



Ingredient and Sensitivity Guide Summer 2025

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 TOMATO BOCCONCINI	MINI MEATBALLS FRENCH FRIES	PARMESAN FRIES TOMATO BOCCONCINI
SALADS	GARLIC SHRIMP	no parmesan	MEATBALLS
ALL SALADS	no toast	DUMPLINGS	PIEROGI SCHOOL SNACKS
SOUPS	SALADS	SALADS	SALADS
ALL SOUPS	BISTRO SALAD FAB SALAD	ALL SALADS	BISTRO SALAD FAB SALAD
SANDWICHES	CAESAR SALAD	no cheese	
ALL SANDWICHES	no pangrattata	SOUPS	SOUPS
CLASSICS	SOUPS	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO SUNSET CORN MUSHROOM MEDLEY
ALL CLASSICS	ALL SOUPS	SANDWICHES	
SIDES	no side bread	CHICKEN PESTO	
ALL SIDES	SANDWICHES	no parmesan	SANDWICHES
DESSERTS	COMFORT FOOD	TUNA BANH MI BBQ PORK	GOOEY GRILLERS DOS DIABLOS CHICKEN PESTO BBQ PORK
ALL DESSERTS	BEEF BOURGUIGNON BUTTER CHICKEN	COMFORT FOOD	
	no naan	BEEF BOURGUIGNON	
	KENTUCKY BURGEOO	no mash	COMFORT FOOD
	no biscuits sub rice	KENTUCKY BURGEOO	FRENCH ONION MAC + CHEESE BEEF BOURGUIGNON BUTTER CHICKEN JAMBALAYA
	JAMBALAYA	no cheese / no biscuits	no prawns
	BOUILLABAISSE	JAMBALAYA	KENTUCKY BURGEOO
	no crouton	BOUILLABAISSE	
	SIDES	SIDES	SIDES
	MASHED POTATOES BASMATI RICE	BASMATI RICE	ALL SIDES
	DESSERTS		DESSERTS
	CHOCOLATE MOUSSE ICE CREAM CHEESECAKE		ALL DESSERTS
	no graham crumbs		

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GARLIC	ONION	SOY	EGG
STARTERS	STARTERS	STARTERS	STARTERS
PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES
no pesto mayo		no pesto mayo	no pesto mayo
DUMPLINGS	SALADS	PIEROGI	TOMATO BOCCONCINI
sub soy sauce	BISTRO SALAD	SCHOOL SNACKS	PIEROGI
TOMATO BOCCONCINI	no onion	GARLIC SHRIMP	MEATBALLS
	sub balsamic / olive oil	no saffron aioli	SCHOOL SNACKS
SALADS	FAB SALAD	BRIE FONDUE	GARLIC SHRIMP
FAB SALAD	no onion		no saffron aioli
	sub balsamic / olive oil	SALADS	DUMPLINGS
SANDWICHES	SANDWICHES	BISTRO SALAD	BRIE FONDUE
GOOEY GRILLERS	GOOEY GRILLERS	FAB SALAD	
TUNA BANH MI	CHICKEN PESTO		SALADS
no sweet chili soy		SOUPS	BISTRO SALAD
		ALL SOUPS	FAB SALAD
COMFORT FOOD	COMFORT FOOD		
MAC + CHEESE		SANDWICHES	SOUPS
no pangratatta	SIDES	GOOEY GRILLERS	ALL SOUPS
	MASHED POTATOES	DOS DIABLOS	
SIDES	no chives	CHICKEN PESTO	SANDWICHES
BISCUITS	BISCUITS		GOOEY GRILLERS
SIDE MAC + CHEESE	no herb butter	COMFORT FOOD	DOS DIABLOS
no pangratatta		FRENCH ONION	BBQ PORK
MASHED POTATOES	DESSERTS	MAC + CHEESE	<i>no coleslaw</i>
DESSERTS	ALL DESSERTS	<i>no carnitas</i>	CHICKEN PESTO
ALL DESSERTS		BEEF BOURGUIGNON	
		BUTTER CHICKEN	COMFORT FOOD
		JAMBALAYA	FRENCH ONION
		KENTUCKY BURGEOO	MAC + CHEESE
		BOUILLABAISSSE	BEEF BOURGUIGNON
		<i>no rouille</i>	BUTTER CHICKEN
			JAMBALAYA
		SIDES	KENTUCKY BURGEOO
		ALL SIDES	BOUILLABAISSSE
			<i>no rouille</i>
		DESSERTS	
		ALL DESSERTS	SIDES
			ALL SIDES
			DESSERTS
			CHOCOLATE MOUSSE
			CHEESECAKE

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VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES
no parmesan no mayo	CAPRESE BITES	CAPRESE BITES
	PIEROGIES	PIEROGIES
SALADS	no sausage	no sausage
BISTRO SALAD	SCHOOL SNACKS	SCHOOL SNACKS
	BRIE FONDUE	GARLIC SHRIMP
SANDWICHES		FONDUEMENTALE
	SALADS	
SOUPS	BISTRO SALAD	SALADS
STRAIGHT UP TOMATO		BISTRO SALAD
	SOUPS	CAESAR SALAD
COMFORT FOOD	STRAIGHT UP TOMATO	
KENTUCKY BURGEOO	MUSHROOM MEDLEY	SOUPS
no cheese sub rice for biscuits		STRAIGHT UP TOMATO
SIDES	SANDWICHES	LOBSTER BISQUE
BASMATI RICE	GOOEY GRILLERS	MUSHROOM MEDLEY
no butter		
DESSERTS	COMFORT FOOD	SANDWICHES
	MAC + CHEESE	GOOEY GRILLERS
	KENTUCKY BURGEOO	TUNA BANH MI
	SIDES	COMFORT FOOD
	ALL SIDES	MAC + CHEESE
		KENTUCKY BURGEOO
	DESSERTS	
	ALL DESSERTS	SIDES
		ALL SIDES
		DESSERTS
		ALL DESSERTS

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BISCUITS	FRENCH FRIES	GARLIC SHRIMP	BRIE FONDUE
D F		G S	D
FLOUR	POTATOES SALT	PRAWNS GARLIC	GARLIC HONEY
MARGARINE	RICE FLOUR STARCH	GRAPE TOMATO	BRIE WHITE WINE
BAKING POWDER	BAKING POWDER	OLIVE OIL CHILI SALT	CREAM CHEESE
CHEDDAR MIX	VEGETABLE OIL	SMOKED PAPRIKA	APPLE JUICE
SALT PEPPER	SUGAR XANTHAN GUM	FINISH F	SALT PEPPER
BUTTERMILK	FINISH	HOUSE BREAD	WHIPPING CREAM
FINISH	PARMESAN PARSLEY	HERB BUTTER	CORNSTARCH
HERB BUTTER	PESTO MAYO	ROUILLE PARSLEY	FINISH F
		LEMON	HOUSE BREAD
HERB BUTTER	PESTO MAYO	ROUILLE	APPLES GRAPES
D		G	CHERRY TOMATOES
BUTTER BASIL	MAYONNAISE	ROAST RED PEPPER	
PARSLEY CHIVES	HOUSE PESTO	MAYONNAISE	TOMATRO BOCCONCINI
		LEMON JUICE	D
HERB OIL		GARLIC SAFFRON	BOCCONCINI
			GRAPE TOMATOES
CANOLA OIL SALT			HERB OIL BASIL
BASIL PARSLEY CHIVES			BALSAMIC SYRUP

DUMPLINGS		CHICKEN KARAAGE	
F G S		F G D S	MINI MEATBALLS
DUMPLINGS	PIEROGI	CHICKEN KARAAGE	F G
SWEET CHILI SOY	F D G	KATSU CURRY MAYO	MEATBALLS CHERRIES
SESAME CHILI CRUNCH	PIEROGI DUMPLINGS	LIME CHIVES	HOUSE BBQ SAUCE
PICKLED VEGGIES	SMOKED SAUSAGE		VEG STOCK CHIVES
CHIVES	GRAINY MUSTARD BUTTER	CHICKEN KARAAGE	
	SOUR CREAM CHIVES	F G D	MEATBALLS
DUMPLINGS	PIEROGI DUMPLINGS	CHICKEN THIGH	F G
F S	F D G	FLOUR OIL SUGAR	GROUND BEEF GARLIC
PORK SHRIMP	FLOUR POTATO	SALT PEPPER SOY	BREADCRUMBS SOY
SESAME OIL SUGAR	CHEDDAR VEG OIL	GINGER EGG SPICES	SUGAR SALT SPICES
SALT PEPPER MSG	SALT ANNATO	CORN STARCH MILK	PRESERVATIVES
WHEAT FLOUR		ONION GARLIC	
SWEET CHILI SOY	GRAINY MUSTARD BUTTER	SHORTENING	HOUSE BBQ SAUCE
G	D	PRESERVATIVES	G
SWEET CHILI SAUCE	BUTTER	KATSU CURRY MAYO	ONION GARLIC
SOY SAUCE	GRAINY DIJON MUSTARD	S	COFFEE KETCHUP
RICE WINE VINEGAR	MARJORAM CHIVES	MAYO KETCHUP	SOY SAUCE MOLASSES
CHILI CRUNCH	SMOKED SAUSAGE	SOY SAUCE WORCESTER	RED WINE VINEGAR
F		LEMON SUGAR	CHIPOTLE PUREE
SESAME SEEDS CHILI	PORK SALT SPICES	GARAM MASALA	BROWN SUGAR
ONION WHEAT FLOUR	BROWN SUGAR SMOKE	TURMERIC	CHILI POWDER
SALT SUGAR VEG OIL			PEPPER SALT

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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	LOBSTER 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
FINISH F D	LOBSTER MEAT	WHIPPING CREAM	DRY THYME
OLIVE OIL	PARSLEY BASIL	CILANTRO	SALT PEPPER
HOUSE BREAD	FINISH F D	FINISH F D	FRESH PARSLEY
HERB BUTTER	PARSLEY	CHIVES	GREEN ONION
	LEMON WEDGE	SOUR CREAM	TRUFFLE OIL
	HOUSE BREAD	LIME WEDGE	FINISH F D
	HERB BUTTER	HOUSE BREAD	PARSLEY
		HERB BUTTER	HOUSE BREAD
			HERB BUTTER

BRIOCHE BUNS	CIABATTA BREAD	HOUSE BREAD	NAAN
F	F	F	F
FLOUR SUGAR YEAST	FLOUR YEAST SALT	FLOUR YEAST SALT	FLOUR OIL SALT YEAST
CANOLA OIL SEA SALT	CANOLA OIL	MALTED BARLEY FLOUR	BAKING POWDER
TAPIOCA FLOUR EGG			SUGAR PRESERVATIVES
TURMERIC EXTRACTS			
PRESERVATIVES			

GRILLED CHEESE	BBQ PULLED PORK	CHICKEN PESTO	TUNA BANH MI
F D	F G	F G D	F
BUTTER	BRIOCHE BUN	CIABATTA	CIABATTA
HOUSE BREAD	PULLED PORK	ROAST CHICKEN	SESAME TUNA SALAD
CHEESE MIX	HOUSE BBQ SAUCE	ROASTED PEPPERS	PICKLED VEGGIES
CHEDDAR MIX	PICKLED JALAPENOS	PARMESAN	CUCUMBER GREENS
	HICKORY STICKS	GREENS BASIL	SWEET CHILI SOY
	COLESLAW	HOUSE PESTO	CILANTRO
		BALSAMIC SYRUP	
DIABLO MIX	COLESLAW	ROAST CHICKEN	SESAME TUNA SALAD
G			
CANOLA OIL	CABBAGE CARROTS	CHICKEN BREAST	SKIPJACK TUNA
GROUND PORK	MAYONNAISE	OLIVE OIL	MAYONNAISE
CHIPOTLE PUREE	APPLE CIDER VINEGAR	PEPPER SALT	GREEN ONION
RED WINE VINEGAR	CELERY SALT		FISH SAUCE
SMOKED PAPRIKA		PESTO	SESAME OIL
CHILI POWDER SALT		G	
GARLIC POWDER	HICKORY STICKS	OLIVE OIL GARLIC	PICKLED VEGGIES
PEPPERS ONION		BASIL PARSLEY	
CREAM CHEESE	POTATOES SPICES	PUMPKIN SEED	DAIKON CARROT
CILANTRO	SALT MSG ONION	LEMON JUICE	RICE VINEGAR
	COLOUR FLAVOUR	SALT PEPPER SUGAR	WHITE SUGAR

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CAESAR DRESSING	COOKHOUSE DRESSING	BACON VINAIGRETTE	BOUILLABISSE
G S EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE WHITE WINE VINEGAR WORCESTERSHIRE OLIVE OIL VEG OIL PEPPER SALT	G CANOLA OIL GARLIC ONION FRESH PARSLEY BROWN SUGAR DIJON MUSTARD BALSAMIC VINEGAR RED WINE VINEGAR SALT PEPPER	CANOLA OIL BACON ONION THYME PARSLEY GREEN ONION BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE SALT PEPPER	S G OLIVE OIL ONION GARLIC CARROT FENNEL RED PEPPER WHITE WINE ORANGE JUICE DICED TOMATO TOMATO PASTE FENNEL SEED SAFFRON SALT TARRAGON PARSLEY LOBSTER BASE
CAESAR SALAD	BISTRO SALAD	FAB SALAD	FINISH F G S
F G S KALE PANGRATATTA PARMESAN PARSLEY LEMON	G GREENS CUCUMBER ONION TOMATO QUINOA PARSLEY	D GREENS APPLE BACON ONION PARSLEY FETA CHEESE	LANGOSTINO SHRIMP MUSSELS HOUSE BREAD CROUTON ROUILLE PARSLEY HERB OIL

JAMBALAYA	BUTTER CHICKEN	BOURGUIGNON	KENTUCKY BURGEOO
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 BASMATI RICE PRAWNS HERB OIL CHIVES	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 BASMATI RICE NAAN MANGO CHUTNEY CREAM CILANTRO	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	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	MANGO CHUTNEY		
PORK SALT SPICES BROWN SUGAR SMOKE	MANGOS VINEGAR SUGAR SALT SPICES		

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

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	MINI DONUTS	
	SUGAR CHERRIES	F D	
	VANILLA EXTRACT	FLOUR SUGAR SALT	
	WHIPPING CREAM	VEG OIL SOY FLOUR	
	CORNSTARCH	SKIM MILK POWDER	
	FINISH F	EGGS CINNAMON	
	GRAHAM CRUMB	PRESERVATIVES	
CHOCOLATE MOUSSE	GRAHAM CRUMB	CARAMEL SAUCE	ICE CREAM
D	V D F	D	D
WHIPPING CREAM	FLOUR OIL SALT	SUGAR MILK SALT	MILK CREAM
CHOCOLATE KAHLUA	HONEY BAKING SODA	CORN STARCH	SUGAR EGG YOLK
INSTANT COFFEE	SUGAR BUTTER	PRESERVATIVES	VANILLA BEAN
FINISH			
WHIPPED CREAM			