



Ingredient and Sensitivity Guide

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	PARMESAN FRIES GUACAMOLE	PARMESAN FRIES np parmesan	PARMESAN FRIES GUACAMOLE
SALADS / BOWLS	HUMMUS	GUACAMOLE	HUMMUS
ALL SALADS	sub tortilla chips BRUSSEL SPROUTS	HUMMUS sub tortilla chips BRUSSEL SPROUTS	BRUSSEL SPROUTS DUMPLINGS
SOUPS		GARLIC SHRIMP	PIEROGI
ALL SOUPS	SALADS / BOWLS	no butter on toasts	SALADS / BOWLS
SANDWICHES	FAB SALAD	DUMPLINGS	FAB SALAD
ALL SANDWICHES	CAESAR SALAD		WHOLE SOME BOWL
	no pangrattata	SALADS / BOWLS	BURRITO BOWL
CLASSICS	WHOLE SOME BOWL	ALL SALADS	
ALL CLASSICS	BURRITO BOWL	no feta or parmesan	SOUPS
	SOUPS	WHOLE SOME BOWL	STRAIGHT UP TOMATO
SIDES	ALL SOUPS	no feta	SUNSET CORN
ALL SIDES	no side bread	SOUPS	MUSHROOM MEDLEY
DESSERTS	SANDWICHES	STRAIGHT UP TOMATO	SANDWICHES
ALL DESSERTS			GOOEY GRILLERS
	COMFORT FOOD	SANDWICHES	DOS DIABLOS
	BEEF BOURGUIGNON	CHICKEN PESTO	CHICKEN PESTO
	BUTTER CHICKEN	no cheese / parmesan	BURGOO BURGER
	no naan	FISH PO'BOY	
	KENTUCKY BURGOO	BURGOO BURGER	COMFORT FOOD
	no biscuits sub rice	no cheddar	FRENCH ONION
	JAMBALAYA	COMFORT FOOD	MAC + CHEESE
	SIDES	BEEF BOURGUIGNON	POUTINE
	MASHED POTATOES	no mash	FONDUEMENTALE
	BASMATI RICE	KENTUCKY BURGOO	KENTUCKY BURGOO
	DESSERTS	no cheddar	BUTTER CHICKEN
	CHOCOLATE MOUSSE	no biscuits sub rice	BEEF BOURGUIGNON
	ICE CREAM	JAMBALAYA	SIDES
	CHEESECAKE	SIDES	ALL SIDES
	no graham crumbs	BASMATI RICE	DESSERTS
			ALL DESSERTS

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

GARLIC	ONION	SOY	EGG
STARTERS	STARTERS	STARTERS	STARTERS
PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES
no pesto mayo	HUMMUS	no pesto mayo	no pesto mayo
BRUSSEL SPROUTS	BRUSSEL SPROUTS	BRUSSEL SPROUTS	BRUSSEL SPROUTS
GUACAMOLE	GARLIC SHRIMP	GUACAMOLE	GUACAMOLE
PIEROGI	PIEROGI	HUMMUS	HUMMUS
		sub tortilla chips	PIEROGI
SALADS / BOWLS	SALADS / BOWLS	PIEROGI	GARLIC SHRIMP
FAB SALAD	FAB SALAD	GARLIC SHRIMP	no rouille
WHOLESOME BOWL	no onion	no rouille	DUMPLINGS
no hummus / dressing	sub balsamic / olive oil		
BURRITO BOWL	WHOLESOME BOWL	SALADS / BOWLS	SALADS / BOWLS
no salsa	no onion	FAB SALAD	FAB SALAD
	no dressing	WHOLESOME BOWL	WHOLESOME BOWL
SANDWICHES	BURRITO BOWL	BURRITO BOWL	BURRITO BOWL
GOOEY GRILLERS	no onion no salsa		
FISH PO'BOY	no guacamole	SOUPS	SOUPS
no remoulade no pickles		ALL SOUPS	ALL SOUPS
BURGOO BURGER	SANDWICHES		
no sauce no pickles	GOOEY GRILLERS	SANDWICHES	SANDWICHES
	CHICKEN PESTO	GOOEY GRILLERS	GOOEY GRILLERS
COMFORT FOOD	FISH PO'BOY	DOS DIABLOS	DOS DIABLOS
MAC + CHEESE	BURGOO BURGER	BURGOO BURGER	PO'BOY
no pangratatta	no fried onion	no burger sauce	no remoulade
POUTINE			CHICKEN PESTO
SIDES	COMFORT FOOD	COMFORT FOOD	BURGOO BURGER
BISCUITS	SIDES	FRENCH ONION	no burger sauce
SIDE MAC + CHEESE	MASHED POTATOES	MAC + CHEESE	
no pangratatta	no chives	FONDUEMENTALE	COMFORT FOOD
MASHED POTATOES	BISCUITS	BEEF BOURGUIGNON	FRENCH ONION
	no herb butter	BUTTER CHICKEN	MAC + CHEESE
DESSERTS		KENTUCKY BURGOO	FONDUEMENTALE
ALL DESSERTS	DESSERTS	JAMBALAYA	BEEF BOURGUIGNON
	ALL DESSERTS	SIDES	BUTTER CHICKEN
		ALL SIDES	KENTUCKY BURGOO
		DESSERTS	JAMBALAYA
		ALL DESSERTS	
			SIDES
			ALL SIDES
			DESSERTS
			CHOCOLATE MOUSSE
			CHEESECAKE

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

VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES
<i>no parmesan no mayo</i>	GUACAMOLE	GUACAMOLE
GUACAMOLE	HUMMUS	HUMMUS
HUMMUS	BRUSSEL SPROUTS	BRUSSEL SPROUTS
<i>sub tortilla chips</i>	<i>no bacon</i>	<i>no bacon</i>
BRUSSEL SPROUTS	PIEROGIES	PIEROGIES
<i>no bacon</i>	<i>no sausage</i>	<i>no sausage</i>
		GARLIC SHRIMP
SALADS / BOWLS	SALADS / BOWLS	SALADS / BOWLS
WHOLESOME BOWL	WHOLESOME BOWL	WHOLESOME BOWL
<i>no chicken no feta</i>	<i>no chicken</i>	<i>no chicken</i>
<i>sub vinegar+oil dressing</i>	BURRITO BOWL	BURRITO BOWL
BURRITO BOWL	<i>no chicken</i>	<i>no chicken</i>
<i>no chicken no crema</i>		
	SOUPS	SOUPS
SANDWICHES	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO
	MUSHROOM MEDLEY	LOBSTER BISQUE
SOUPS	SANDWICHES	MUSHROOM MEDLEY
STRAIGHT UP TOMATO	GOOEY GRILLERS	SANDWICHES
COMFORT FOOD	COMFORT FOOD	GOOEY GRILLERS
KENTUCKY BURGOO	MAC + CHEESE	FISH PO'BOY
<i>no cheese sub rice for biscuits</i>	FONDUEMENTALE	
	KENTUCKY BURGOO	COMFORT FOOD
SIDES	SIDES	MAC + CHEESE
BASMATI RICE	ALL SIDES	FONDUEMENTALE
<i>no butter finish</i>		KENTUCKY BURGOO
DESSERTS	DESSERTS	SIDES
	ALL DESSERTS	ALL SIDES
		DESSERTS
		ALL DESSERTS

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

BISCUITS	FRENCH FRIES	GUACAMOLE	HUMMUS
D F			V G
FLOUR	POTATOES SALT	AVOCADO	GARBANZO BEANS
MARGARINE	RICE FLOUR STARCH	PICKLED JALAPENO	TAHINI GARLIC
BAKING POWDER	BAKING POWDER	CILANTRO RED ONION	CORIANDER CUMIN
CHEDDAR MIX	VEGETABLE OIL	LIME CUMIN SALT	SALT PEPPER
SALT PEPPER	SUGAR XANTHAN GUM	FINISH	CANOLA OIL
BUTTERMILK	FINISH D	TORTILLA CHIPS	LEMON JUICE
FINISH	PARMESAN PARSLEY	PICKLED JALAPENOS	FINISH D F
HERB BUTTER	PESTO MAYO	CILANTRO	PAPRIKA

HERB BUTTER	PESTO MAYO	TORTILLA CHIPS	
D		G	
BUTTER BASIL	MAYONNAISE	CORN SALT	FLATBREAD
PARSLEY CHIVES	HOUSE PESTO	VEGETABLE OIL	

HERB OIL
CANOLA OIL SALT
BASIL PARSLEY CHIVES

FLATBREAD
F D
FLOUR SOYBEAN OIL
YEAST BAKING POWDER
SUGAR SALT GHEE
PRESERVATIVES

BRUSSEL SPROUTS
BRUSSEL SPROUTS
BALSAMIC SYRUP
BACON PARSLEY

			DUMPLINGS
			F G S
			DUMPLINGS
			SWEET CHILI SOY
			SESAME CHILI CRUNCH
			CHIVES
		CHICKEN KARAAGE	
	PIEROGI	F G D S	
	F D G	CHICKEN KARAAGE	
	PIEROGI DUMPLINGS	KATSU CURRY MAYO	
	SMOKED SAUSAGE	LEMON CHIVES	
	GRAINY MUSTARD BUTTER		
	SOUR CREAM CHIVES	CHICKEN KARAAGE	
GARLIC SHRIMP		F G D	
G S	PIEROGI DUMPLINGS	CHICKEN THIGH	
PRAWNS GARLIC	F D	FLOUR OIL SUGAR	
GRAPE TOMATO	FLOUR POTATO	SALT PEPPER SOY	
OLIVE OIL CHILI SALT	CHEDDAR VEG OIL	GINGER EGG SPICES	
SMOKED PAPRIKA	SALT ANNATO	CORN STARCH MILK	
FINISH F		ONION GARLIC	
HOUSE BREAD	GRAINY MUSTARD BUTTER	SHORTENING	
HERB BUTTER	D	PRESERVATIVES	
ROUILLE PARSLEY	BUTTER		
LEMON	GRAINY DIJON MUSTARD	KATSU CURRY MAYO	
	MARJORAM CHIVES	S	
ROUILLE		MAYO KETCHUP	
G	SMOKED SAUSAGE	SOY SAUCE WORCESTER	
ROAST RED PEPPER		LEMON SUGAR	
MAYONNAISE	PORK SALT SPICES	GARAM MASALA	
LEMON JUICE	BROWN SUGAR SMOKE	TURMERIC	
GARLIC CAYENNE			CHILI CRUNCH
			F
			SESAME SEEDS CHILI
			ONION WHEAT FLOUR
			SALT SUGAR VEG OIL

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

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

BURGER BUNS	CIABATTA BREAD	HOUSE BREAD	NAAN
F	F	F	F D
FLOUR SUGAR YEAST	FLOUR YEAST SALT	FLOUR YEAST SALT	FLOUR SOYBEAN OIL
VEGETABLE OIL SALT	CANOLA OIL	MALTED BARLEY FLOUR	YEAST BAKING POWDER
MALTED BARLEY FLOUR			SUGAR SALT GHEE
RICE FLOUR EGG			PRESERVATIVES
PRESERVATIVES			

GRILLED CHEESE	FISH PO'BOY	CHICKEN PESTO	BURGOO BURGER
F D	S F G	F G D	F D G
BUTTER	CIABATTA	CIABATTA	BURGER BUN
HOUSE BREAD	BATTERED POLLOCK	ROAST CHICKEN	BEEF SPICES SALT
CHEESE MIX	REMOULADE	ROASTED PEPPERS	CHEDDAR TOMATO
CHEDDAR MIX	TOMATO PICKLES	PARMESAN CHEESE MIX	BURGER SAUCE
	GREENS	GREENS	FRIED ONIONS
		HOUSE PESTO	PICKLES
	BATTERED POLLOCK	BALSAMIC SYRUP	FRIES KETCHUP
	S F	ROAST CHICKEN	BURGER SAUCE
DIABLO MIX	POLLOCK FLOUR	CHICKEN BREAST	G
G	SOYA OIL WHEAT CRUMB	OLIVE OIL	MAYONNAISE KETCHUP
CANOLA OIL	SALT SUGARS	PEPPER SALT	DIJON MUSTARD
GROUND PORK	BAKING POWDER		PICKLES CAYENNE
CHIPOTLE PUREE	PRESERVATIVES	PESTO	GARLIC POWDER
RED WINE VINEGAR		G	SMOKED PAPRIKA
SMOKED PAPRIKA	REMOULADE	OLIVE OIL GARLIC	FRIED ONIONS
CHILI POWDER SALT	G	BASIL PARSLEY	F
GARLIC POWDER	ROAST RED PEPPER	PUMPKIN SEED	ONION FLOUR
PEPPERS ONION	MAYONNAISE	LEMON JUICE	SUGAR SALT
CREAM CHEESE	LEMON JUICE	SALT PEPPER SUGAR	
CILANTRO	GARLIC CAYENNE		

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

CAESAR DRESSING	BACON VINAIGRETTE	HARISSA DRESSING	SALSA
G S		G	G
EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE WHITE WINE VINEGAR WORCESTERSHIRE OLIVE OIL VEG OIL PEPPER SALT	CANOLA OIL BACON ONION THYME PARSLEY GREEN ONION BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE SALT PEPPER	RED CHILI PEPPERS CANOLA OIL HONEY ORANGE JUICE GARLIC RED WINE VINEGAR SUNDRIED TOMATO SALT MINT SPICES	FIRE ROASTED TOMATOES JALAPENO PEPPERS ANAHEIM PEPPERS ONION GARLIC SALT SPICES PRESERVATIVES
		WHOLESOME BOWL	BURRITO BOWL
CAESAR SALAD	FAB SALAD	D G	D G
F G S D	D	TURMERIC RICE ROAST CHICKEN FETA BEAN MEDLEY KALE ROASTED PEPPERS HOUSE HUMMUS ONIONS PARSLEY	TURMERIC RICE ROAST CHICKEN CORN BEAN MEDLEY TOMATO RED ONION GUACAMOLE SALSA CREMA CILANTRO
KALE PANGRATATTA PARMESAN PARSLEY LEMON	GREENS APPLE BACON ONION PARSLEY FETA CHEESE		

ROASTED PEPPERS

RED PEPPERS BASIL
BALSAMIC VINEGAR
SUGAR

JAMBALAYA	BUTTER CHICKEN	BOURGUIGNON	KENTUCKY BURGOO
G S F	G D	G	G
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	CHICKEN BREAST GARAM MASALA BUTTER ONION GINGER GARLIC CAULIFLOWER VEG OIL FENUGREEK PAPRIKA TOMATOES TOMATO PASTE CHICKEN STOCK SUGAR SALT CREAM CILANTRO	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	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 S	FINISH F	FINISH D	FINISH D F
BASMATI RICE PRAWNS HERB OIL CHIVES	BASMATI RICE NAAN MANGO CHUTNEY CREAM CILANTRO	MASHED POTATOES BACON PARSLEY HERB OIL	BISCUITS CHEDDAR MIX HERB OIL CHIVES
SMOKED SAUSAGE	MANGO CHUTNEY		
PORK SALT SPICES BROWN SUGAR SMOKE	MANGOS VINEGAR SUGAR SALT SPICES		

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

MAC & CHEESE	POUTINE	FRENCH ONION	FONDUEMENTALE
D F	D F	G	D
CAVATAPPI VEG OIL	FRENCH FRIES	ONION GARLIC	SWISS CHEESE
CREAM MILK ONION	POUTINE GRAVY	RED WINE VEG OIL	MOZZARELLA
NUTMEG PAPRIKA	CHEESE CURDS	BEEF BROTH	CREAM CHEESE
SALT PEPPER		SALT PEPPER	WHITE WINE
BUTTER FLOUR	POUTINE GRAVY	FINISH F	ONION GARLIC
CHEDDAR MIX	F D	BREAD	SALT PEPPER
FINISH	FLOUR CANOLA OIL	CHEESE MIX	WHIPPING CREAM
CHEDDAR MIX	CORN STARCH ONION		CORNSTARCH
PANGRATATTA	MILK SOY CARAMEL	MASHED POTATOES	KIRSCH
	ONION PAPRIKA	D	FINISH F
PANGRATATTA	SALT SUGAR HERBS	POTATOES SALT	HOUSE BREAD
F G	PRESERVATIVES	MILK CREAM BUTTER	APPLES GRAPES
PANKO BREAD CRUMBS		POTASSIUM SORBATE	CHERRY TOMATOES
PARSLEY GARLIC		FINISH	
SALT PEPPER		BUTTER CHIVES	
OLIVE OIL			
	CHEDDAR MIX	CHEESE MIX	
	D	D	
	MOZZARELLA	MOZZARELLA	
	EXTRA OLD CHEDDAR	DOMESTIC SWISS	

VEGETABLE STOCK	CHICKEN STOCK	BEEF STOCK	LOBSTER BASE
<i>Note - all soups and stews finished with light veg stock</i>			D S
CARROT / CELERY / ONION	CHICKEN BROTH AND FAT	BEEF BROTH AND FAT	LOBSTER TOMATO
CABBAGE / MUSHROOM	CORN STARCH	SALT / SUGAR / FLAVOUR	ONION GARLIC CELERY
GARLIC / TOMATO	SALT / SUGAR / SPICES	ONION POWDER	COD OIL MILK CORN
SALT / SUGAR / SPICES	YEAST EXTRACT	YEAST EXTRACT	MUSTARD PAPRIKA
YEAST EXTRACT	CITRIC ACID / FLAVOUR	MALTODEXTRIN	SPICES HERBS
MALTODEXTRIN			PRESERVATIVES
			SALT SUGAR YEAST

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