

COMMON MILD ALLERGEN GUIDE

IF YOU HAVE A SEVERE FOOD ALLERGY, please inform your server and ensure that a manager handles your order personally, to confirm your food is prepared safely.

If your allergy or intolerance is not severe & you are comfortable eating foods that contain very small amounts of the identified allergen, then please use this guide along with our main menu to make your selection.

	contains dairy	contains onions	contains garlic	contains shellfish	contains fish	contains peanuts	contains tree nuts	contains eggs	contains soy	vegetarian item
SHARE										
tuna ceviche		✓			✓					
potstickers		✓	✓					✓	✓	
sushi cones	✓ * no shrimp	✓	✓	✓ * no shrimp	✓			✓ * no mayo	✓ * no sauce	✓ * no shrimp
spicy tuna roll		✓	✓		✓			✓	✓	
calamari		✓	✓	✓				✓ * no sriracha aioli		
fresh smashed guacamole		✓	✓							✓
asian glazed salmon		✓	✓		✓				✓	
thai chili chicken	✓	✓	✓				✓	✓	✓	
steak bites		✓	✓					✓ * no aioli	✓	
korean cauliflower	✓ * no jalapeños	✓	✓						✓	✓
poutine	✓	✓	✓							
lettuce wraps	✓ * no dip	✓	✓				✓ * no cashews	✓ * no noodles	✓	✓
1 LB cheese nachos	✓	✓ * no onions no salsa	✓ * no salsa							✓

SOUP + SALADS										
french onion soup	✓	✓	✓							
caesar salad	✓	✓ * no dressing no croutons	✓ * no dressing no croutons		✓			✓		✓ * no dressing no cheese
caesar salad with chicken	✓	✓ * no dressing plain baguette no croutons	✓ * no dressing no croutons no baguette		✓			✓		✓ * no chicken no dressing no cheese
kale & quinoa salad		✓					✓ * no nuts			✓ * no cheese
flat iron steak salad	✓ * no goat cheese	✓	✓	✓ * no dressing					✓ * no dressing no crostini	✓ * no steak no dressing
salmon & avocado cobb salad	✓ * no feta, no peppercorn ranch	✓ * no dressing no chives no croutons	✓ * no dressing no croutons		✓ * no salmon			✓ * no egg, no peppercorn ranch	✓ * no peppercorn ranch no croutons	✓ * no bacon no salmon no cheese
seared ginger tuna salad		✓			✓		✓ * no cashews		✓ * no dressing	✓ * no tuna

STEAKS (also see sides)										
prime new york		✓ * no garlic butter	✓ * no garlic butter							
prime rib eye	✓	✓ * no garlic butter	✓ * no garlic butter							
tenderloin filet	✓	✓ * no garlic butter	✓ * no garlic butter							
steak frites	✓ * no cheese with arugula	✓	✓							

MAINS (also see sides)										
blackened mahi mahi	✓ * no lemon butter	✓	✓		✓					
scottish salmon	✓ * no sauce	✓	✓		✓					
chipotle mango chicken	✓	✓	✓				✓ * no mango			
baby back ribs		✓	✓					✓ * no coleslaw		

BOWLS										
chicken madeira rigatoni	✓	✓	✓						✓ * no sauce	
miso ramen		✓	✓					✓	✓	✓ * no protein
red thai curry bowl	✓ * no naan	✓	✓	✓	✓			✓ * no naan	✓ * no naan	
beef vindaloo	✓	✓	✓			✓	✓	✓ * no naan	✓ * no naan no beef	✓ * no beef
vegetarian power bowl			✓					✓	✓	✓

✓ checked items contain the ingredient
 * starred items can be prepared without the ingredient at your request – please be aware that modified items may contain very small amounts of the identified allergen
 □ unchecked items are considered safe for mild allergies or intolerances, and may contain very small amounts of the identified allergen
 ✓ vegetarian items

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HANDHELDS (also see sides)										
blackened chicken burger	✓	✓* no cajun spice	✓*no cajun spice no mayo					✓* no sauces sub lettuce bun	✓	
beyond meat burger	✓* no cheese sub lettuce bun	✓	✓					✓	✓* sub lettuce bun	Ⓥ
the burger		✓	✓		✓			✓		
loaded burger	✓* no cheese	✓	✓		✓			✓		
blackened chicken tacos	✓* no jalapeño lime sauce	✓	✓							Ⓥ* no chicken
fish tacos	✓* no jalapeño lime sauce	✓	✓		✓					Ⓥ* no fish
parmesan chicken & pancetta sandwich	✓	✓	✓					✓	✓	
french dip	✓* no cheese no glaze	✓	✓					✓* no horseradish aioli	✓* no au jus no glaze	

KIDS' MENU (also see sides)										
pasta	✓									
cheeseburger	✓* no cheese	✓	✓		✓			✓		
chicken bites	✓	✓	✓							
grilled cheese sandwich	✓									Ⓥ
grilled chicken dinner	✓									

DESSERTS										
key lime pie							✓			Ⓥ
white chocolate brownie	✓							✓		Ⓥ
sticky toffee pudding	✓* no ice cream						✓* no pecans	✓		Ⓥ
gelato (seasonal flavor)	✓									Ⓥ

SIDES										
market salad		✓* no dressing							✓* no edamame	Ⓥ
fresh cut fries		✓* no fry salt	✓* no fry salt							Ⓥ
sweet potato fries		✓* no fry salt	✓* no fry salt							Ⓥ
lemon quinoa		✓								Ⓥ
house-made twice baked potato	✓	✓						✓		
roasted baby potatoes	✓* no lemon butter									Ⓥ
jasmine rice										Ⓥ
garlic butter shrimp		✓* no garlic butter	✓* no garlic butter	✓						
madagascar peppercorn sauce	✓	✓	✓						✓	
cremini mushroom sauce	✓	✓	✓						✓	

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