



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 no parmesan GUACAMOLE	PARMESAN FRIES GUACAMOLE HUMMUS
SALADS / BOWLS	HUMMUS	HUMMUS	BRUSSEL SPROUTS
ALL SALADS	sub tortilla chips BRUSSEL SPROUTS	BRUSSEL SPROUTS GARLIC SHRIMP	PIEROGI POUTINE
SOUPS		no butter on toasts	
ALL SOUPS	SALADS / BOWLS		SALADS / BOWLS
	FAB SALAD		FAB SALAD
SANDWICHES	CAESAR SALAD	SALADS / BOWLS	WHOLESUME BOWL
ALL SANDWICHES	no pangrattata WHOLESUME BOWL	ALL SALADS no feta or parmesan WHOLESUME BOWL	MEXICALI BOWL
CLASSICS	MEXICALI BOWL	no feta	SOUPS
ALL CLASSICS		MEXICALIBOWL	STRAIGHT UP TOMATO SUNSET CORN
SIDES	SOUPS	no lime cream	
ALL SIDES	ALL SOUPS no side bread		
		SOUPS	SANDWICHES
DESSERTS	COMFORT FOOD	STRAIGHT UP TOMATO	GOOEY GRILLERS
ALL DESSERTS	BEEF BOURGUIGNON		DOS DIABLOS
	BUTTER CHICKEN	SANDWICHES	TASTY CHICKEN
BRUNCH	no naan	TASTY CHICKEN	EL CUBANO
ALL BRUNCH	JAMBALAYA	no brie cheese EL CUBANO	VEG SANDWHICH
		no cheese	
	SIDES	VEG SANDWHICH	COMFORT FOOD
	MASHED POTATOES	no feta	FRENCH ONION
	BASMATI RICE		MAC + CHEESE
			BURGOO BURGER
	DESSERTS	COMFORT FOOD	BUTTER CHICKEN
	CHOCOLATE MOUSSE	BEEF BOURGUIGNON	
	ICE CREAM	no mash	SIDES
	LEMON CHEESECAKE	JAMBALAYA	ALL SIDES
	no graham crumbs	BURGOO BURGER	
		no cheddar	DESSERTS
	BRUNCH		ALL DESSERTS
	ALL CONTAIN GLUTEN	SIDES	
		BASMATI RICE	BRUNCH
			ALL BRUNCH
		BRUNCH	
		AVOCADO TOAST	
		no feta	

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GARLIC	ONION	SOY	EGG
STARTERS	STARTERS	STARTERS	STARTERS
PARMESAN FRIES no pesto mayo	PARMESAN FRIES	PARMESAN FRIES	PARMESAN FRIES
BRUSSEL SPROUTS	HUMMUS	no pesto mayo	no pesto mayo
MINI MAC AND CHEESE	BRUSSEL SPROUTS	BRUSSEL SPROUTS	BRUSSEL SPROUTS
no breadcrumbs	GARLIC SHRIMP	MINI MAC AND CHEESE	MINI MAC AND CHEESE
GUACAMOLE	PIEROGI	GUACAMOLE	GUACAMOLE
PIEROGI		HUMMUS	HUMMUS
POUTINE	SALADS / BOWLS	sub tortilla chips	PIEROGI
	FAB SALAD	PIEROGI	GARLIC SHRIMP
	no onion	GARLIC SHRIMP	no rouille
SALADS / BOWLS	sub balsamic / olive oil	no rouille	
FAB SALAD	WHOLE SOME BOWL		SALADS / BOWLS
WHOLE SOME BOWL	no onion	SALADS / BOWLS	FAB SALAD
no hummus / dressing	no dressing	FAB SALAD	WHOLE SOME BOWL
	MEXICALI BOWL	WHOLE SOME BOWL	MEXICALI BOWL
	no pico de gallo	MEXICALI BOWL	no cilantro lime cream
	no guacamole		
SANDWICHES		SOUPS	SOUPS
GOOEY GRILLERS	SANDWICHES	ALL SOUPS	ALL SOUPS
TASTY CHICKEN	GOOEY GRILLERS		
VEG SANDWHICH	TASTY CHICKEN	SANDWICHES	SANDWICHES
no hummus	no onion jam	GOOEY GRILLERS	GOOEY GRILLERS
	VEG SANDWHICH	DOS DIABLOS	DOS DIABLOS
COMFORT FOOD		EL CUBANO	TASTY CHICKEN
MAC + CHEESE	COMFORT FOOD	no house mayo	no house mayo
no pangratatta	BURGOO BURGER	VEG SANDWHICH	EL CUBANO
BURGOO BURGER	no fried onion	TASTY CHICKEN	no house mayo
no burger sauce		no house mayo	VEG SANDWHICH
SIDES	SIDES	COMFORT FOOD	COMFORT FOOD
BISCUITS	MASHED POTATOES	FRENCH ONION	FRENCH ONION
MASHED POTATOES	no chives	MAC + CHEESE	MAC + CHEESE
	BISCUITS	BEEF BOURGUIGNON	BURGOO BURGER
DESSERTS	no herb butter	BUTTER CHICKEN	no burger sauce
ALL DESSERTS		JAMBALAYA	BEEF BOURGUIGNON
	DESSERTS	BURGOO BURGER	BUTTER CHICKEN
BRUNCH	ALL DESSERTS	no burger sauce	JAMBALAYA
AVACADO TOAST		SIDES	
WAFFLES	BRUNCH	ALL SIDES	SIDES
BREAKFAST SAMMY	WAFFLES		ALL SIDES
	BREAKFAST SAMMY	DESSERTS	
		ALL DESSERTS	DESSERTS
			CHOCOLATE MOUSSE
		BRUNCH	
		AVACADO TOAST	BRUNCH
		BREAKFAST SAMMY	AVACADO TOAST

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VEGAN	VEGETARIAN - OVL	PESCATARIAN - OVL
STARTERS	STARTERS	STARTERS
PARMESAN FRIES <i>no parmesan no mayo</i>	PARMESAN FRIES	PARMESAN FRIES
GUACAMOLE	GUACAMOLE	GUACAMOLE
HUMMUS	HUMMUS	HUMMUS
<i>sub tortilla chips</i>	MINI MAC AND CHEESE	MINI MAC AND CHEESE
BRUSSEL SPROUTS	BRUSSEL SPROUTS	BRUSSEL SPROUTS
<i>no bacon</i>	<i>no bacon</i>	<i>no bacon</i>
	PIEROGIES	PIEROGIES
	<i>no sausage</i>	<i>no sausage</i>
		GARLIC SHRIMP
SALADS / BOWLS	SALADS / BOWLS	SALADS / BOWLS
WHOLESOME BOWL <i>no chicken no feta</i>	WHOLESOME BOWL	WHOLESOME BOWL
<i>sub vinegar+oil dressing</i>	<i>no chicken</i>	<i>no chicken</i>
MEXICALI BOWL	MEXICALI BOWL	MEXICALI BOWL
<i>no chicken no crema</i>	<i>no chicken</i>	<i>no chicken</i>
SANDWICHES	SOUPS	SOUPS
VEG SANDWHICH	STRAIGHT UP TOMATO	STRAIGHT UP TOMATO
<i>no feta</i>		LOBSTER BISQUE
	SANDWICHES	
SOUPS	GOOEY GRILLERS	SANDWICHES
STRAIGHT UP TOMATO	VEG SANDWHICH	GOOEY GRILLERS
		VEG SANDWHICH
SIDES	COMFORT FOOD	COMFORT FOOD
BASMATI RICE	MAC + CHEESE	MAC + CHEESE
<i>no butter finish</i>		
	SIDES	
DESSERTS	ALL SIDES	SIDES
ALL CONTAIN DAIRY		ALL SIDES
	DESSERTS	
BRUNCH	ALL DESSERTS	DESSERTS
AVACADO TOAST		ALL DESSERTS
<i>no feta</i>	BRUNCH	
	AVACADO TOAST	BRUNCH
	BREAKFAST SAMMY	AVACADO TOAST
	<i>no bacon</i>	BREAKFAST SAMMY
	WAFFLES	<i>no bacon</i>
	VEGGIE SCRAMBLE	WAFFLES
		VEGGIE SCRAMBLE

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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	<i>FINISH</i>	CANOLA OIL
BUTTERMILK	<i>FINISH D</i>	TORTILLA CHIPS	LEMON JUICE
<i>FINISH</i>	PARMESAN PARSLEY	PICKLED JALAPENOS	<i>FINISH D F</i>
HERB BUTTER	PESTO MAYO	CILANTRO	PAPRIKA

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

HERB OIL	PESTO		FLATBREAD
	G		F
CANOLA OIL SALT	OLIVE OIL GARLIC		FLOUR SOYBEAN OIL
BASIL PARSLEY CHIVES	BASIL PARSLEY		YEAST BAKING POWDER
	PUMPKIN SEED		SUGAR SALT
	LEMON JUICE		PRESERVATIVES
	SALT PEPPER SUGAR		

GARLIC SHRIMP	CHICKEN KARAAGE	MAC & CHEESE	PIEROGI
G S	F G D	D F	F D G
PRAWNS GARLIC	CHICKEN THIGH	CAVATAPPI VEG OIL	PIEROGI DUMPLINGS
GRAPE TOMATO	FLOUR OIL SUGAR	CREAM MILK ONION	SMOKED SAUSAGE
OLIVE OIL CHILI SALT	SALT PEPPER SOY	NUTMEG PAPRIKA	GRAINY MUSTARD BUTTER
SMOKED PAPRIKA	GINGER EGG SPICES	SALT PEPPER	SOUR CREAM CHIVES
<i>FINISH F</i>	CORN STARCH MILK	BUTTER FLOUR	
HOUSE BREAD	ONION GARLIC	CHEDDAR MIX	PIEROGI DUMPLINGS
HERB BUTTER	SHORTENING	<i>FINISH</i>	F D
ROUILLE PARSLEY	PRESERVATIVES	CHEDDAR MIX	FLOUR POTATO
LEMON		PANGRATATTA	CHEDDAR VEG OIL

ROUILLE	KATSU CURRY MAYO	PANGRATATTA	
G	S	F G	GRAINY MUSTARD BUTTER
ROAST RED PEPPER	MAYO KETCHUP	PANKO BREAD CRUMBS	D
MAYONNAISE	SOY SAUCE WORCESTER	PARSLEY GARLIC	BUTTER
LEMON JUICE	LEMON SUGAR	SALT PEPPER	GRAINY DIJON MUSTARD
GARLIC CAYENNE	GARAM MASALA		MARJORAM CHIVES
	TURMERIC		

BRUSSEL SPROUTS
BRUSSEL SPROUTS
BALSAMIC REDUCTION
BACON
PARSLEY

SMOKED SAUSAGE
PORK SALT SPICES
BROWN SUGAR SMOKE

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

HOUSE BREAD
F
FLOUR YEAST SALT
MALTED BARLEY FLOUR

CIABATTA BREAD
F
FLOUR YEAST SALT
CANOLA OIL

GRILLED CHEESE	TASTY CHICKEN	EL CUBANO	VEGGI SANDWHICH
F D	F D	F D G	F D
BUTTER	CIABATTA	CIABATTA	CIABATTA
HOUSE BREAD	PULLED CHICKEN	PULLED PORK	ARTICHOKE MIX
CHEESE MIX	ONION JAM BRIE	PICKLE RELISH	FETA HUMMUS
CHEDDAR MIX	BACON	CAPICOLLO	GREENS TOMATO
	HOUSE MAYO	CHEESE MIX	BALSAMIC REDUCTION
	GREENS	<i>FINISH F</i>	
		HOUSE MAYONNAISE	
	ONION JAM		ARTICHOKE MIX
		PICKLE RELISH	
	RED ONION	G	ARTICHOKE OLIVE OIL
	BALSAMIC VINEGAR	OLIVE OIL GARLIC	RED PEPPERS BASIL
	SALT PEPPER	PICKLES GRAINY DIJON	GREEN PEPPERS
		HONEY SALT	SALT BLACK PEPPER
	HOUSE MAYONNAISE		PARSLEY
		PULLED PORK	
	MAYONNAISE DIJON	G	
	LEMON JUICE	PORK BUTT WHITE ONION	
		GARLIC RED WINE VINEGAR	
		ORANGE JUICE PEPPER	
		CHILLI POWDER SALT	

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CAESAR DRESSING G S EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE WHITE WINE VINEGAR WORCESTERSHIRE OLIVE OIL VEG OIL PEPPER SALT	BACON VINAIGRETTE CANOLA OIL BACON ONION THYME PARSLEY GREEN ONION BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE SALT PEPPER	HARISSA DRESSING G RED CHILI PEPPERS CANOLA OIL HONEY ORANGE JUICE GARLIC RED WINE VINEGAR SUNDRIED TOMATO SALT MINT SPICES	MEXICALI BOWL D G TURMERIC RICE ROAST CHICKEN CORN BEAN MEDLEY GUACAMOLE MEXI SPICE PICO DE GALLO CILANTRO LIME CREMA
CAESAR SALAD F G S D KALE PANGRATATTA PARMESAN PARSLEY LEMON	FAB SALAD D GREENS APPLE BACON ONION PARSLEY FETA CHEESE	WHOLESOME BOWL D G TURMERIC RICE ROAST CHICKEN FETA BEAN MEDLEY KALE ROASTED PEPPERS HOUSE HUMMUS ONIONS PARSLEY	PICO DE GALLO TOMATO RED ONION PICKLED JALAPENO CUMIN CILANTRO LIME JUICE
PULLED CHICKEN CHICKEN BREAST CHICKEN STOCK SALT BLACK PEPPER		ROASTED PEPPERS RED PEPPERS BASIL BALSAMIC VINEGAR SUGAR	MEXI SPICE GARLIC POWDER CUMIN OREGANO PAPRIKA CHILLI POWEDER SALT BLACK PEPPER
			CILANTRO LIME CREMA D SOUR CREAM CILANTO MAYONNAISE SALT LIME JUICE

Note - all soups and stews are finished with light veg stock

VEGETABLE STOCK 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	LOBSTER BASE D S LOBSTER TOMATO ONION GARLIC CELERY COD OIL MILK CORN MUSTARD PAPRIKA SPICES HERBS PRESERVATIVES SALT SUGAR YEAST
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MAC & CHEESE	POUTINE	FRENCH ONION	CHEESE MIX
D F	D F	G	D
CAVATAPPI VEG OIL CREAM MILK ONION NUTMEG PAPRIKA SALT PEPPER BUTTER FLOUR CHEDDAR MIX <i>FINISH</i>	FRENCH FRIES POUTINE GRAVY CHEESE CURDS	ONION GARLIC RED WINE VEG OIL BEEF BROTH SALT PEPPER	MOZZARELLA DOMESTIC SWISS
	POUTINE GRAVY	<i>FINISH F</i>	CHEDDAR MIX
	F D	BREAD	D
	FLOUR CANOLA OIL CORN STARCH ONION MILK SOY CARAMEL ONION PAPRIKA	CHEESE MIX	MOZZARELLA EXTRA OLD CHEDDAR
	SALT SUGAR HERBS PRESERVATIVES	MASHED POTATOES	
PANGRATATTA		D	
F G		POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE	
PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL		<i>FINISH</i>	
		BUTTER CHIVES	

JAMBALAYA	BUTTER CHICKEN	BOURGUIGNON	BURGOO BURGER
G S F	G D	G	F D 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	BURGER BUN BEEF SPICES SALT CHEDDAR TOMATO BURGER SAUCE FRIED ONIONS PICKLES FRIES KETCHUP
<i>FINISH S</i>	<i>FINISH F</i>		BURGER SAUCE
BASMATI RICE PRAWNS HERB OIL CHIVES	NAAN MANGO CHUTNEY CREAM CILANTRO	TOMATO PASTE POTATO STARCH THYME BAY LEAF PARSLEY	G
	MANGO CHUTNEY	<i>FINISH D</i>	MAYONNAISE KETCHUP DIJON MUSTARD PICKLES CAYENNE GARLIC POWDER SMOKED PAPRIKA
SMOKED SAUSAGE		MASHED POTATOES	FRIED ONIONS
GARLIC????	MANGOS VINEGAR SUGAR SALT SPICES	BACON PARSLEY HERB OIL	F
PORK SALT SPICES			ONION FLOUR SUGAR SALT

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

BURGER BUNS
F
FLOUR SUGAR YEAST VEGETABLE OIL SALT MALTED BARLEY FLOUR RICE FLOUR EGG

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AVOCADO TOAST F D HOUSE BREAD GUACAMOLE FETA TAJIN CILANTRO CHERRY TOMATO	VEGGIE SCRAMBLE F D SCRAMBLED EGGS TOMATO RED ONION MIXED BELL PEPPERS MUSHROOMS	MEATLOVERS SCRAMBLE F D SCRAMBELED EGGS BACON CAPICOLLO FARMERS SAUSAGE RED ONION TOMATO	SCRAMBLED EGGS D EGGS CREAM SALT BLACK PEPPER BUTTER
GUACAMOLE AVOCADO PICKLED JALAPENO CILANTRO RED ONION LIME CUMIN SALT	F D BREAKFAST POTATOS CHIVES HOUSE BREAD HERB BUTTER	F D BREAKFAST POTATOS CHIVES HOUSE BREAD HERB BUTTER	BREAKFAST POTATOES F S G POTATO VEG OIL WHEAT FLOUR SALT CORN STARCH SUGAR CORN FLOUR SPICES GARLIC POWEDER ONION POWDER PARSLEY

WAFFLES F D WHEAT FLOUR VEGETABLE OIL SUGAR WHEY EGG SALT BAKING SODA SOY LECITHIN
F POWDERED SUGAR STRAWBERRY COMPOTE WHIPPED CREAM

BREAK SAMMY F D HOUSE BAGUETTE CHEDDAR MIX SCRAMBLED EGGS BACON HOUSE MAYONNAISE TOMATOO GREENS

STRAWBERRY COMPOTE STRAWBERRIES CORN STARCH SUGAR

CHOCOLATE MOUSSE D WHIPPING CREAM CHOCOLATE KAHLUA INSTANT COFFEE
FINISH WHIPPED CREAM

ICE CREAM D MILK CREAM SUGAR EGG YOLK VANILLA BEAN
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BANANA B PUDDING F D BANANA SUGAR FLOUR EGGS OIL OATS MILK SALT VANILLA FLAVOUR BAKING POWDER CREAM MILK BROWN SUGAR DARK CHOCOLATE
FINISH ICE CREAM

LEMON CHEESECAKE D CREAM CHEESE SUGAR LEMON JUCE VANILLA EXTRACT EGG WHIPPING CREAM CORNSTARCH
FINISH F GRAHAM CRUMB

GRAHAM CRUMB V D F FLOUR OIL SALT HONEY BAKING SODA SUGAR BUTTER VANILLA BEAN
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