| | | ALL SIDES | ALL SIDES |
| | | | DESSERTS |
| | | DESSERTS | CHOCOLATE MOUSSE |
| | | ALL DESSERTS | CHEESECAKE |

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

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

| | | |
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| BISCUITS | HUMMUS | PIEROGI |
| D F | V 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 |
| 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 |

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| 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 | | OLIVE OIL GARLIC | MUSTARD AIOLI |
| | ROAST CHICKEN | BASIL PARSLEY | G |
| CHORIZO SAUSAGE | | PUMPKIN SEED | GARLIC OIL |
| G *TG | CHICKEN BREAST | LEMON JUICE | YELLOW MUSTARD |
| PORK SMK PAPRIKA | OLIVE OIL | SALT PEPPER SUGAR | MAYONNAISE |
| SALT SUGAR GARLIC | PEPPER SALT | | |
| 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 |

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| PANGRATATTA F G PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL |
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| JAMBALAYA G S F CHICKEN BREAST SMOKED 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 |
| SMOKED SAUSAGE PORK SALT SPICES BROWN SUGAR SMOKE | MANGO CHUTNEY MANGOS VINEGAR SUGAR SALT SPICES | | |

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

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| VEGETABLE STOCK | CHICKEN STOCK | BEEF 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 BROTH AND FAT CORN STARCH SALT / SUGAR / SPICES YEAST EXTRACT CITRIC ACID / FLAVOUR | BEEF BROTH AND FAT SALT / SUGAR / FLAVOUR ONION POWDER YEAST EXTRACT MALTODEXTRIN |

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| | CHEESECAKE | | |
| | D | | |
| | CREAM CHEESE SUGAR CHERRIES VANILLA EXTRACT WHIPPING CREAM CORNSTARCH | BANANA B PUDDING | |
| | FINISH F | F D | |
| | GRAHAM CRUMB | BANANA SUGAR FLOUR EGGS OIL OATS MILK SALT VANILLA FLAVOUR BAKING POWDER | |
| CHOCOLATE MOUSSE | GRAHAM CRUMB | CREAM MILK BROWN SUGAR DARK CHOCOLATE | ICE CREAM |
| D | V D F | FINISH | D |
| WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE | FLOUR OIL SALT HONEY BAKING SODA SUGAR BUTTER | ICE CREAM | MILK CREAM SUGAR EGG YOLK VANILLA BEAN |
| FINISH | | | |
| WHIPPED CREAM | | | |