

# NUTRITIONAL ALLERGEN & INGREDIENT GUIDE

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milestones®

### Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia. The Province of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
<b>START OR SHARE (NO SIDES)</b>																			
Spinach & Artichoke Dip	368 g	990	49	75	16	1	86	1930	81	103	35	7	28	4	24	56	16	35	20
Tempura Veggies	309g	730	48	64	3.5	0	18	2950	128	67	/	7	25	17	8	0	0	8	17
Roasted Mushroom Soup	392 g	260	18	28	2.5	0	13	1500	63	21	7	3	12	6	4	6	20	10	15
Wham Bam Shrimp	352 g	650	22	34	2.5	0	13	2360	98	87	29	2	8	13	25	10	8	15	25
Mediterranean Goat Cheese Platter	272 g	990	37	57	15	1	80	1350	56	66	22	5	20	13	22	30	30	20	50
Crispy Brussels Sprouts	400 g	470	36	48	7	0.3	37	1750	76	32	/	14	50	8	11	0	0	12	25
Chicken Wing Nashville Hot	604 g	1530	123	164	61	1.5	313	2750	120	21	/	2	7	6	85	0	0	6	28
Chicken Wing Salt and Black Pepper Bourbon	610 g	1420	105	140	63	1	320	4030	175	26	/	7	6	6	85	0	0	17	25
Chicken Wing Sweet Chili Teriyaki	621 g	1350	89	119	56	1	285	3710	161	48	/	1	4	27	83	0	0	8	28
Coconut Calamari	295 g	900	61	94	12	0.4	62	1080	45	53	18	4	16	3	38	4	2	2	20
Sweet Chili Chicken Bites	353 g	890	39	60	4	0.3	22	1910	80	90	30	4	16	48	46	0	6	6	25
Lettuce Wrap (Add Chicken)	708	1155	47	63	8	0.4	42	2120	92	106	32	9	18	18	50	0	0	13	44
Lettuce Wraps Tofu	702	910	51	68	8	0.4	42	940	41	48	36	10	18	18	39	0	0	35	53
Lettuce Wraps Vegan	585 g	940	43	60	10	0.3	52	2850	124	87	/	11	39	19	47	0	0	54	58
<b>SALADS &amp; BOWLS WITH DRESSINGS</b>																			
<b>Entree</b> Roasted Garlic Caesar Salad - With Dressing	341 g	880	85	131	19	2	105	1590	66	27	9	5	20	6	19	##	##	40	30
<b>Starter</b> Roasted Garlic Caesar Salad - With Dressing	198 g	580	42	65	9	1	50	800	33	15	5	3	12	4	9	##	70	20	20
<b>Entree</b> California Spring Salad - With Dressing	306 g	580	50	77	9	0.3	47	510	21	27	9	6	24	17	12	60	90	10	20
<b>Starter</b> California Spring Salad - With Dressing	180 g	360	32	49	5	0.1	26	310	13	17	6	3	12	11	6	30	40	6	10
Roasted Beet & Goat Cheese Salad	374 g	420	23	35	6	0.4	32	440	18	42	14	7	28	21	11	40	70	10	20
Surfside Salad	439 g	700	57	88	8	1	45	1380	57	31	10	6	24	14	36	70	70	15	20
Sweet Chili Chicken Bowl	828 g	1480	58	89	13	0.5	68	3320	138	188	63	9	36	90	53	60	##	15	60
Sushi Bowl	550 g	830	32	43	4	0.2	21	1590	69	86	36	7	25	11	47	0	0	10	19
Add on: Tofu	178 g	220	15	20	1.5	0	8	10	1	0	0	2	7	0	21	0	0	17	19
Add on: Chicken Breast	172 g	210	9	12	4	0.2	21	860	37	3	0	0	0	3	30	0	0	2	6
Add on: Shrimp Skewer	185 g	340	28	43	3.5	0.1	18	1940	81	2	1	0	0	0	22	0	6	6	6
Add on: Grilled Salmon (4 Oz)	107 g	200	13	20	3	0.1	16	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Grilled Cajun Chicken	177 g	220	9	12	4	0.2	21	1380	60	5	0	0	0	3	30	0	0	2	7

\*portion size ordinarily served to the guest. Updated December 2021

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
<b>BURGERS (NO SIDES)</b>																			
1989 Burger	379 g	1050	69	106	24	0.5	123	1320	55	44	15	3	12	5	47	25	15	25	20
Garden Burger	380 g	800	46	71	15	0.3	77	1390	58	70	23	13	52	17	27	15	30	15	40
California Burger	416 g	1210	70	108	22	0.5	113	1320	55	49	16	5	20	8	49	20	20	25	20
Gluten Free Burger Bun	100 g	250	6	9	0.5	0.1	3	600	25	50	17	5	20	5	3	0	0	2	30
Caesar Salad	134 g	420	39	60	8	1	45	750	31	12	4	2	8	2	8	70	35	15	15
California Spring Salad	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6
Sweet Potato Fries	360 g	690	54	72	7	0.5	38	800	35	52	/	13	46	13	5	0	0	13	8
<b>MAINS</b>																			
Ginger Glazed Salmon	775 g	1420	69	92	15	0.3	77	3190	139	115	50	7	25	25	77	60	##	15	22
Chicken Parm Stack	757 g	1370	69	92	26	1	135	3080	134	106	59	12	43	16	84	50	50	81	44
Portobello Mushroom Chicken	857 g	1330	81	125	33	1	170	2300	96	107	36	7	28	11	72	50	50	45	45
BBQ Back Ribs	748 g	1950	99	152	21	1	110	3680	153	175	58	15	60	55	76	70	##	20	45
Wagyu Beef Meatloaf	738 g	1230	66	116	33	2	175	2170	94	66	29	8	9	9	43	25	70	17	39
Stuffed Portobello Mushroom Cap	731g	2810	31	41	6	0.1	31	2810	122	53	/	13	46	21	13	0	0	31	33
Mediterranean Chicken	498 g	800	42	65	9	1	50	1480	62	43	14	12	48	12	68	##	##	20	35
Chimichurri Sea Bass	581g	980	49	65	21	0.5	108	2700	117	85	/	8	29	8	51	0	0	50	28
Grilled Sirlion 8oz (no starch, veg or topper)	512 g	560	20	31	7	0.4	37	1190	50	52	17	8	32	4	46	10	##	6	50
Grilled Sirlion 6oz ( no starch, veg or topper)	384 g	420	15	25	5.6	0.3	29.6	952	40	42	14	6.4	25	3	38	8	##	5	40
Steak Frites* 6oz	522 g	1510	98	131	29	1.5	153	3200	139	106	45	11	39	6	59	##	##	19	36
Steak Frites* 8oz	579 g	1580	100	133	30	1.5	158	3330	145	106	45	11	39	6	74	##	##	19	44
Seafood Sirloin	370 g	1100	67	103	36	2.5	193	890	37	6	2	1	4	1	47	35	10	8	40
Seafood Topper	226 g	460	39	60	13	0.5	68	1090	45	4	1	0	0	1	20	25	8	6	6
Sweet Potato Fries	360 g	690	54	72	7	0.5	38	800	35	52	/	13	46	13	5	0	0	13	8
Brussels Sprouts	211 g	280	23	31	4	0.2	21	950	41	17	/	7	25	4	5	0	0	6	13
Sautèed Mushrooms	247 g	230	19	29	3	0.5	18	960	40	12	4	3	12	4	7	4	25	6	10
<b>PASTA &amp; NOODLES</b>																			
Pesto Chicken Penne Asiago	704 g	1120	54	83	16	1	85	2120	88	104	35	6	24	11	55	60	##	40	45
Thai Basil Noodles	820 g	1080	48	74	20	0.3	102	1970	82	112	37	7	28	20	48	80	##	15	30
Butternut Squash Ravioli	465 g	1230	87	134	38	3	205	1320	55	92	31	9	36	26	28	##	##	50	30
Seafood Spaghettini	660 g	980	53	82	13	0.5	68	2880	120	90	90	7	28	6	37	50	30	15	40

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
<b>PASTA &amp; NOODLES SAUCES</b>																			
Roasted Garlic Cream Sauce	90 ml	170	16	25	5	0.2	26	440	18	4	1	0	0	2	2	8	0	4	0
Sweet Thai Chili Sauce	45 ml	100	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
Peanut Sauce	15 ml	60	5	8	1	0.1	6	180	8	3	1	0	0	2	1	0	0	0	0
<b>HANDHELDS</b>																			
Steak Sandwhich	469 g	1180	63	97	13	1.5	73	2400	100	84	28	4	16	20	77	10	10	10	80
Caprese Crispy Chicken Sandwhich	354 g	830	45	60	11	0.5	58	1490	65	64	21	6	9	9	43	10	15	38	33
Baja Fish Tacos	302 g	560	32	49	7	0.5	38	1200	50	46	15	6	24	5	23	30	60	20	10
<b>BRUNCH</b>																			
Avocado Toast	680 g	1090	53	71	13	0.3	67	3170	138	126	54	15	25	25	36	40	60	15	53
Traditional Breakfast (No Meat or Toast)	316 g	850	57	88	14	0.3	72	470	20	54	19	5	20	2	30	34	30	14	33
Traditional Breakfast (Vegan)	665 g	1210	52	69	7	0.1	36	4360	190	124	61	17	21	21	62	0	0	27	94
Salmon Hash	710 g	1530	99	132	37	1	190	2130	93	99	32	9	7	7	62	0	0	17	53
Ultimate Breakfast Sandwich	783 g	1650	105	162	28	1	145	5030	210	124	41	12	48	25	60	40	60	50	70
Traditional Eggs Benedict (NO BREAKFAST POTATOES)	431 g	1210	82	127	37	2.2	196	1590	66	84	28	6	24	5	38	64	36	14	38
California Eggs Benedict (NO POTATOES & KETCHUP)	515 g	1350	97	150	40	2.3	211	1350	57	86	29	11	44	4	38	64	45	19	38
Baileys + Cream French Toast	474 g	1210	65	87	28	0.2	141	750	33	142	99	5	18	81	81	30	##	15	33
Huevos Rancheros	665 g	3570	49	65	6	0.1	32	3570	155	72	61	17	20	20	36	0	0	27	44
Vegan Nuevos Rancheros	665 g	3570	49	65	6	0.1	32	3570	155	72	61	17	20	20	36	0	0	27	44
Side: Brunch Potatoes	210 g	220	7	9	2	0.1	11	1430	62	36	18	5	1	1	4	4	30	3	10
Side: Multigrain toast with butter	93 g	260	10	15	3	0.2	16	330	14	39	13	5	20	5	9	4	0	4	25
Gluten Free English Muffin	80 g	180	1.5	2	1.5	0	1	500	22	37	/	0	0	7	4	0	0	8	6
Side: Breakfast Sausage	66 g	230	20	31	8	0.1	41	470	20	5	2	1	4	1	7	0	0	6	2
Side: Breakfast Sausage (Vegan)	102 g	310	17	23	2	0	10	570	25	15	18	5	6	6	25	0	0	2	39
Side: Double Smoked Bacon	24 g	90	9	14	3	0	15	180	8	0	0	0	0	0	2	0	0	0	2
Side: Fruit Bowl	201 g	90	0.5	1	0.1	0	1	3	1	23	14	4	17	17	1	0	0	3	4
Side: Ketchup	45 ml	60	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2
Side: Cholula Hot Sauce	30 ml	0	0	0	0	0	0	510	21	0	0	0	0	0	0	0	0	0	0
Side: Maple Syrup	120 ml	440	0	0	0	0	0	10	1	110	37	0	0	66	0	0	0	0	0
Side: Hollandaise Sauce	60 ml	380	42	65	26	2	140	135	6	0	0	0	0	0	1	35	2	2	2
Side: Whipped Cream	15 ml	25	2.5	4	1.5	0.1	8	3	1	0	0	0	0	0	0.1	4	0	0	0

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
<b>SIDES</b>																			
Side: Beef Gravy	90 ml	80	2.5	4	1	0	5	1020	43	13	4	0	0	2	2	0	0	2	4
Side: Seasonal Vegetables	49 g	50	4.5	7	3	0.3	16	150	6	3	1	1	4	1	1	2	20	2	4
Side: Mushrooms	247 g	230	19	29	3	0.5	18	960	40	12	4	3	12	4	7	4	25	6	10
Side: Crispy Brussels Sprouts	211 g	280	23	31	4	0.2	21	950	41	17	/	7	25	4	5	0	0	6	13
Side: Roasted Potatoes	142 g	490	29	45	8	0.2	41	210	9	53	18	5	20	1	7	4	30	4	8
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	750	31	12	4	2	8	2	8	70	35	15	15
Side: Milestones' California Spring Salad (WITH DRESSING)	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6
Side: Red Corn Tortilla Chips*	113 g	580	21	32	1	0.2	6	670	28	77	26	2	8	1	11	6	6	0	10
Side: Fries*	242 g	670	30	46	2.5	0.2	14	1470	61	92	31	7	28	0	8	0	2	2	10
Side: Jasmine Rice	198 g	250	0.4	1	0.1	0	1	290	12	54	18	1	4	1	5	0	0	2	20
<b>HAPPY HOUR BITES</b>																			
Steamed Edamame	324 g	630	45	60%	5	0	25	3780	164	31	/	11	39	11	30	0	0	17	56
Crispy Brussels Sprouts	400 g	470	36	48	7	0.3	37	1750	76	32	/	14	50	8	11	0	0	12	25
Tempura Veggies	309 g	730	48	64	3.5	0	18	2950	128	67	/	7	25	17	8	0	0	8	17
Spinach and Artichoke Dip (NO CHIPS / SALSA)	368 g	990	49	75	16	1	86	1930	81	103	35	7	28	4	24	56	16	35	20
Coconut Calamari	295 g	900	61	94	12	0.4	62	1080	45	53	18	4	16	3	38	4	2	2	20
Sweet Chili Chicken Bites	353 g	890	39	60	4	0.3	22	1910	80	90	30	4	16	48	46	0	6	6	25
<b>SAUCES</b>																			
Chili Avocado Aioli	30 ml	110	12	18	2	0.2	11	350	15	1	1	1	4	0	1	0	6	0	0
Sweet Thai Chilli Sauce	45 ml	100	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
Avocado Cream	30 ml	110	12	18	2	0.2	11	350	15	1	1	1	4	0	1	0	6	0	0
Lime Cilantro Vinaigrette	10 ml	40	4.5	7	0.3	0	2	30	1	1	1	0	0	0	0.1	0	2	0	0
Chalula Hot Sauce	30 ml	0	0	0	0	0	0	510	21	0	0	0	0	0	0	0	0	0	0
Mango Chili Sauce	30 ml	110	7	11	0.5	0.2	3	270	11	11	4	0	0	7	0.1	0	2	0	0
<b>DRESSINGS</b>																			
Honey Mustard Vinaigrette	60 ml	310	31	48	2	0.5	13	190	8	10	3	0	0	9	0.2	0	0	0	2
Honey Citrus Vinaigrette/dressing	60 ml	280	28	43	2	0.5	13	650	27	9	3	0	0	8	0.3	0	8	0	0
Caesar Dressing	90 ml	520	57	88	4.5	1.5	30	550	23	3	1	0	0	0	2	2	6	2	2

\*portion size ordinarily served to the guest. Updated December 2021

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<b>KIDS</b>																			
Kid: Burger + Fries	157 g	1270-1620	27	42	10	1	55	760	32	34	11	2	8	4	16	4	0	15	20
Kid: Grilled Cheese Sandwich	276 g	1360-1710	46	71	24	1	126	1520	64	86	28	5	20	3	24	30	2	47	26
Kid: Grilled Chicken	102 g	500-850	6	9	3	0.2	16	530	22	1	1	1	4	0	26	2	0	2	4
Kid: Grilled Salmon	104 g	570-920	18	28	7	0.4	37	510	21	0	0	0	0	0	18	8	6	2	2
Kid: Pasta - Noodles with Creamy Sauce	315 g	890	32	49	21	0.3	107	490	20	89	30	4	16	1	15	30	0	25	6
Kid: Pasta - Noodles with Tomato Sauce	345 g	670	8	12	3.5	0.1	18	600	25	95	32	5	20	7	12	25	40	15	10
Kid: Chicken Fingers*	249 g	650	31	48	2.5	0.2	14	1550	65	65	21	4	16	0	31	0	4	4	16
Side: Plum Sauce	45 ml	110	0	0	0	0	0	170	7	26	9	0	0	20	0.1	0	0	0	2
Side: Ketchup	45 ml	60	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2
Kid: Fries*	121 g	330	15	23	1	0.1	6	740	31	46	15	3	12	0	4	0	2	2	6
Kid: Rice	198 g	250	0.4	1	0.1	0	1	290	12	54	18	1	4	1	5	0	0	2	20
Kid: Roasted Garlic Mashed Potatos	255 g	300	10	15	6	0.2	31	510	21	50	17	4	16	3	5	10	30	6	6
Kid: Green Beans	28 g	10	0.1	1	0	0	0	125	5	2	1	1	4	1	1	2	6	0	2
Kid: Kids Cookie Sundae	119 g	405	16	26	11	0.1	56	265	11	62	21	1	4	42	4	10	1	5	25
Kid: Dessert - Vanilla Ice Cream (NO SAUCE OR CREAM)	70 g	140	10	15	5	0.1	26	40	2	15	5	0	0	10	1	2	0	4	0
Kid: Dessert - Add on: Caramel Sauce	30 ml	120	8	12	5	0.3	27	40	2	11	4	0	0	11	0.3	8	0	0	0
Kid: Dessert - Add on: Chocolate Sauce	74 g	320	12	18	12	0	60	170	7	52	17	0	0	45	2	0	0	6	60
Kid: Dessert - Chapman's Li'l Sammich	60 ml	90	2	3	1	0.1	6	45	2	15	5	0	0	7	1	2	0	0	0
<b>DESSERTS</b>																			
The Cookie	239 g	810	33	51	22	0.1	111	530	22	123	41	2	8	83	8	20	2	10	50
White Chocolate Cheesecake	296 g	1030	69	106	39	0.5	198	480	20	90	30	2	8	74	10	35	10	10	45
Ganache Torte (Vegan)	203 g	880	56	75	20	0.2	101	45	2	77	/	11	39	57	14	0	0	15	31
Superberry Cobbler	174 g	310	12	16	3.5	0.1	34	60	3	49	49	3	11	38	38	10	15	6	6
Ice-Cream: French Vanilla	70 g	140	10	15	5	0.1	26	40	2	15	5	0	0	10	1	2	0	4	0
Side Sauce: Chocolate Sauce	30 ml	120	9	14	5	0.2	26	40	2	11	4	1	4	7	1	6	0	0	6
Side Sauce: Caramel	30 ml	210	14	22	9	0.5	48	65	3	19	6	0	0	18	0.4	15	0	2	0

ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
<b>STARTER OR SHARE</b>											
Spinach and Artichoke Dip ( NO CHIPS/ SALSA)					✓					✓	
Tempura Veggies									✓	✓	✓
Roasted Mushroom Soup ( Vegan)											✓
Wham- Bam Shrimp			✓	✓	✓	✓		✓	✓	✓	✓
Mediterranean Goat Cheese Platter		✓			✓	✓			✓	✓	✓
Crispy Brussels Sprouts					✓				✓		✓
Vegan Crispy Brussels Sprouts									✓		✓
M- Wings Nashville Hot				✓	✓	✓			✓		✓
M- Wings Black Pepper Bourbon				✓	✓	✓			✓		✓
M- Wings Sweet Chilli Teriyaki			✓	✓	✓	✓			✓	✓	✓
Vegan Roasted Mushroom Soup											✓
Lettuce Wraps	✓		✓	✓	✓	✓			✓	✓	✓
Lettuce Wraps Vegetarian			✓	✓	✓				✓	✓	✓
Lettuce Wraps Vegan			✓	✓							✓
Coconut Calamari	✓	✓					✓	✓	✓	✓	✓
Sweet Chili Chicken Bites			✓			✓			✓	✓	✓
Sweet Potatoe Fries				✓		✓			✓	✓	✓
Steamed Edamame			✓						✓	✓	✓
<b>SALADS &amp; BOWLS WITH DRESSINGS</b>											
Roasted Garlic Caesar Salad - With Dressing		✓		✓	✓	✓	✓	✓	✓	✓	✓
California Spring Salad - With Dressing	✓	✓		✓	✓				✓		✓
Roasted Beet & Goat Cheese Salad	✓	✓			✓				✓	✓	✓
Seafood Salad			✓	✓	✓		✓	✓	✓	✓	✓
Sweet Chili Chicken Bowl			✓			✓	✓		✓	✓	✓
Sushi Bowl			✓	✓		✓	✓		✓	✓	✓
Add on: Tofu									✓		✓
Add on: Grilled Chicken Breast					✓						✓
Add on: Shrimp Skewer					✓			✓			✓
Add on: Grilled Salmon - (4 oz)					✓		✓				
Add on: Grilled Cajun Chicken					✓						✓

ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
<b>BRUNCH</b>											
Avocado Toast		✓			✓	✓			✓	✓	
Salmon Hash					✓	✓	✓		✓	✓	✓
California Eggs Benedict (NO BREAKFAST POTATOES)			✓		✓	✓		✓	✓	✓	✓
Traditional Eggs Benedict (NO BREAKFAST POTATOES)			✓		✓	✓			✓	✓	✓
Baileys + Cream French Toast		✓			✓	✓			✓	✓	✓
Vegan Traditional Breakfast		✓							✓	✓	✓
Traditional Breakfast		✓	✓		✓	✓			✓	✓	
Scrambled eggs - For Traditional and Big Breakfast						✓			✓		
Ultimate Breakfast Sandwich				✓	✓	✓			✓	✓	✓
Huevos Rancheros					✓	✓			✓	✓	✓
Vegan Nuevos Rancheros									✓	✓	✓
<i>Side: Breakfast Potatoes</i>					✓						
<i>Side: Multigrain toast with butter</i>		✓	✓		✓				✓	✓	
<i>Side: Breakfast Sausage</i>					✓					✓	
<i>Side: Apple Sage Sausage</i>										✓	
<i>Side: Double-Smoked Bacon</i>											
<i>Side: Fruit Bowl</i>											
<b>MAINS</b>											
Ginger Glazed Salmon			✓	✓	✓		✓		✓	✓	✓
Portobello Mushroom Chicken				✓	✓	✓			✓	✓	✓
Stacked Chicken Parmesan				✓	✓	✓			✓	✓	✓
BBQ Back Ribs				✓		✓			✓		
Waygu Beef Meatloaf					✓	✓	✓		✓	✓	✓
Stuffed Portobello Mushroom Cap			✓						✓		✓
Mediterranean Chicken					✓				✓		✓
Chimichurri Sea Bass					✓		✓				✓
Grilled Sirloin 8 oz & 6 oz				✓	✓						
Steak Frites 8 oz & 6oz				✓	✓	✓			✓		✓
Seafood Sirloin 8 oz & 6 oz (no starch or veg)				✓	✓		✓	✓	✓		✓
Seafood Topper					✓		✓	✓	✓		✓
<i>Brussels Sprouts</i>					✓				✓		✓
<i>Sauteed Mushrooms</i>					✓				✓	✓	✓
<b>PASTAS &amp; BOWLS</b>											
Pesto Chicken Penne Asiago				✓	✓	✓			✓	✓	✓
Thai Basil Noodles	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Seafood Spaghettini					✓		✓	✓	✓	✓	✓
Butternut Squash Ravioli	✓	✓		✓	✓	✓			✓	✓	



ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
<b>BURGERS &amp; HAND HELDS</b>											
California Burger		✓	✓	✓	✓	✓			✓	✓	✓
1989 Burger		✓	✓	✓	✓	✓			✓	✓	✓
Garden Burger		✓	✓	✓	✓	✓			✓	✓	✓
Caprese Crispy Chicken Sandwich				✓	✓	✓			✓	✓	✓
Roasted Garlic Caesar Salad w/dressing		1	1	1	1	1	1	1	1	1	1
California Spring Salad w/dressing	1	1	1	1	1				1	1	1
Korean Steak Sandwich			✓	✓	✓	✓			✓	✓	✓
Baja Fish Taco -Duo				✓	✓	✓	✓		✓	✓	✓
<b>SIDES</b>											
Side: Beef Gravy					✓				✓	✓	✓
Side: Seasonal Vegetables					✓						
Side: Mushrooms					✓				✓	✓	✓
Side: Roasted Potatoes											
Side: Roasted Garlic Caesar Salad (WITH DRESSING)		✓		✓	✓	✓	✓	✓	✓	✓	✓
Side: Milestones' California Spring Salad (WITH DRESSING)	✓	✓		✓	✓				✓		✓
Side: Red Corn Tortilla Chips											
Side: Yukon Gold Mashed Potatos					✓						
Side: Fries											
Side: Jasmine Rice									✓	✓	
Side: Bread		✓							✓	✓	✓
Side: Sweet Potato Fries				✓		✓			✓		✓
<b>ADD ONS</b>											
<b>SAUCES</b>											
Chili Avocado Sauce				✓		✓			✓		✓
Dill Avocado Aioli				✓		✓			✓		✓
Mango Chili Sauce							✓	✓	✓	✓	✓
Coconut Sambal	✓	✓									✓
Sweet Thai Chilli Sauce									✓	✓	✓
Lime Cilantro Vinaigrette											✓
Cholula Sauce											
Asian Slaw w/ Cilantro Lime Dressing											✓
Tomato Sauce											✓
Wham-Bam Sauce				✓		✓			✓	✓	

ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
<b>DRESSINGS</b>											
Honey Mustard Vinaigrette				✓							✓
Honey Citrus Vinaigrette				✓					✓	✓	✓
Caesar Dressing				✓	✓	✓	✓	✓	✓	✓	✓
Lemon Vinaigrette									✓	✓	✓
<b>KID'S MENU (NO SIDES)</b>											
Kid: Mini Burger			✓			✓			✓	✓	
Kid: Grilled Cheese Sandwich			✓		✓				✓	✓	✓
Kid: Grilled Chicken					✓	✓			✓		✓
Kid: Grilled Salmon					✓		✓				
Kid: Pasta - Noodles with Creamy Sauce					✓	✓				✓	
Kid: Pasta - Noodles with Tomato Sauce					✓	✓				✓	
Kid: Chicken Fingers					✓				✓	✓	
Side: Plum Sauce											✓
Side: Ketchup											
Kid: Traditional Breakfast		✓	✓		✓	✓			✓	✓	
Kid: Vegan Traditional Breakfast		✓							✓	✓	✓
Kid: French Toast		✓			✓	✓			✓	✓	✓
Kid: Fries											
Kid: Dessert - Add on: Caramel Sauce					✓						
Kid: Dessert - Add on: Chocolate Sauce					✓						
Kid: Dessert - Add on: Vanilla Whipped Cream					✓						
Kid: Dessert - Kids Sundae					✓				✓	✓	✓
Kid: Dessert - Chapman's Li'l Sammich					✓				✓	✓	✓
<b>DESSERTS</b>											
The Cookie					✓	✓			✓	✓	✓
White Chocolate Cheesecake		✓			✓	✓			✓	✓	✓
Ganache Torte (Vgean)	✓	✓							✓		
Superberry Crisp		✓			✓				✓		✓
French Vanilla Ice Cream					✓						

**ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR**

<b>milestones</b> GRILL + BAR	Ingredient List - December 2021
MENU ITEM	MENU ITEM
<b>START OR SHARE (NO SIDES)</b>	
Spinach and Artichoke Dip (NO CHIPS)	<p><b>ALLERGEN WARNING:</b> Contains milk, wheat.</p> <p><b>INGREDIENTS:</b> [35% cream, spinach, artichokes (artichoke, water, salt, citric acid), vegetable stock [corn syrup solids, sea salt, yeast extract (barley, wheat), sugar, dextrose, parsley, spices, vegetable oil (canola oil, extra virgin olive oil), disodium guanylate, disodium inosinate, colour, flavour (celery, garlic, onion)], cheese (milk, bacterial culture, salt, lipase, calcium chloride, enzyme, powdered cellulose, natural flavour), romano cheese (milk, bacterial culture, salt, lipase, calcium chloride, rennet and or microbial enzyme, powdered cellulose), flour (wheat), onions, butter (milk), sour cream (cream, milk, modified milk ingredients, modified corn starch, guar gum carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), garlic (garlic, canola oil, water, citric acid), canola oil, olive oil, tabasco sauce, spices].</p>
Steamed Edamame	<p><b>ALLERGEN WARNING:</b> Contains Sesame, Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b> Edamame (Soy). Chili Garlic Sesame Oil: Sesame Oil, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfate, Xanthan Gum, Sulphites), Canola Oil, Garlic, Ginger. Cilantro Soy Dipping Sauce: Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate), Rice Wine Vinegar, White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel [Colour], Sulfur Dioxide, Sulphites), Canola Oil, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfate, Xanthan Gum, Sulphites), Cilantro, Ginger, Garlic. Salt. Sesame Seeds.</p>
Tempura Veggies	<p><b>ALLERGEN WARNING:</b> Contains Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b> Tempura Green Beans: Green Beans, Enriched Bleached Wheat Flour, Yellow Corn Flour, Wheat Starch, Salt, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Emulsifier, Water. Fried in Canola Oil. Tempura Cauliflower: Cauliflower, Enriched Wheat Flour, Yellow Corn Flour, Wheat Starch, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Emulsifier, Water. Fried in Canola Oil. Tempura Sweet Potato: Yams, Enriched Wheat Flour, Yellow Corn Flour, Wheat Starch, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Emulsifier, Water. Fried in Canola Oil. Chili Salts: Salt, Chili Pepper Flakes. Gremolata: Parsley, Lemon Zest. Cilantro Soy Dipping Sauce: Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate), Rice Wine Vinegar, White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel [Colour], Sulfur Dioxide, Sulphites), Canola Oil, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfate, Xanthan Gum, Sulphites), Cilantro, Ginger, Garlic.</p>
Roasted Mushroom Soup (vegan) - regular & side	<p><b>ALLERGEN WARNING:</b> Contains Sulphites.</p> <p><b>INGREDIENTS: Vegan Roasted Mushroom Soup:</b> Reconstituted Vegetable Stock [Water, Vegetable Stock Concentrate [Vegetable Juice (Tomato, Mushroom, Onion, Carrot, Celery)], Sugar, Maltodextrin, Salt, Yeast Extract], Button Mushroom, Portobello Mushroom, White Onion, Celery, White Wine (Sulphites), Potato, Olive Oil, Canola Oil, Margarine [Vegetable Oil (Canola Oil, Modified Palm And Palm Kernel Oils), Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour (Annatto And Turmeric), Vitamin A Palmitate, Vitamin D2], Cholula Hot Sauce [Water, Peppers (Arbol And Piquin), Salt, Vinegar, Spices, Xanthan Gum], Salt, Black Pepper, Parsley, Dried Bay Leaf, Frozen Thyme. Basil Oil: Olive Oil, Canola Oil, Salt, Basil. Parsley</p>

Wham-Bam Shrimp	<p><b>ALLERGEN WARNING:</b> Contains Milk, Crustacean, Shellfish, Egg, Soy, Sesame, Wheat, Mustard And Sulphites.</p> <p><b>INGREDIENTS:</b> <b>Marinated Shrimp:</b> Shrimp (Contains Sodium Phosphate, Salt, Sulphites), Buttermilk (Milk Ingredients, Salt, Bacterial Culture). <b>Seasoned Flour:</b> Enriched Wheat Flour, Corn Starch, Salt, White Pepper. <b>Wham Bam Sauce:</b> Mayo (Water, Soybean Oil, Modified Corn Starch, Vinegar, Sugar, Salt, Frozen Egg Whites, Mustard Flour, Xanthan Gum, Concentrated Lemon Juice, Potassium Sorbate, Flavour, Colours, Calcium Disodium Edta), Thai Chili Sauce [Sweet Thai Dressing (Sugar, Water, White Vinegar, Red Peppers, Salt, Dried Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Soy Sauce (Wheat), Cilantro], Sriracha Sauce, Parsley. Lemon Zest. Lime. Black And White Sesame Seeds. Cilantro.Gremolata</p>
Mediterranean Goat Cheese Platter	<p><b>ALLERGEN WARNING:</b> Tree-nuts, Milk, Egg, Soy, Wheat, Sulphites</p> <p><b>INGREDIENTS:</b> Herb Schiacciata Flatbread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast. <b>May Contain Tree Nuts, Egg, Milk, Sesame, Soy.</b> Goat Cheese [Allergen: Milk], Roasted Garlic Cloves [Garlic, canola oil], Roasted Red Pepper Relish [Allergen: Sulphites –Sugar, roasted red peppers -Roland (red peppers, water, salt, citric acid), red onion, white wine {sulphites}, lemon juice, garlic, ginger, salt, pepper, chili flakes], Arugula, Red Onion, Unsalted Butter [Milk], Lemon vinaigrette[Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt], Salt, Pepper.</p>
Crispy Brussels Sprouts	<p><b>ALLERGEN WARNING:</b> Contains Milk, Soy, Sulphites.</p> <p><b>INGREDIENTS:</b> Brussel Sprouts. Pepper and Onion Mix: Red Bell Pepper, Yellow Bell Pepper, White Onion, Red Onion, Canola Oil, Salt, Black Pepper. Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley. Gremolata: Parsley, Lemon Zest. Salt. Black Pepper. Canola Oil. Chili Avocado Aioli: Avocado, Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice and Calcium Disodium EDTA [Maintains Flavour]), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfate, Xanthan Gum, Sulphites), Lime Juice, Cilantro, Salt, White Pepper. Gremolata Parsley, Lemon Zest</p>
M- Wings Nashville Hot	<p><b>ALLERGEN WARNING:</b> Contains Egg, Milk, Mustard, Soy, Sulphites</p> <p><b>INGREDIENTS:</b> Chicken Wings: Chicken Wings (Drumettes, Winglets), Water, Canola Oil, Rice Starch, Corn Starch, Soy Protein, Salt, Sodium Tripolyphosphate, Carrageenan. May Contain Wheat, Milk, Mustard, Egg. Fried in Canola Oil. Nashville Hot Glaze: Canola Oil, Mono and Diglycerides, Spices, Sugars (Brown Sugar, Corn Maltodextrin), Garlic Powder, Salt, Spice Extractives, Ascorbic Acid, Vinegar, Citric Acid, Modified Corn Starch. Scallion Wasabi Aioli: Mayo (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Lime Juice, Garlic Clove, Scallions, Red Wine Vinegar (May Contains Sulphites). Parsley. Ancho Chili Powder.</p>

M- Wings Salt and Black Pepper Burbon	<p><b>ALLERGY WARNING:</b> Contains Egg, Milk, Mustard, Soy, Sulphites</p> <p><b>INGREDIENTS:</b> Chicken Wings: Chicken Wings (Drumettes, Winglets), Water, Canola Oil, Rice Starch, Corn Starch, Soy Protein, Salt, Sodium Tripolyphosphate, Carrageenan. May Contain Wheat, Milk, Mustard, Egg. Fried in Canola Oil. Scallion Wasabi Aioli: Mayo (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Lime Juice, Garlic Clove, Scallions, Red Wine Vinegar (May Contains Sulphites). Black Pepper Butter: Butter (Cream), Margarine (Vegetable Oil [Canola Oil, Modified Palm and Palm Kernel Oils], Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour [Annatto and Turmeric], Vitamin A Palmitate, Vitamin D2), Roasted Garlic (Canola Oil, Garlic Clove), Whiskey, Black Pepper, Honey, Corn Starch, Salt. Gremolata: Parsley, Lemon Zest. Salt. Black Pepper. Ancho Chili Powder.</p>
M- Wings Sweet Chili Teriyaki	<p><b>ALLERGEN WARNING:</b> Contains Egg, Milk, Mustard, Soy, Sulphites, Wheat</p> <p><b>INGREDIENTS:</b> Chicken Wings: Chicken Wings (Drumettes, Winglets), Water, Canola Oil, Rice Starch, Corn Starch, Soy Protein, Salt, Sodium Tripolyphosphate, Carrageenan. May Contain Wheat, Milk, Mustard, Egg. Fried in Canola Oil. Sweet Chili Teriyaki Sauce: Thai Chili Sauce (Sweet And Spicy Sauce [Sugar, Water, White Vinegar, Red Peppers, Salt, Dried Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate], Dark Soy Sauce [Water, Soybeans, Sugar (Sulphites), Salt, Wheat Flour], Cilantro), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate And Sodium Bisulfate As Preservatives And Xanthan Gum), Kalbi Marinade (Sugar, Soy Sauce [Water, Soybeans, Wheat, Salt], Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic [Garlic, Water], Spice And Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Roasted Garlic (Canola Oil, Garlic Clove), Lime Juice, Cilantro, Chili Salts (Salt, Red Chili Pepper Flakes). Scallion Wasabi Aioli: Mayo (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Lime Juice, Garlic Clove, Scallions, Red Wine Vinegar (May Contains Sulphites). Sesame Seeds. Parsley. Ancho Chili Powder.</p>
Coconut Calamari	<p><b>ALLERGEN WARNING:</b> Peanut, treenuts, fish, shellfish [crustacean], soy, wheat, sulphites.</p> <p><b>INGREDIENTS:</b> Coconut Calamari: Allergens: Shellfish [crustacean], wheat, sulphites- Marinated calamari [Calamari {Jumbo Squid (Dosidicus gigas), Salt, Disodium Diphosphate, Sodium Triphosphate, Sodium Bicarbonate}, Water, Coconut milk [coconut milk, water, guar gum, polysorbate 60, sodium metabisulphite-contains sulphites], Seasoned flour [Flour, Corn Starch, Salt, White Pepper. Allergen: Wheat], frying oil. Coconut Sambal: Allergens: peanuts, treenuts, sulphites - Toasted coconut [White Coconut Meat, Sodium Metabisulfite. May contain peanuts and/or treenuts], Sambal Spice [coriander, cumin, cayenne pepper, black pepper, salt], Lime Juice, Lemon zest Parsley Gremolata</p>

Sweet Chili Chicken Bites	<p><b>ALLERGEN WARNING:</b> Sesame, egg, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Chicken bites prepped &amp; fried: Chicken Breast [Chicken breast, Water, concentrated pineapple juice, canola oil and olive oil, red wine vinegar and white vinegar, soy protein concentrate, salt, sodium tripolyphosphate, garlic (garlic, water), citric acid, sodium benzoate, potassium sorbate, spices and spice extractive, natural flavour., sulphites &lt;10ppm. Contains soy], Liquid eggs, Seasoned flour [Flour, Corn Starch, Salt, White Pepper. Allergen: Wheat], frying oil.</p> <p>Sweet Thai Chili Sauce: Sweet &amp; Spicy Thai sauce-Diana [Glucose-fructose, White Vinegar, Water, Red Bell Pepper Puree, Salt, Spices, Modified Tapioca Starch, Dehydrated Garlic, Dehydrated Red Pepper, Xanthan Gum, Potassium Sorbate, Sodium Benzoate], Dark sauce [water, soybeans, salt, sugar, wheat flour], Cilantro.—Cucumber—Green onions— Sesame seeds.</p> <p><u>Crispy Wonton:</u> <b>Allergens: Egg, Wheat</b> - Wonton [Enriched wheat flour, (Contains: Niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, frozen whole egg and/or frozen albumen, corn and/or wheat starch and/or modified corn starch, salt, sodium propionate, potassium sorbate. <b>Allergens: Egg, wheat</b>], frying oil.</p>
Lettuce Wraps	<p><b>Allergen Warning:</b> Dairy, Peanuts, Soy, Wheat, Egg, Sesame, Sulphites</p> <p><b>INGREDIENTS::</b> Glucose- Fructose, White Vinegar, Water, Salt, Red Bell Pepper Pure, Spices, Modified Tapioca Starch, Dehydrated Garlic, Xanthan Gum, Potassium Sorbate, Sodium Benzoate, Sugar, Salt, Caramel Colour, Modified Corn Starch, Hydrolyzed ( Corn, Soy &amp; Wheat) Protein, Fermented Soybeans, Wheat, Sodium Benzoate, Colour, Maltodextrin, Sulphites, Peanut Butter ( Peanuts Organic Palm Oil, Organic Sugar, Salt) Soy Sauce ( Water, Wheat, Soybeans, Salt) Dry Roasted Peanuts, Soybean Oil, Ginger, Toasted, Sesame Oil, Ginger, Toasted Sesame Oil, Rice Vinegar, Salt, Food Starch - Modified, Soy, Lecithin, Chicken Broth, Spice, Yeast Extract, Onion Powder., Soybean Oil, Frozen Whole Egg, Frozen Yold ( Egg), Vinegar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice, Enriched Wheat Flour, Liquid Egg, Liquid Egg White, Wheat Starch, Sodium Propionate, Potassium Sorbate, Cream, Milk, Skim Milk, Guar Gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium Phosphate, Bacteria Cultures, Horseradish Powder, Sorbitol, Yellow # 5 Blue # 1. Chicken, Concentrated Pineapple Juice, Canola Oil and Olive Oil, Red Wine Vinegar and Vinegar Salt, Sodium Tripolyphosphate, Garlic ( Garlic Water) Citric Acid, Spice Extract, Natural Flavour. Romaine, Chicken, Lime, Ancho Chilli Powder, Sesame</p>
Lettuce Wraps Vegetarian	<p><b>Allergen Warning:</b> Dairy, Soy, Wheat, Egg, Sesame, Sulphites, May Contain Shellfish</p> <p><b>INGREDIENTS::</b> Glucose- Fructose, White Vinegar, Water, Salt, Red Bell Pepper Pure, Spices, Modified Tapioca Starch, Dehydrated Garlic, Xanthan Gum, Potassium Sorbate, Sodium Benzoate, Sugar, Salt, Caramel Colour, Modified Corn Starch, Hydrolyzed ( Corn, Soy &amp; Wheat) Protein, Fermented Soybeans, Wheat, Sodium Benzoate, Colour, Maltodextrin, Sulphites, Soybean Oil, Frozen Whole Egg, Frozen Yold ( Egg), Vinegar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice, Enriched Wheat Flour, Liquid Egg, Liquid Egg White, Wheat Starch, Sodium Propionate, Potassium Sorbate, Cream, Milk, Skim Milk, Guar Gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium Phosphate, Bacteria Cultures, Horseradish Powder, Sorbitol, Yellow # 5 Blue # , Soybeans ( non-GMO) Magnesium chloride, Calcium sulphate, Romaine, Tofu, Lime, Ancho Chilli Powder, Sesame,</p>

Vegan Lettuce Wraps	<p><b>Allergen Warning:</b> Soy, Wheat, Sesame, Sulphites</p> <p><b>INGREDIENTS:</b> Glucose- Fructose, White Vinegar, Water, Salt, Red Bell Pepper Pure, Spices, Modified Tapioca Starch, Dehydrated Garlic, Xanthan Gum, Potassium Sorbate, Sodium Benzoate, Horseradish Powder, Sorbitol, Yellow # 5 Blue # 1, Water, Soybeans ( non- GMO) Magnesium chloride, Calcium sulphate. Canola Oil, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavor, Spice Extract and Calcium Disodium EDTA, White Pepper, Lime Juice, Salt, Chili, Salt, Garlic, Acetic Acid, Potassium, Sorbate and Sodium Bisulfite, Xanthan Gum, Mustard Romaine, Tofu, Lime, Ancho Chilli, Sesame, Cabbage, Red Cabbage, Spinach, Bell Pepper, Red Onion, Cilantro</p>
<b>SALADS &amp; BOWLS WITH DRESSINGS</b>	
Roasted Garlic Caesar Salad (WITH DRESSING)	<p><b>ALLERGEN WARNING:</b> Tree nuts, mustard, milk, eggs, fish, shellfish, soy, wheat, sulphites__</p> <p><b>INGREDIENTS:</b> Romaine lettuce, Caesar dressing [below], Baby kale, Candied bacon [Bacon, brown sugar, pepper], Asiago cheese [Pasteurised milk, modified milk ingredients, salt, calcium chloride, lipase, bacterial culture, microbial enzyme, cellulose, natamycin], Parmesan Romano -Saputo [Milk].</p> <p><b>Schiacciata Garlic Croutons:</b> Allergens: Treenuts, milk, egg, soy, wheat- Herb Schiacciata Flatbread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast. May Contain Tree Nuts, Egg, Milk, Sesame, Soy. Garlic butter [Unsalted butter, lemon juice, garlic, roasted garlic {garlic, canola oil}, Franks red hot sauce {above}, parsley], Reggiano cheese [Milk, whey starter, salt, rennet], Salt, Pepper.</p> <p><b>Caesar dressing:</b> Allergens: Mustard, milk, eggs, fish, shellfish, soy, wheat, sulphites ____ Canola oil, Red wine vinegar (sulphites), Garlic, Egg yolk [Egg Yolk, Water, Salt, Phospholipase. May contains milk], Lemon juice, Water, Anchovies in veg oil [ Flat Fillets of anchovies, vegetable oil {soy}, salt], Roasted garlic [garlic, olive oil], Dijon mustard- Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], L &amp; P Worcestershire sauce [Malt Vinegar (from Barley), Spirit Vinegar, Water, Refiners Molasses, Sugar, Salt, Anchovies, Tamarind extract, Onions, Garlic, Spice, Natural flavour. Allergens fish, shellfish, soy, wheat], Coarse salt, Tabasco [Vinegar, red peppers and salt, Pepper, Salt, flake, top, pour/loose, coarse, black pepper], Pepper.</p>
California Spring Salad (WITH DRESSING)	<p><b>ALLERGEN WARNING:</b> Contains Milk, Mustard, Peanut, Soy, Tree Nuts, Sulphites.</p> <p><b>INGREDIENTS:</b> Crisphead Lettuce. Red Leaf Lettuce. Strawberries. Spinach. Avocado. Red Onion. Goat Cheese: Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate. <b>Praline Spiced Pecans:</b> Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt. May Contain Peanuts. <b>Honey Mustard Vinaigrette:</b> Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed.</p>
Roasted Beet & Goat Cheese Salad	<p><b>ALLERGEN WARNING:</b> Peanuts, treenuts, milk, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Roasted Beets [red &amp; golden beets], <b>Quinoa Pilaf</b> [Water, Quinoa- David Roberts, Onion, Red bell pepper, Unsalted butter {milk}, Mushrooms, Parsley, Kosher Salt, Pepper], <b>Blueberry</b>, <b>Grape tomato</b>, <b>Arugula</b>, <b>Goat cheese</b> [milk], <b>Baby kale</b>, <b>Fig Balsamic</b> [fig jam {Sugar, water, figs (contain rice flour), citric acid, pectin, sodium benzoate, xanthan gum}, Canola oil, Balsamic glaze-Roland {Balsamic Vinegar of Modena, Sugar, Dehydrated Glucose Syrup, Dextrose, Lactose (Milk), Maltodextrin, Modified Starch, Xanthan Gum Stabilizer}, honey, lime juice, salt], <b>Glazed pecans</b> {DR}], <b>Red onion</b>, <b>Lemon vinaigrette</b> [Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt], <b>Basil</b>, <b>Salt &amp; Pepper</b>.</p>

Surfside Salad*	<p><b>ALLERGEN WARNING:</b> Sesame, fish, shellfish(crustacea), mustard, milk, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> <b>Salmon, Shrimp skewers</b> [Shrimp, Salt, Sodium Tripolyphosphate. May contain sulphites], <b>Honey citrus vinaigrette /Dressing</b> [Allergens: Mustard, soy, wheat, sulphites- Canola oil, Rice wine vinegar {Rice vinegar (water, salt), sugar, salt. May contains soy, wheat}, Honey, Orange zest &amp; juice, Lemon zest &amp; juice, Dijon mustard-Knorr {Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites), Salt, Grained/Grainy Mustard w/wine AR {Water, mustard seed, vinegar, salt, white wine, sugar, spices, citric acid, potassium metabisulphite. Allergen: Mustard, sulphites}, Garlic Chilli Sauce-AR {CHILI, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES AND XANTHAN GUM. Allergen: Sulphites}, Ginger, Garlic, White pepper, Coriander], <b>California greens, Romaine lettuce, Grilled pineapple</b> [Pineapple, canola oil, salt, pepper], <b>Avocado, Sweetie drop peppers</b> [Sweet drop peppers, water, vinegar, sugar, salt, calcium chloride], <b>Canola oil, Garlic butter</b> [Unsalted butter {milk}, lemon juice, garlic, roasted garlic {garlic, canola oil}, Franks red hot sauce {above},parsley], <b>Chili salts</b> [Salt, chili], <b>Black &amp; White sesame seeds, Gremolata</b> Parsley, Lemon Zest</p>
Sweet Chili Chicken Bowl	<p><b>ALLERGEN WARNING:</b> Sesame, fish, egg, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> <b>Jasmine rice</b> [Rice, water, salt], <b>Chicken bites prep &amp; fried</b> [Chicken Breast {Chicken breast, Water, concentrated pineapple juice, canola oil and olive oil, red wine vinegar and white vinegar, soy protein concentrate, salt, sodium tripolyphosphate, garlic (garlic, water), citric acid, sodium benzoate, potassium sorbate, spices and spice extractive, natural flavour., sulphites &lt;10ppm. Contains soy}, Liquid eggs, Seasoned flour {Flour, Corn Starch, Salt, White Pepper. Allergen: Wheat, frying oil}], <b>Asian slaw</b> [Yellow and Red Peppers, Napa cabbage, Carrots, Red Onions, Green Spinach, Red Cabbage, Cilantro], <b>Sweet Thai Chili Sauce</b> [Sweet &amp; Spicy Thai sauce-Diana {GLUCOSE-FRUCTOSE, WHITE VINEGAR, WATER, RED BELL PEPPER PUREE, SALT, SPICES, MODIFIED TAPIOCA STARCH, DEHYDRATED GARLIC, DEHYDRATED RED PEPPER, XANTHAN GUM, POTASSIUM SORBATE, SODIUM BENZOATE}, Dark sauce {water, soybeans, salt, sugar, wheat flour}, Cilantro], <b>Crispy Wonton</b> [Allergens: Egg, Wheat], <b>Coconut sauce</b> [Coconut milk {coconut milk, water, potassium meta-bisulphite}, Sweet Soy Sauce {plum, sugar, water, salt, soy bean, wheat, sodium benzoate}, Fish Sauce {ANCHOVY EXTRACT, SALT, SUGAR}, Red chili pepper], <b>Canola oil, Cilantro, Green onions, Sesame seeds.</b></p>
Sushi Bowl	<p><b>ALLERGEN WARNING:</b> Contains Egg, Fish, Mustard, Sesame, Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b>Ahi Tuna (Fish). Seasoned Bamboo Rice: Bamboo Rice (Short Grain Rice, Bamboo Extract), Water, Rice Wine Vinegar, Salt. Seasoned Jasmine Rice: Jasmine Rice, Rice Wine Vinegar, Water, Salt. Roasted Edamame: Edamame, Canola Oil, Sesame Oil, Salt, Black Pepper. Sushi Mayo: Fish Sauce (Anchovy Extract [Fish], Salt, Sugar), Sriracha Chili Sauce (Chili Peppers, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite [Sulphites], Xanthan Gum), Sesame Oil, Dark Soy Sauce (Water, Soybeans, Sugar [Sulphites], Salt, Wheat Flour), Mayo (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices). Cilantro Soy Dipping Sauce: Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Ginger, Garlic, Cilantro, Rice Wine Vinegar, Canola Oil, White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel [Colour], Sulfur Dioxide), Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate). Carrot. Red Cabbage. Cucumber. Pineapple. Grape Tomato. Sweet and Spicy Tabasco ( Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Brand Pepper Sauce ( Distilled Vinegar, Red Pepper, Salt,) Ginger, Salt, Xanthan Gum and Spices. Avocado. Lime. Cilantro. Sesame Seed.</p>
Add on: Tofu	<p><b>ALLERGEN WARNING:</b> Contains Soy, Sulphites.</p> <p><b>INGREDIENTS:</b> Tofu: Water, Soybeans, Calcium Chloride, Calcium Sulfate, Sulphites. Canola Oil. Parsley.</p>



Add on: Chicken Breast	<p><b>ALLERGEN WARNING:</b> Contains Milk, Sulphites.</p> <p><b>INGREDIENTS:</b> Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid. Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley. Parsley.</p>
Add on: Shrimp Skewer	<p><b>ALLERGEN WARNING:</b> Contains Crustacean, Shellfish, Milk And Sulphites.</p> <p><b>INGREDIENTS:</b> Shrimp [Shrimp (Crustacean, Shellfish), Sodium Phosphate, Salt. May Contain Sulphites], Garlic, Butter (Milk), Parsley, Lemon Zest, Salt, Lemon Juice, Chili Sauce [Chili Peppers, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulphite (Sulphites), Xanthan Gum], Black Pepper, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, Garlic Powder).</p>
Add on: Grilled Salmon (4 Oz)	<p><b>ALLERGEN WARNING:</b> Milk, Fish</p> <p><b>INGREDIENTS:</b> Salmon, garlic butter, gremolata, salt, pepper.</p>
Add on: Grilled Cajun Chicken	<p><b>ALLERGEN WARNING:</b> Contains Milk, Sulphites.</p> <p><b>INGREDIENTS:</b> Seasoned Chicken: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid. Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley. Cajun Seasoning: Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour. Parsley.</p>
<b>BURGERS (NO SIDES)</b>	
1989 Burger	<p><b>ALLERGEN WARNING:</b> Treenuts, sesame, mustard, milk, egg, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> <b>Chuck Burger Patty</b> : Beef___ Salt &amp; Pepper. <b>Glossy Egg Bun:</b> Allergens: Treenuts, sesame, milk, egg, soy, Wheat-Unbleached wheat flour, water, liquid egg yolk, liquid whole eggs, sunflower oil, sugar, salt, yeast, malted barley flour. May contain milk, soy, walnuts, almonds, pecans, sesame seeds <b>Burger Sauce:</b> Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water,salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper. <b>Burger buddies:</b> Tomato, Lettuce, Red onion. Aged/old Cheddar Cheese: Allergen: Milk - Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin. Double Smoked Bacon: Allergens: None- Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain: sugar, brown sugar, potassium chloride, spice, flavour.</p>

Garden Burger	<p><b>ALLERGEN WARNING:</b> Treenuts, sesame, mustard, milk, egg, soy, wheat, sulphites.</p> <p><b>INGREDIENTS: Veggie Burger Patty:</b> Allergens: Sesame, soy, Gluten - WATER, DRY MIX (SOY PROTEIN, MODIFIED CELLULOSE, FLAVOUR, SALT, HYDROLYZED CORN GLUTEN, MALT EXTRACT, DRIED ONION, DRIED GARLIC, SPICES, BEET POWDER, AUTOLYZED YEAST EXTRACT, PARSLEY), FAT FLAKES (PARTIALLY HYDROGENATED PALM KERNAL OIL WITH SOYA LECITHIN), SEASONING (SALT, SPICES). <b>Glossy Egg Bun:</b> Allergens: Treenuts, sesame, milk, egg, soy, Wheat. <b>Burger buddies:</b> Tomato, Lettuce, Red onion. <b>Avocado. Burger Sauce:</b> Allergens: Mustard, egg, soy, sulphites. <b>Roasted Red Pepper Relish:</b> Allergen: Sulphites –Sugar, roasted red peppers -Roland{red peppers, water, salt, citric acid}, red onion, white wine {sulphites}, lemon juice, garlic, ginger, salt, pepper, chili flakes.</p>
California Burger	<p><b>ALLERGEN WARNING:</b> Treenuts, sesame, mustard, milk, egg, soy, wheat, sulphites</p> <p><b>INGREDIENTS: Chuck Burger Patty :</b> Beef___ Salt &amp; Pepper. <b>Glossy Egg Bun:</b> Allergens: Treenuts, sesame, milk, egg, soy, Wheat-Unbleached wheat flour, water, liquid egg yolk, liquid whole eggs, sunflower oil, sugar, salt, yeast, malted barley flour. May contain milk, soy, walnuts, almonds, pecans, sesame seeds <b>Burger Sauce:</b> Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water,salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper. <b>Burger buddies:</b> Tomato, Lettuce, Red onion.Mozarella cheese, Provolone cheese, Avocado, Candied bacon: Allergens: None- Bacon, brown sugar, pepper.</p>
Gluten Free Burger Bun	<p><b>ALLERGEN WARNING:</b> Sesame, egg, soy</p> <p><b>INGREDIENTS:</b> Water, Gluten–free Blend (Corn Starch, Modified Tapioca Starch, Tapioca Starch, Potato Starch, Sorghum Flour, Rice Flour, Amaranth Flour), Sunflower Oil, Sugar, Psyllium, Dried Egg White, Yeast, Modified Cellulose Gum, Salt, Cultured Dextrose, Cellulose Powder, Xanthan Gum, Enzymes, Niacin (Vitamin B3), Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid. Contains: Egg. May contain traces of: Soya, Sesame.</p>
Caesar Salad	See Salads & Bowls
Milestones' California Spring	See Salads & Bowls
Sweet Potatoe Fries	<p><b>ALLERGEN WARNING:</b> Contains Egg, Mustard, Soy, Sulphites.</p> <p><b>INGREDIENTS:</b> Sweet Potatoes, Vegetable Oil ( Canola and/or soybean and/or cottonseed and/or sunflower and/or corn) Modified Corn Starch, Modified Potato Starch, Sugars (brown sugar, sugar) Rice Flour, Potato dextrin, Pea fibre, Salt, Baking powder, Sodium phosphate, Paprika, Turmeric, Xanthan gum, Corn Fibre.Gremolata: Parsley, Lemon Zest. Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Avocado, Lemon Juice, Dill, Chili Pepper, Salt, White Pepper. Chili Salt: Salt, Chili Flakes.</p>

MAINS	
Ginger Glazed Salmon	<p><b>ALLERGEN WARNING:</b> Fish, Milk, Sesame, Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b> Atlantic Salmon (Fish). Seasoned Bamboo Rice: Bamboo Rice (Short Grain Rice, Bamboo Extract), Water, Rice Wine Vinegar, Salt. Seasoned Jasmine Rice: Jasmine Rice, Rice Wine Vinegar, Water, Salt. Asian Slaw: Napa Cabbage, Spinach, Carrot, Red Bell Pepper, Yellow Bell Pepper, Red Onion, Green Onion, Cilantro. Butter (Cream). Canola Oil. Pineapple. Crispy Leek: Leek, Corn Starch (Sulphites), Salt. Fried in Canola Oil. Wasabi Ginger Ponzu Sauce: Chicken Broth, Soy Sauce (Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate), Sugar, Ketchup (Tomato Concentrate Made From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavouring), Sake (Water, Rice, Salt), Lemon Peel (Water And Citric Acid), Ginger, Soybean Oil, Modified Food Starch, Lemon Juice, Flavours (With Modified Food Starch, Xanthan Gum, Citric Acid, Sodium Benzoate), Salt, Wasabi Type Flavour (Horseradish, Corn Flour, Mustard. Ascorbic Acid [Vitamin C], Artificial Colour [FD&amp;C Yellow #5, FD&amp;C BLUE #1]), Garlic, Gum Arabic, Maltodextrin, Onion Powder, Disodium Inosinate, Disodium Guanylate, Hydrolyzed Corn Protein, Autolyzed Yeast Extract, Dextrose, Extractive of Turmeric (Colour). Lemon Wedge. Sesame Seeds. Salt. Black Pepper. Crispy Leeks: Leek, Cornstarch, Salt. Fried in Canola Oil</p>
Portobello Mushroom Chicken	<p><b>ALLERGEN WARNING:</b> Mustard, milk, egg, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> <b>Pasta vermicelli cooked</b> [Pasta {SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contains EGGS}, Water, Oil, Salt], <b>Chicken Breast</b> [Chicken breast, Water, concentrated pineapple juice, canola oil and olive oil, red wine vinegar and white vinegar, soy protein concentrate, salt, sodium tripolyphosphate, garlic (garlic, water), citric acid, sodium benzoate, potassium sorbate, spices and spice extractive, natural flavour., sulphites &lt;10ppm. Contains soy], <b>Seasonal veg</b> [Allergen: Milk], <b>Garlic cream Sauce</b> [CONTAINS: MILK, SOY, WHEAT (GLUTEN). MAY CONTAIN: MUSTARD], <b>Chicken broth/stock</b> [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}], <b>Basil Pesto</b> [Allergens: Milk, sulphites], <b>Portobello mushrooms</b>, <b>Roasted Garlic</b> [Garlic, canola oil], <b>Canola oil</b>, <b>Chardonnay wine</b> [sulphites], <b>Parmesan cheese</b> [milk], <b>Asiago Cheese</b>, <b>Garlic</b>, <b>Basil</b>, <b>Salt&amp; Pepper</b>. <b>Parsley</b></p>
BBQ Back Ribs	<p><b>ALLERGEN WARNING:</b> Contains Soy, Egg And Mustard.</p> <p><b>INGREDIENTS:</b> Fries (Potatoes, Canola Oil, Batter, Salt, Sodium Acid Pyrophosphate, Dextrose), Baby Back Ribs, Cattleman's Bbq Sauce (Sugar, Glucose-fructose, Tomato Paste, Vinegar, Water, Glucose Syrup, Fancy Molasses, Salt, Concentrated Pineapple Juice, Mustard Bran, Spices, Natural Hickory Smoke Flavour, Caramel Colour, Natural Flavour, Sodium Benzoate, Garlic Powder, Onion Powder, Spice Extrcts), Tomato Ketchup [Tomato Paste (Made From Fresh Ripe Tomatoes), Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices], Mayo (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Avocado, Shredded Cabbage, Yellow And Red Bell Peppers, Carrots, Red Onion, Green Onion, Yu Choy, Canola Oil, Cajun Seasoning (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), Lemon Juice, Cilantro, Bourbon, Dill, Sweet &amp; Spicy Tabasco [High Fructose Corn Syrup, Red Pepper, Sugar, Distilled Vinegar, Pear Concentrate, Garlic, Water, Onion, Tabasco Brand Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Ginger, Salt, Xanthan Gum And Spices], Parsley, Serrano Chili Peppers, Ancho Chili Powder, Spices, Ground Mustard, Lemon Zest, Salt, White Pepper.</p>

Wagyu Beef Meatloaf	<p><b>ALLERGEN WARNING:</b> Contains Egg, Fish, Milk, Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b> Wagyu Meatloaf: Wagyu Beef, Egg, Panko (Toasted Wheat Crumbs With Spices [Wheat Flour, High Monounsaturated Vegetable Oil (Canola and/or Sunflower and/or Soybean), Baking Powder, Salt, Vinegar, Monoglycerides, Sodium Stearoyl-2-Lactylate, Modified Corn Starch, Yeast, Lactic Acid, Spices, Dough Conditioners (L-Cysteine Monohydrochloride, Azodicarbonamide), Parmesan And Romano Blend (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Enzyme, Calcium Chloride, Cellulose, Parmesan Flavour [Natural]), Worcestershire Sauce (Malt Vinegar [Barley], Spirit Vinegar, Water, Refiner's Molasses, Sugar, Salt, Anchovies [Fish], Tamarind Extract, Onions, Garlic, Spice, Flavours), Tomato Paste, Butter (Milk), White Onion, Brandy, Garlic, Parsley, Thyme, Salt, Black Pepper. Steak Reduction: Water, Burgundy Wine (Sulphites), Salted Whiskey (Kentucky Whiskey, Salt), Modified Corn Starch, Butter (Sweet Cream, Lactic Acid), Beef Fat, Wheat Flour, Salt, Rice Wine Vinegar (Sulphites), Sugar, Vegetable Purees (Carrot, Celery, Onion), Garlic, Tomato Paste, Hydrolyzed Soy Protein, Onion Powder, Yeast Extract, Dehydrated Garlic, Hydrolyzed Corn Protein, Caramel Colour, Concentrated Carrot Juice, Carrot Powder Spices, Dehydrated Parsley, Spice Extractives, Mushroom Powder, Disodium Inosinate, Disodium Guanylate, Grill Flavour (Sunflower Oil), Turmeric (Colour). Roasted Garlic Mashed Potatoes: Potato, Sour Cream (Cream, Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Buttermilk (Partly Skim Milk, Salt, Bacterial Culture), Cream (Milk), Butter (Milk), Roasted Garlic (Garlic, Canola Oil), Salt, White Pepper, Parsley. Seasonal Vegetable Portion: Beets, Roasted Red Peppers (Red Bell Pepper, Canola Oil, Salt, Black Pepper), Greenbeans, Roasted Mushrooms: Button Mushrooms, Shiitake Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Chili Pepper Flakes, Black Pepper. . Canola Oil. Butter (Milk). Salt. Black Pepper.</p>
Stuffed Portobello Mushroom Cap	<p><b>ALLERGEN WARNING:</b> Contains Sesame, Soy, Sulphites.</p> <p><b>INGREDIENTS:</b> Portobello Mushroom Cap. Mushroom Stuffing: Pepper and Onion Mix (Red Bell Pepper, Yellow Bell Pepper, White Onion, Red Onion, Canola Oil, Salt, Black Pepper), Dorati Tomatoes (Cherry Tomatoes, Olive Oil, Sunflower Seed Oil, Basil, Salt, Lactic Acid), Spinach, Arugula, Roasted Edamame (Edamame [Soy], Canola Oil, Sesame Oil, Salt, Black Pepper). Spiced Tomato Sauce: Mother Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid., Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Garlic, Parsley, Salt. Seasonal Vegetable Portion: Beets, Roasted Red Peppers (Red Bell Pepper, Canola Oil, Salt, Black Pepper), Aztec Rice Pilaf: Seasoned Bamboo Rice (Bamboo Rice [Short Grain Rice, Bamboo Extract], Rice Wine Vinegar, Water), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Butter (Milk), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley. <b>Green Beans.</b> Roasted Beets: Beets. Roasted Red Bell Pepper: Red Bell Pepper, Canola Oil, Salt, Black Pepper. Dairy-Free Mozzarella: Water, Tapioca Starch, Coconut Oil, Canola and/or Safflower Oil, Vegan Natural Flavours, Chickpea Protein, Salt, Potato Protein, Tricalcium Phosphate, Lactic Acid, Konjac Gum, Xanthan Gum, Yeast Extract, Concentrated Pumpkin Juice (Colour). Crispy Leeks: Leek, Cornstarch, Salt. Fried in Canola Oil. . Basil Oil: Basil, Olive Oil, Canola Oil, Salt. Margarine: Vegetable Oil (Canola Oil, Modified Palm and Palm Kernel Oils), Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour (Annatto and Turmeric), Vitamin A Palmitate, Vitamin D2. Salt. Black Pepper. Crispy Leeks: Leek, Cornstarch, Salt. Fried in Canola Oil</p>

Mediterranean Chicken	<p><b>ALLERGEN WARNING:</b> Milk, soy, sulphites</p> <p><b>INGREDIENTS:</b> <b>Chicken breasts</b> [Chicken breast, Water, concentrated pineapple juice, canola oil and olive oil, red wine vinegar and white vinegar, soy protein concentrate, salt, sodium tripolyphosphate, garlic (garlic, water), citric acid, sodium benzoate, potassium sorbate, spices and spice extractive, natural flavour., sulphites &lt;10ppm. Contains soy], <b>Chickpeas</b> [Chick peas, water, salt, disodium EDTA], <b>Spinach, Kale, Grape tomatoes, Sriracha Goat Cheese</b> [Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum)], <b>Canola oil, Stone fruit balsamic</b> [Balsamic glaze-Roland {Balsamic Vinegar of Modena, Sugar, Dehydrated Glucose Syrup, Dextrose, Lactose (Milk), Maltodextrin, Modified Starch, Xanthan Gum Stabilizer}, Stone fruit syrup {Pure Cane Sugar, Natural Flavors, Water, Citric Acid. Allergens: None}, <b>Basil oil</b> [Olive oil blend, basil, salt], <b>Roasted red onions</b> [Onions, canola oil, salt, pepper], <b>Garlic butter</b> [Unsalted butter, lemon juice, garlic, roasted garlic {garlic, canola oil}, Franks red hot sauce {above}, parsley. Allergen: Milk], Gremolata Parsley Lemon Zest, <b>Salt, Pepper.</b></p>
Chimichurri Sea Bass	<p>ALLERGEN WARNING: Contains Fish, Milk, Sulphites.</p> <p>INGREDIENTS: Barramundi (Fish). Butter (Milk). Chili Salts: Chili Pepper Flakes, Salt. Seasonal Vegetable Portion: Beets, Roasted Red Peppers (Red Bell Pepper, Canola Oil, Salt, Black Pepper), Green Beans. Chimichurri Butter: Butter (Milk), Canola Oil, Garlic, Lemon Juice, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Salt. Aztec Rice Pilaf: Seasoned Bamboo Rice (Bamboo Rice [Short Grain Rice, Bamboo Extract], Rice Wine Vinegar, Water), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Butter (Milk), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley. Roasted Beets. Roasted Red Bell Peppers: Red Bell Pepper, Canola Oil, Salt, Black Pepper. Crispy Leeks: Leek, Corn Starch (Sulphites), Salt. Fried in Canola Oil. Crispy Leeks: Leek, Cornstarch, Salt. Fried in Canola Oil</p>
Grilled Sirloin 8oz	<p><b>ALLERGEN WARNING:</b> Contains Milk And Mustard.</p> <p><b>INGREDIENTS:</b> Grilled Steak, Baby Potatoes, Green Beans, Beets, Red Bell Pepper, Butter (Milk), Steak Spice [Dehydrated Vegetables (Onion, Red And Green Peppers), Spices, Garlic Powder, Black Pepper, Thyme], Ancho Chili Powder, Lemon Juice, Ground Mustard, Rosemary, Garlic, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour And Garlic Powder), Parsley,</p>
Steak Frites* 8oz & 6 oz	<p><b>ALLERGEN WARNING:</b> Contains Milk, Egg, Soy And Mustard.</p> <p>INGREDIENTS: Steak: Beef Top Sirloin. French Fries: Potatoes, Canola Oil, Hydroblend Batter, Salt, Sodium Acid Pyrophosphate, Dextrose, Emerald Foam. Fried in Canola Oil. Scallion Wasabi Aioli: Mayo (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Lime Juice, Garlic Clove, Scallions, Red Wine Vinegar (May Contains Sulphites). Chimichurri Butter: Butter (Cream), Canola Oil, Garlic, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Lemon Juice, Salt. Garlic Butter: Butter (Cream), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley. Parmesan and Romano Cheese Blend: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Enzyme, Calcium Chloride, Cellulose, Parmesan Flavour (Natural). Gremolata: Lemon Zest, Parsley. Steak Spice: Pepper Steak Coarse Spice Blend (Dehydrated Vegetables [Onion, Red and Green Peppers], Spices, Garlic Powder), Mustard Seed, Thyme, Rosemary, Ancho Chili Powder, Salt. Crispy Leeks: Leek, Cornstarch, Salt. Fried in Canola Oil</p>

Seafood Sirloin 8 oz & 6oz	<p><b>ALLERGEN WARNING (Sirloin):</b> Contains Milk And Mustard.</p> <p><b>INGREDIENTS:</b> Grilled Steak, Baby Potatoes, Green Beans Beets, Red Bell Pepper, Butter (Milk), Steak Spice [Dehydrated Vegetables (Onion, Red And Green Peppers), Spices, Garlic Powder, Black Pepper, Thyme], Ancho Chili Powder, Lemon Juice, Ground Mustard, Rosemary, Garlic, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour And Garlic Powder), Parsley, Gremolata Lemon Zest</p> <p><b>ALLERGEN WARNING (Seafood Topper):</b> Fish, shellfish, crustaceans, milk, soy, sulphies</p> <p><b>INGREDIENTS:</b> Lobster Butter [Unsalted butter {milk}, roasted garlic {garlic, canola oil}, corn starch {sulphites}, tomato paste {tomatoes}, Lobster Base {COOKED LOBSTER MEAT (INCLUDES LOBSTER TOMALLEY), SALT, CORN, TAPIOCA AND POTATO MALTODEXTRINS, SUGAR, AUTOLYZED YEAST EXTRACT, CORN OIL, MILK INGREDIENT, CORN AND POTATO STARCHES, TOMATO PASTE, ONION POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE, LOBSTER EXTRACTS, COD LIVER OIL, GARLIC POWDER, LACTIC ACID, SPICES, FLAVOUR (CONTAINS SOY, CELERY). CONTAINS: SOY, MILK, COD AND LOBSTER. MAY CONTAIN: OTHER FISH, SHELLFISH AND CRUSTACEANS}, black pepper], White wine [sulphites], Gremolata. Lobster Bisque Water, Lobster, Cream, White Wine, Onions, Red Bell Peppers, Canola or Soybean oil, Wheat Flour, Skim milk powder, Sugars ( sugar, maltodextrin) Modified corn starch, Garlic, Salt, Tomato paste, Butter, Soy proteing isolate, Dehydrated potatoes, Dehydrated onions, Yeast extract, Flavour ( contains celery), Spice, Paprika extract, Citric acid. Gremolata Parsley Lemon Zest</p>
Chicken Parm Stack	<p><b>Allergen Warning:</b> Egg, Milk, Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b> Panko Asiago Crusted Chicken: Chicken Breast (Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid), Toasted Wheat Crumbs (Wheat Flour, High Monounsaturated Vegetable Oil [Canola and/or Sunflower and/or Soybean], Baking Powder, Salt, Vinegar, Monoglycerides, Sodium Stearoyl-2-Lactylate, Modified Corn Starch, Yeast, Lactic Acid, Spices, Dough Conditioners [L-Cysteine Monohydrochloride, Azodicarbonamide]), Egg, Enriched Wheat Flour, Asiago Cheese (Milk, Bacterial Culture, Salt, Lipase, Microbial Enzymes, Modified Milk Ingredient), Salt, Black Pepper. Pasta: Enriched Durum Wheat and Wheat Semolina, Water. Spiced Tomato Pepper Sauce: Tomato Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic), Lemon Juice, Garlic, Parsley, Salt. Green Beans. Golden Beet. Roasted Red Peppers: Red Bell Pepper, Canola Oil, Salt, Black Pepper. Mozzarella: Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Cellulose, Natamycin. Provolone: Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Lipase, Cellulose, Natamycin. Basil Pesto: Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Natural Parmesan Flavour, Natamycin, Garlic (Contains Water, Canola Oil, Citric Acid), Lemon Juice (Sulphites), Salt. Garlic Cream Sauce: Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard. Chicken Stock: Chicken Stock Concentrate (Chicken Stock, Natural Flavor, Salt, Chicken Fat, Sugar, Maltodextrin and Stabilizer [Xanthan Gum, Propylene Glycol, Alginates]), Water, Butter,</p>

Sweet Potato Fries	<p><b>ALLERGEN WARNING:</b> Contains Egg, Mustard, Soy, Sulphites.</p> <p><b>INGREDIENTS:</b> Sweet Potatoes, Vegetable Oil ( Canola and/or soybean and/or cottonseed and/or sunflower and/or corn) Modified Corn Starch, Modified Potato Starch, Sugars (brown sugar, sugar) Rice Flour, Potato dextrin, Pea fibre, Salt, Baking powder, Sodium phosphate, Paprika, Turmeric, Xanthan gum, Corn Fibre.Gremolata: Parsley, Lemon Zest. Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Avocado, Lemon Juice, Dill, Chili Pepper, Salt, White Pepper. Chili Salt: Salt, Chili Flakes.</p>
Brussels Sprouts	<p><b>ALLERGEN WARNING:</b> Contains Milk, Soy, Sulphites.</p> <p><b>INGREDIENTS:</b> Brussel Sprouts. Pepper and Onion Mix: Red Bell Pepper, Yellow Bell Pepper, White Onion, Red Onion, Canola Oil, Salt, Black Pepper. Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley. Gremolata: Parsley, Lemon Zest. Salt. Black Pepper. Canola Oil. Chili Avocado Aioli: Avocado, Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice and Calcium Disodium EDTA [Maintains Flavour]), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfate, Xanthan Gum, Sulphites), Lime Juice, Cilantro, Salt, White Pepper.</p>
Sautéed Mushrooms	<p><b>ALLERGEN WARNING:</b> Milk, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Button Mushrooms, Portobello Mushrooms, Shitake Mushrooms, Parsley. Chicken Stock: Salt, Chicken Fat, Natural Flavour, Sugar, Maltodextrin, Yeast Extract, Xanthan Gum, and Propylene Glycol Alginate. Canola Oil, Water, Modified Pal and palm kernel oils, salt, Vegetable monoglycerides, Sunflower lechtin, Sodium benzoate, Citric acid Natural Flavour, Color (annato, turmeric) Vitamin A palmitate, Vitamin D2. Pepper. Green Onion. Milk, Cream</p>
<b>PASTAS &amp; NOODLES</b>	
Pesto Chicken Penne Asiago	<p><b>ALLERGEN WARNING:</b> Mustard, milk, egg, soy, wheat, sulphites.</p> <p><b>INGREDIENTS:</b> <b>Pasta- Penne cooked:</b> Pasta [SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contain eggs], Water, Oil, Salt. ____ <b>Chicken Breast</b> [Chicken breast, Water, concentrated pineapple juice, canola oil and olive oil, red wine vinegar and white vinegar, soy protein concentrate, salt, sodium tripolyphosphate, garlic (garlic, water), citric acid, sodium benzoate, potassium sorbate, spices and spice extractive, natural flavour., sulphites &lt;10ppm. Contains soy], <b>Garlic cream Sauce</b> [CONTAINS: MILK, SOY, WHEAT (GLUTEN). MAY CONTAIN: MUSTARD], <b>Chicken broth/stock</b> [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}], <b>Basil Pesto-Pasta Deprile</b> [Basil, Canola oil, Cheese( milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/ or Microbial enzyme, powdered cellulose, parmesan flavor (natural), natamycin (preservative), Garlic ( garlic, water, canola oil, citric acid), Lemon Juice (sulphite), salt. Allergens: Milk, sulphites], <b>Red Pepper, Tomatoes, Shredded Asiago Cheese, Spinach, Water, Roasted garlic, Garlic, Canola Oil, Parsley, Salt, Pepper.</b></p>



Thai Basil Noodles	<p><b>ALLERGEN WARNING:</b> Peanut, sesame, mustard, fish, shellfish[crustacea], milk, egg, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> <b>Rice noodles cooked</b> [Water, rice noodles {rice, water}, sesame oil], <b>Chicken Breast</b> [Chicken breast, water, concentrated pineapple juice, olive oil, lemon juice from concentrate, (water, concentrated lemon juice, sodium bisulfite, lemon oil), soy protein, vegetable oil (canola/soy), red wine vinegar, salt, mustard flour, sodium phosphate, garlic, vinegar, white wine, sodium benzoate, potassium sorbate, citric acid, spices and spice extract, sulphites. Contains soy, mustard], <b>Coconut sauce</b> [Coconut milk {coconut milk, water, potassium meta-bisulphite), Sweet Soy Sauce {plum, sugar, water, salt, soy bean, wheat, sodium benzoate}, Fish Sauce {ANCHOVY EXTRACT, SALT, SUGAR}, Red chili pepper], <b>Chicken broth/stock</b> [Water, Broth concentrate (Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate))], <b>Shrimps</b> [Shrimp, Salt, Sodium Tripolyphosphate. May contain sulphites], <b>Egg, Carrots, Yellow peppers, Red onion, Bean sprouts, Peanut sauce</b> [Allergens: Peanut, milk, shellfish (crustacean), soy, wheat, sulphites__ Peanut Butter {Select Roasted Peanuts, Soybean Oil, Corn Dextrin, Sugar, Hydrogenated Vegetable Oil, Salt}, water, canola oil, Seasoned rice vinegar {Rice vinegar(water, salt), sugar, salt.May contain soy, wheat}, 35% cream, Oyster Sauce {Water, Oyster extractives, sugar, salt, hydrolyzed corn, soy and wheat protein, modified corn starch, caramel colour, citric acid, sodium benzoate, partially hydrogenated soybean and cotton seeds oil.Contains: crustacean, soy, wheat and sulphites}, Honey, soy sauce {made with soy, wheat}, cilantro, ginger, garlic], <b>Green onion, Sesame oil blend</b> [Canola oil, sesame oil], <b>White wine, Ginger, Basil, Salt, Pepper.</b></p>
Butternut Squash Ravioli	<p><b>ALLERGEN WARNING:</b> Peanuts, treenuts, mustard, milk, egg, soy, wheat</p> <p><b>INGREDIENTS:</b> <b>Butternut squash ravioli</b> [PASTA: DURUM WHEAT SEMOLINA, WATER, LIQUID WHOLE EGGS, SAGE, SALT, COLOUR. –FILLING: BUTTERNUT SQUASH, PARMESAN CHEESE (MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES, CELLULOSE), TOASTED WHEAT CRUMBS, ONIONS, CREAM, WATER, BUTTER, MODIFIED CORN STARCH, BROWN SUGAR, CANOLA OIL, SALT, CARRAGEENAN, SAGE, SPICE], <b>Sweetie drop peppers</b> [Sweet drop peppers, water, vinegar, sugar, salt, calcium chloride], Green apple, Sage brown butter [Unsalted butter, sage], <b>Garlic cream sauce</b> [WATER, WHIPPING CREAM (CREAM, MILK, CARRAGEENAN), MARGARINE (CANOLA OIL, WATER, MODIFIED PALM AND PALM KERNEL OILS, SALT, VEGETABLE MONOGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE, CITRIC ACID, ARTIFICIAL FLAVOUR, VITAMIN A PALMITATE, VITAMIN D3) , CANOLA OIL, MODIFIED MILK INGREDIENTS, DEHYDRATED GARLIC, SALT, MODIFIED CORN STARCH, WHEAT FLOUR (GLUTEN), SUGAR, NATURAL FLAVOUR, XANTHAN GUM, MONOGLYCERIDES (SOY), BLACK PEPPER, LACTIC ACID. Allerges: Milk, soy, wheat. May contain mustard], <b>Leeks, Poppy seed goat cheese</b> [Goat cheese, poppy seeds], <b>Canola oil, Parmesan Romano blend</b> [Milk], <b>Spiced pecans</b> [Allergens: peanut, treenuts], <b>Garlic, Sage, Salt &amp; Pepper, Chili salt</b> [salt, chili flakes].</p>
Seafood Spaghetini	<p><b>ALLERGEN WARNING:</b> Contains Milk, Fish, Crustacean, Shellfish, Soy, Wheat And Sulphites.</p> <p><b>INGREDIENTS:</b> Enriched Wheat Pasta, Lobster Bisque [[Water, Cream, Lobster (Crustacean/Shellfish), Canola Oil, Sauterne Wine (Sulphites), Onions, Red Peppers, Tomato Paste, Wheat Flour, Modified Corn Starch, Flavour [Yeast Extract, Cod (Fish)], Sugar, Butter, Salt, Modified Milk Ingredients, Garlic Cultured Dextrose (Contains Maltodextrin), Hydrolyzed Soy And Corn Protein, Spices, Disodium Guanylate, Disodium Inosinate, Citric Acid]], Shrimp (Contains Sodium Phosphate, Salt, Sulphites), Water, Lobster Meat, Spinach, Tomatoes, Button Mushrooms, Canola Oil, Yellow Tomatoes, Butter, Margarine [ Vegetable Oils (Canola Oil, Modified Palm And Palm Kernel Oils), Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour (Annatto And Turmeric), Vitamin A Palmitate, Vitamin D2)], Portobello Mushrooms, Leeks, Garlic, Shiitake Mushrooms, Brandy, Salt, Black Pepper, White Wine (Sulphites), Lobster Base [Cooked Lobster Meat (Includes Lobster Tomalley), Salt, Corn Maltodextrin, Sugar, Corn Oil, Milk Ingredient (Contains Lactic Acid), Hydrolyzed Corn And Soy Proteins, Autolyzed Yeast Extract, Corn And Potato Starchs, Tomato Paste, Onion Powder, Lobster Extract, Disodium Inosinate, Disodium Guanylate, Cod Liver Oil, Hydrogenated Cottonseed And Soybean Oils, Garlic Powder, Soy Lecithin, Modified Corn Starch, Spices, Flavour], Crushed Chili Flakes, Ancho Chili Powder, Onion, Celery, Modified Corn Starch, Tomato Paste, Basil, Parsley, Cracked Black Pepper, Balsamic Vinegar, Lemon Juice, Rosemary, Dried Bay Leaf, Thyme.</p>



HANDHELDS	
Steak Sandwich	<p><b>ALLERGEN WARNING:</b> Contains Egg, Milk, Mustard, Sesame, Soy, Wheat, Sulphites.</p> <p><b>INGREDIENTS:</b> Sirloin Beef. Herb Schiacciata Flatbread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast. May Contain Tree Nuts, Egg, Milk, Sesame, Soy. Kalbi Steak Marinade: Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Oil, Soybean Oil, Spices, Sesame Seeds, Cultured Dextrose, Dehydrated Garli. Roasted Trio Mushrooms: Button Mushroom, Portobello Mushroom, Shiitake Mushroom, Black Pepper, Frozen Rosemary, Frozen Thyme, Canola Oil, Chili Pepper Flakes. Scallion Wasabi Aioli: Sour Cream [Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Chives, Sodium Citrate, Bacterial Culture, Microbial Enzyme], Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lime Juice, Garlic Clove, Scallions, Red Wine Vinegar (May Contain Sulphites).Cilantro, Sesame Seeds.</p>
Caprese Crispy Chicken Sandwich	<p><b>ALLERGEN WARNING:</b> Contains Egg, Milk, Mustard, Soy, Wheat, Sulphites.</p> <p><b>INGREDIENTS:</b> Panko Asiago Crusted Chicken: Seasoned Chicken Breast (Chicken, Water, Salt, Sodium Phosphate, Soy Protein Product), Egg, Panko (Wheat Flour, High Monounsaturated Vegetable Oil [Canola and/or Sunflower and/or Soybean], Baking Powder, Salt, Vinegar, Monoglycerides, Sodium Stearoyl-2-Lactylate, Modified Corn Starch, Yeast, Lactic Acid, Spices, Dough Conditioners [L-Cysteine Monohydrochloride, Azodicarbonamide]), Asiago Cheese, Enriched Wheat Flour, Salt, Black Pepper. Glossy Burger Bun: Unbleached Wheat Flour, Water, Liquid Egg Yolk, Liquid Whole Eggs, Sunflower Oil, Sugar, Salt, Yeast, Malted Barley Flour. May Contain Milk, Soy, Tree Nuts, Sesame Seeds. Spiced Tomato Sauce: Mother Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid), Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic), Lemon Juice, Garlic, Parsley, Salt. Salsa: Tomatoes, White Onion, Cilantro, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Serrano Chili Pepper, Lemon Juice, Lime Juice, Canola Oil, Kosher Salt, Black Pepper. Mozzarella: Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Cellulose, Natamycin. Provolone: Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Lipase, Cellulose, Natamycin. Garlic Cream Sauce: Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard. Arugula. Red Onion. Mayo: Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices. Basil Pesto: Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Natural Parmesan Flavour, Natamycin, Garlic (Water, Canola Oil, Citric Acid), Lemon Juice (Sulphites), Salt. Lemon Vinaigrette: Canola Oil, Lemon Juice, Olive Oil, Rice Wine Vinegar, Cane Syrup (Sugar, Water), Salt.</p>

Baja Fish Tacos	<p><b>ALLERGEN WARNING:</b> Contains fish, wheat, egg, soy, milk, sulphites, mustard.</p> <p><b>INGREDIENTS:</b> <b>Basa Fillet:</b> Basa Fillet (Fish), chili flour (wheat flour, corn starch, salt, chili pepper flakes), egg whites. Fried in canola oil. <b>Flour Tortilla:</b> Bleached Wheat Flour, Water, Shortening (soybean oil, distilled monoglycerides), Rice Flour, Salt, Baking Powder, Mono and Diglycerides, Gluten, Sugar, Preservative blend (calcium propionate, sodium propionate, potassium sorbate, citric acid), Yeast, Cellulose gum, Maltodextrin, Natural Butter Flavour (milk), Dough conditioner [sodium metabisulfite (sulphites)], Soy lecithin. <b>Fresh Cut Salsa:</b> Tomato, Chili Pepper, Frank's Red Hot (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, Onion, Lemon Juice, Lime Juice, Canola Oil. <b>Baja Taco Slaw:</b> cabbage, jicama, onion, green onion, carrot, cilantro. <b>Mozzarella Cheese:</b> partly skimmed milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride. <b>Cilantro Cream Sauce:</b> Mayonnaise (Soybean Oil, Water, Frozen Whole Egg, Frozen Yolk (Egg), Vinegar, Salt, Sugar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice), Sour Cream (Milk), Cilantro, Tabasco [High Fructose Corn Syrup, Red Pepper, Sugar, Distilled Vinegar, Pear Concentrate, Garlic, Water, Onion, Tabasco Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Ginger, Salt, Xanthan Gum and Spices], Garlic, Lime Juice, Cumin, Coriander, Cayenne Pepper. <b>Chili Avocado Aioli:</b> Mayonnaise (Soybean Oil, Water, Frozen Whole Egg, Frozen Yolk (Egg), Vinegar, Salt, Sugar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice), avocado, garlic chili sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), cilantro, lime juice, salt, white pepper. <b>Cilantro Lime Vinaigrette:</b> white balsamic vinegar [wine vinegar, grape must, caramel (colour), sulfur dioxide], Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), salt, black pepper, canola oil, lemon juice, scallions, lime juice, garlic, cilantro. <b>Avocado. Cilantro.</b></p>
<b>BRUNCH</b>	
Avocado Toast	<p><b>ALLERGEN WARNING:</b> Contains Egg, Milk, Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b> Egg. Herb Schiacciata Flatbread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast. May Contain Tree Nuts, Egg, Milk, Sesame, Soy. Roasted Mini Potatoes: Potatoes, Canola Oil, Ancho Chili Powder, Thyme, Salt, Black Pepper Chimichurri Butter: Butter (Milk), Canola Oil, Garlic, Lemon Juice, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Salt., Parsley, Salt, Black Pepper. Doratti Tomatoes, Canola Oil, Cajun Spice Powder. Avocado Edamame Mash: Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum). Sriracha Goat Cheese: Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum). Dorati Tomatoes: Cherry Tomatoes, Olive Oil, Sunflower Seed Oil, Basil, Salt, Lactic Acid. Arugula. Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices. Sweet &amp; Spicy Tabasco Sauce. Gremolata, Parsley, Lemon Zest.</p>

Traditional Breakfast	<p><b>ALLERGEN WARNING:</b> Soy, egg</p> <p><b>INGREDIENTS (scrambled Eggs) :</b> Whole egg, Butter flavoured oil {High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene.</p> <p><b>ALLERGEN WARNING:</b> Milk</p> <p><b>INGREDIENTS (Breakfast Potatoes):</b> Potato, Chimichurri Butter: Butter (Milk), Canola Oil, Garlic, Lemon Juice, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Salt. Cajun Spice -Saputo [Milk], Cara frying oil, Salt, Pepper, Parsley.</p> <p><b>ALLERGEN WARNING:</b> Tree nuts, sesame, milk, soy, wheat.</p> <p><b>INGREDIENTS (Toasts):</b> Wheat Flour, Water, Brown Flax Seed, Cracked Soy, Honey, Organic Whole Grain Rye Flour, Ground Flax Seed, Organic Whole Grain Wheat Flour, Yeast, Millet Seeds, Yellow Flax Seeds, Sea Salt, Organic Whole Grain Rye Sourdough, facility processes walnuts and a variety of other seeds. — Unsalted butter.</p> <p><b>ALLERGEN WARNING:</b> Contains Milk, Wheat.</p> <p><b>INGREDIENTS (Breakfast Sausage):</b> Pork, Beef, Water, Toasted Wheat Crumbs, Salt, Milk Ingredients, Maltodextrin, Sodium Erythorbate, Spice Extract, <del>Corn Flour, Flavour, Spice, Yeast Extractive</del></p>
Traditional Breakfast (Vegan)	<p><b>ALLERGEN WARNING:</b> Contains Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b> Tofu: Water, Soybeans, Calcium Chloride, Calcium Sulfate (Sulphites). Plant Based Apple Sage Sausage: Water, Vital Wheat Gluten, Expeller Pressed Safflower Oil, Non-Sulphured Dried Apples, Yukon Gold Potatoes, Yeast Extract, Granulated Sugar, Pea Protein, Onion Powder, Barley Malt, Garlic, Natural Hickory Smoke Flavour with Torula Yeast, Spices, Cultured Cane Sugar, Vinegar, Sea Salt, Rubbed Sage. Vitamins and Minerals (Potassium Chloride, L-Lysine Monohydrochloride, Niacinamide, Reduced Iron, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride and Cyanocobalamin). Herb Schiacciata Flatbread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast. May Contain Tree Nuts, Egg, Milk, Sesame, Soy. Roasted Potatoes: Potatoes, Canola Oil, Salt, Black Pepper, Parsley. Caramelized Onion and Garlic: White Onion, Garlic, Canola Oil, Margarine (Vegetable Oil [Canola Oil, Modified Palm and Palm Kernel Oils], Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour [Annatto and Turmeric], Vitamin A Palmitate, Vitamin D2), Salt, Black Pepper. Ketchup: Tomato Paste (Made from Fresh Ripe Tomatoes), Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices. Canola Oil. Margarine: Vegetable Oil [Canola Oil, Modified Palm and Palm Kernel Oils], Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour [Annatto and Turmeric], Vitamin A Palmitate, Vitamin D2. Nutritional Yeast: Inactive Nutritional Yeast (Dried Yeast, Niacin [Vitamin B3], Pyridoxine Hydrochloride [Vitamin B6], Riboflavin [Vitamin B2], Thiamin Hydrochloride [Vitamin B1], Folic Acid, Vitamin B12). Parsley. Salt. Black Pepper.</p>

Salmon Hash	<p><b>ALLERGEN WARNING:</b> Contains Egg, Fish, Milk, Soy, Sulphites, Wheat.</p> <p><b>INGREDIENTS:</b> Atlantic Salmon Fillet (Fish). Egg. Herb Schiacciata: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast. May Contain Tree Nuts, Egg, Milk, Sesame, Soy. Roasted Baby Potatoes: Potatoes, Canola Oil, Ancho Chili Powder, Thyme, Salt, Black Pepper, Parsley. Roasted Shiitake Mushroom: Shiitake Mushroom, Canola Oil, Salt, Black Pepper. Canola Oil, Cajun Spice Powder. Sweet Drop Peppers: Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride. Lemon Dill Cream Sauce: Garlic Cream Sauce (Water, Whipping Cream [Cream, Milk, Carrageenan], Margarine [Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3], Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour [Gluten], Sugar, Natural Flavour, Xanthan Gum, Monoglycerides [Soy], Black Pepper, Lactic Acid. May Contain Mustard), Ancho Chili Powder, Lemon Juice, Dill. Hollandaise Sauce: Butter (Milk), White Wine (Sulphites), Egg Yolk (Egg Yolk, Water, Salt, Phospholipase), Tabasco Sauce (Distilled Vinegar, Red Pepper and Salt), Lemon Juice, White Pepper, Salt. Leek. Chili Salts: Chili Pepper Flakes, Salt. Butter (Milk). Dill. Canola Oil.</p>
Ultimate Breakfast Sandwich	<p><b>ALLERGEN WARNING:</b> Contains Milk, Egg, Soy, Wheat, Mustard And Sulphites.</p> <p><b>INGREDIENTS:</b> Potatoes, Mini Herb Schiacciata Flatbread (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast. May Contain Tree Nuts, Egg, Milk, Sesame, Soy.), Egg, Avocado, Old Fashioned Smoked Ham (Pork; Water, Glucose Solids, Potassium Lactate, Salt, Flavour, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Smoke Flavour, Sodium Nitrite, Spices, Smoke. Coated With Collagen), Tomatoes, Tomato Ketchup [Tomato Paste (Made From Fresh Ripe Tomatoes), Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices], Double Smoked Bacon (Pork, Water, Salt, Sugar, Brown Sugar, Sodium Phosphate, Potassium Chloride, Flavour, Sodium Erythorbate, Sodium Nitrite, Spices, Smoke), Mayo (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Cheddar Cheese Slice (Milk, Modified Milk Ingredients, Bacterial Culture, Calcium Chloride, Microbial Enzymes, Annatto Colour), Canola Oil, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate And Sodium Bisulfate (Sulphites), Xanthan Gum), Arugula, Radish Sprouts, Salt, Sugar, Black Pepper, Butter (Milk), Parsley, Parmesan &amp; Romano Cheese Blend [Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Enzyme, Calcium Chloride, Cellulose, Parmesan Flavour (Natural)], Lime Juice, Cilantro, Cajun Seasoning (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), Lemon Juice, Garlic, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour And Garlic Powder). Chimichurri Butter: Butter (Milk), Canola Oil, Garlic, Lemon Juice, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Salt.</p>
Traditional Eggs Benedict (NO BREAKFAST POTATOES)	<p><b>ALLERGEN WARNING:</b> Sesame seeds, milk, eggs, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Poached eggs, Ham [Pork; water, glucose solids, salt, potassium lactate, flavour, sodium diacetate, sodium phosphate, sodium erythorbate, smoke flavour, sodium nitrite, spices, smoke. Coated with collagen], <b>English Muffin</b> [Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, glucose-fructose, corn flour, salt, vinegar, cornmeal, preservatives (calcium propionate, potassium sorbate, sorbic acid), wheat gluten, soybean oil, leavening (monocalcium phosphate, calcium carbonate, calcium sulfate), monoglycerides, fumaric acid, diacetyl tartaric acid esters of mono- and diglycerides, ammonium sulfate, calcium silicate, amylase, pentosanase. CONTAINS WHEAT. MAY CONTAIN TRACES OF MILK, SOY, AND/OR SESAME], <b>Hollandaise sauce</b> [Unsalted butter, Egg yolk –Emulsa {Egg Yolk, Water, Salt, Phospholipase. May contains Milk}, lemon juice, water, white wine {sulphites}, Tabasco sauce (Vinegar, red peppers and salt, Salt), coarse salt, white pepper], <b>Parsley</b>.</p>

California Eggs Benedict (NO POTATOES & KETCHUP)	<p><b>ALLERGEN WARNING:</b> Sesame seeds, milk, eggs, shellfish, soy, wheat, sulphites.</p> <p><b>INGREDIENTS:</b> <b>Poached Eggs, Avocado, English Muffin</b> [Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, glucose-fructose, corn flour, salt, vinegar, cornmeal, preservatives (calcium propionate, potassium sorbate, sorbic acid), wheat gluten, soybean oil, leavening (monocalcium phosphate, calcium carbonate, calcium sulfate), monoglycerides, fumaric acid, diacetyl tartaric acid esters of mono- and diglycerides, ammonium sulfate, calcium silicate, amylase, pentosanase. CONTAINS WHEAT. MAY CONTAIN TRACES OF MILK, SOY, AND/OR SESAME], <b>Hollandaise Sauce</b> [Unsalted butter, Egg yolk –Emulsa {Egg Yolk, Water, Salt, Phospholipase. May contains Milk}, lemon juice, water, white wine {sulphites}, Tabasco sauce (Vinegar, red peppers and salt, Salt), coarse salt, white pepper], <b>Shrimps</b> [Shrimp, Salt, Sodium Tripolyphosphate. May contain sulphites], <b>Double Smoked Bacon</b> [Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain: sugar, brown sugar, potassium chloride, spice, flavour], <b>Parsley</b>.</p>
Baileys + Cream French Toast	<p><b>ALLERGEN WARNING:</b> Treenuts, milk, eggs, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Challah Bread: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Cane Sugar, Durum Wheat Semolina, Sunflower Oil, Liquid Egg Yolks, Salt, Yeast, Malted Barley Flour. May Contain Sesame. Bailey's Batter: Egg, Cream (Milk), Irish Cream Liqueur, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Cinnamon (Cinnamon, High Oleic Sunflower Oil). Bailey's Cream: Crème Anglaise (Cream [Heavy Cream, Mono and Diglycerides, Guar Gum, Carrageenan], Milk, Cream Cheese [Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum], Sugar, Egg Product [Egg Yolks, Sugar], Shortening Powder [Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate], Modified Corn Starch, Artificial Flavour), Espresso, Irish Cream Liqueur. Whipped Topping: Water, Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Glucose Syrup, Sugar, Dried Cream, Sodium Caseinate, Skim Milk Powder, Dextrose, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Colour. Flavoured Cooking Oil: Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural &amp; Artificial Flavours, Beta Carotene (Colour). Maple Syrup. Blueberry. Strawberry. Mint. Dark Chocolate Shavings: Sugar, Cocoa Mass, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Vanilla Flavouring. Icing Sugar: Sugar, Corn Starch.</p>
Nuevos Rancheros	<p><b>ALLERGEN WARNING:</b> Contains Soy, Sulphites.</p> <p><b>INGREDIENTS:</b> Tofu: Water, Soybeans, Calcium Chloride, Calcium Sulfate (Sulphites). Roasted Baby Potatoes: Potatoes, Canola Oil, Ancho Chili Powder, Thyme, Salt, Black Pepper, Parsley. Avocado Edamame Mash: Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum). Braised Black Beans: Black Beans (Black Beans, Water, Salt, Calcium Chloride), Red Bell Pepper, Yellow Bell Pepper, Garlic, Vegetable Stock (Vegetable Stock Concentrate [Vegetable Juice (Tomato, Mushroom, Onion, Carrot And Celery), Sugar, Maltodextrin, Salt And Yeast Extract], Water), Fresh Salsa (Tomatoes, White Onion, Serrano Chili Pepper, Cilantro, Frank's Red Hot [Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour And Garlic Powder], Lemon Juice, Lime Juice, Canola Oil, Salt, Black Pepper), Canola Oil, Lime Juice, Salt, Black Pepper, Coriander, Cumin, Cilantro. Fresh Salsa: Tomatoes, White Onion, Serrano Chili Pepper, Cilantro, Frank's Red Hot (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Lemon Juice, Lime Juice, Canola Oil, Salt, Black Pepper. Lettuce. Caramelized Onion and Garlic: White Onion, Garlic, Canola Oil, Margarine (Vegetable Oil [Canola Oil, Modified Palm and Palm Kernel Oils], Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour [Annatto and Turmeric], Vitamin A Palmitate, Vitamin D2), Salt, Black Pepper. Canola Oil. Margarine: Vegetable Oil (Canola Oil, Modified Palm and Palm Kernel Oils), Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour (Annatto and Turmeric), Vitamin A Palmitate, Vitamin D2. Lemon Vinaigrette: Canola Oil, Lemon Juice, Olive Oil, Rice Wine Vinegar, Cane Syrup (Sugar, Water), Salt. Tomato Ketchup: Tomato Paste (Tomatoes), Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices. Nutritional Yeast: Inactive Nutritional Yeast (Dried Yeast, Niacin [Vitamin B3], Pyridoxine Hydrochloride [Vitamin B6], Riboflavin [Vitamin B2], Thiamin Hydrochloride [Vitamin B1], Folic Acid, Vitamin B12). Chili Salts: Chili Pepper Flakes, Salt.</p>

Scrambled eggs - For Traditional Breakfast	<p><b>ALLERGEN WARNING:</b> Soy, egg .</p> <p><b>INGREDIENTS:</b> Whole egg, Butter flavoured oil {High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene</p>
Side: Brunch Potatoes	<p><b>ALLERGEN WARNING:</b> Contains Milk.</p> <p><b>INGREDIENTS:</b> Yukon Gold Potatoes, Canola Oil, Cajun Spice, Thyme, Salt, Black Pepper. Chimmichurri Butter: Butter, Olive Oil, Margarine, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro. Margarine Canola Oil, Water, Modified Pal and palm kernel oils, salt, Vegetable monoglycerides, Sunflower lechtin, Sodium benzoate, Citric acid Natural Flavour, Color (annato, turmeric) Vitamin A palmitate, Vitamin D2</p>
Side: Multigrain toast with butter	<p><b>ALLERGEN WARNING:</b> Tree nuts, sesame, milk, soy, wheat.</p> <p><b>INGREDIENTS: Toasts:</b> Wheat Flour, Water, Brown Flax Seed, Cracked Soy, Honey, Organic Whole Grain Rye Flour, Ground Flax Seed, Organic Whole Grain Wheat Flour, Yeast, Millet Seeds, Yellow Flax Seeds, Sea Salt, Organic Whole Grain Rye Sourdough, facility processes walnuts and a variety of other seeds. — <b>Unsalted butter.</b></p>
Gluten Free English Muffin	<p><b>ALLERGEN WARNING:</b> Contains Egg, Milk.</p> <p><b>INGREDIENTS:</b> Water, Corn Starch, Tapioca Starch, Skim Milk Powder, Corn Flour, Liquid Egg White, Cane Sugar, Canola Oil, Salt, Carboxymethyl Cellulose, Yeast, Glucono-Delta-Lactone, Baking Powder, Pectin, Sodium Bicarbonate, Sodium Alginate, Modified Cellulose, Corn Meal, Iron, Niacin, Tricalcium Phosphate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin.</p>
Side: Breakfast Sausage	<p><b>ALLERGEN WARNING:</b> Contains Milk, Wheat.</p> <p><b>INGREDIENTS:</b> Pork, Beef, Water, Toasted Wheat Crumbs, Salt, Milk Ingredients, Maltodextrin, Sodium Erythorbate, Spice Extract, Corn Flour, Flavour, Spice, Yeast Extractive.</p>
Side: Breakfast Sausage (Vegan)	<p><b>ALLERGEN WARNING:</b> Contains Wheat.</p> <p><b>INGREDIENTS:</b> Plant Based Sausage: Vital Wheat Gluten, Expeller Pressed Safflower Oil, Non-Sulphured Dried Apples, Yukon Gold Potatoes, Yeast Extract, Granulated Sugar, Pea Protein, Onion Powder, Barley Malt, Garlic, Natural Hickory Smoke Flavour with Torula Yeast, Spices, Cultured Cane Sugar, Vinegar, Sea Salt, Rubbed Sage. Vitamins and Minerals (Potassium Chloride, L-Lysine Monohydrochloride, Niacinamide, Reduced Iron, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Cyanocobalamin). Canola Oil. Parsley.</p>
Side: Double Smoked Bacon	<p><b>ALLERGEN WARNING:</b> None</p> <p><b>INGREDIENTS:</b> Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain: sugar, brown sugar, potassium chloride, spice, flavour.</p>

Side: Fruit Bowl	<b>ALLERGEN WARNING:</b> N/A.  <b>INGREDIENTS:</b> Fruit Salad Mix: Strawberry, Blueberry, Pineapple, Mango, Orange, Orange Syrup (Orange Juice [Water, Concentrated Orange Juice], Sugar). Mint.
<b>SIDES</b>	
Side: Beef Gravy	<b>ALLERGEN WARNING:</b> Milk, soy, wheat, sulphites  <b>INGREDIENTS:</b> Gravy: Water, Beef gravy mix [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN (SULPHITES), MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE (MFG AID), FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR (SULPHITES), AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES].
Side: Seasonal Vegetables	<b>ALLERGEN WARNING:</b> Milk  <b>INGREDIENTS:</b> Golden beet, Green Bean, Red Pepper, Salt, Pepper, Milk
Side: Mushrooms	<b>ALLERGEN WARNING:</b> Milk, soy, wheat, sulphites.  <b>INGREDIENTS:</b> Button Mushrooms, Portobello Mushrooms, Shitake Mushrooms, Parsley. Chicken Stock: Salt, Chicken Fat, Natural Flavour, Sugar, Maltodextrin, Yeast Extract, Xanthan Gum, and Propylene Glycol Alginate. Canola Oil, Water, Modified Pal and palm kernel oils, salt, Vegetable monoglycerides, Sunflower lechtin, Sodium benzoate, Citric acid Natural Flavour, Color (annato, turmeric) Vitamin A palmitate, Vitamin D2. Pepper. Green Onion. Milk, Cream
Side: Roasted Potatoes	<b>ALLERGEN WARNING:</b> None  <b>INGREDIENTS:</b> Potatoes, canola oil, black pepper, ancho chili powder, salt, thyme.
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	See Salads
Side: Milestones' California Spring Salad (WITH DRESSING)	See Salads
Side: Red Corn Tortilla Chips*	<b>ALLERGEN WARNING:</b> None  <b>INGREDIENTS:</b> Corn Tortilla Chips: Stone ground corn, water, sodium propionate (propionic acid, sodium hydroxide and sorbic acid), spices, FD&C Red #40, cumin, ground cayenne pepper, FD & C Blue #1& #2, citric acid, sodium benzoate and trace of calcium hydroxide. Allergens: None __Frying oil—Coarse Salt.

Side: Yukon Gold Mashed Potatos	<b>ALLERGEN WARNING:</b> milk  <b>INGREDIENTS:</b> Potatoes. Milk. 35% Cream. Sour cream. Unsalted butter. Kosher Salt. Parslev. Roasted garlic [garlic.
Side: Fries*	<b>ALLERGEN WARNING:</b> None  <b>INGREDIENTS:</b> Potatoes, canola oil, modified potato starch, rice flour, dextrin, salt, baking powder, xanthan gum, sodium acid pyrophosphate, dextrose. __ Add on Salt __ Add on Salt __Frying oil.
Side: Jasmine Rice	<b>ALLERGEN WARNING:</b> Soy, Wheat  <b>INGREDIENTS:</b> Water, Rice, Salt, Rice vinegar [Rice vinegar (water, salt), sugar, salt. May contain soy, wheat].
Side: Sweet Potatoe Fries	<b>ALLERGEN WARNING:</b> Contains Egg, Mustard, Soy, Sulphites.  <b>INGREDIENTS:</b> Sweet Potatoes, Vegetable Oil ( Canola and/or soybean and/or cottonseed and/or sunflower and/or corn) Modified Corn Starch, Modified Potato Starch, Sugars (brown sugar, sugar) Rice Flour, Potato dextrin, Pea fibre, Salt, Baking powder, Sodium phosphate, Paprika, Turmeric, Xanthan gum, Corn Fibre.Gremolata: Parsley, Lemon Zest. Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Avocado, Lemon Juice, Dill, Chili Pepper, Salt, White Pepper. Chili Salt: Salt, Chili Flakes.
<b>ADD ONS- See salads</b>	
<b>SAUCES</b>	
Chili Avocado Aioli	<b>ALLERGEN WARNING:</b> Mustard, egg, soy, sulphites _  <b>INGREDIENTS:</b> Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Garlic Chilli Sauce-Roland [CHILI, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES AND XANTHAN GUM. Allergen: Sulphites], Avocado, Cilantro, Lime juice, Kosher salt, White pepper.
Dill Avocado Aioli	<b>ALLERGEN WARNING:</b> Contains Egg, Mustard, Soy, Sulphites.  <b>INGREDIENTS:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices. May Contain Sulphites), Avocado, Lemon Juice, Dill, Serrano Chili Peppers, Lemon Zest, Salt, White Pepper.
Coconut Sambal	<b>ALLERGEN WARNING:</b> peanuts, treenuts, sulphites  <b>INGREDIENTS:</b> Toasted coconut-DR [White Coconut Meat, Sodium Metabisulfite], Sambal Spice [coriander, cumin, cayenne pepper, black pepper, salt], Lime Juice.
Sweet Thai Chilli Sauce	<b>ALLERGEN WARNING:</b> soy, wheat, sulphites  <b>INGREDIENTS:</b> Sweet & Spicy Thai sauce-Diana [GLUCOSE-FRUCTOSE, WHITE VINEGAR, WATER, RED BELL PEPPER PUREE, SALT, SPICES, MODIFIED TAPIOCA STARCH, DEHYDRATED GARLIC, DEHYDRATED RED PEPPER, XANTHAN GUM, POTASSIUM SORBATE, SODIUM BENZOATE], Dark sauce [water, soybeans, salt, sugar, wheat flour], Cilantro.



Lime Cilantro Vinaigrette	<p><b>ALLERGEN WARNING:</b> Sulphites</p> <p><b>INGREDIENTS:</b> Canola oil, White balsamic vinegar AR [Wine vinegar, grape must, caramel colour, sulfur dioxide. Allergen: Sulphites], Green onions, Lime juice, Garlic Chilli Sauce [CHILI, GARLIC, SALT, SUGAR, ACERIC ACID, XANTHAN GUM, POTASSIUM SORBATE, CITRIC ACID, ASCORBIC ACID], Cilantro, Garlic, Lemon &amp; Lime Juice, Salt, Pepper.</p>
Chalula Hot Sauce	<p><b>ALLERGEN WARNING:</b> None</p> <p><b>INGREDIENTS:</b> Water, Peppers (Arbol and Piquin), Salt, Vinegar, Spices and Xanthan Gum.</p>
Asian Slaw w/ Cilantro Lime Dressing	<p><b>ALLERGEN WARNING:</b> Sulphites</p> <p><b>INGREDIENTS:</b> Asian slaw [Yellow and Red Peppers, Napa cabbage, Carrots, Red Onions, Green Onions, Red Cabbage, Cilantro], Cilantro lime vinaigrette /Dressing [Allergens: Sulphites -Canola oil, White balsamic vinegar –AR {Wine vinegar, grape must, caramel colour, sulfur dioxide. Allergen: Sulphites}, Green onions, Lime juice, Garlic Chilli Sauce {CHILI, GARLIC, SALT, SUGAR, ACERIC ACID, XANTHAN GUM, POTASSIUM SORBATE, CITRIC ACID, ASCORBIC ACID}, Cilantro, Garlic, Lemon Juice, Salt, Pepper].</p>
Mango Chili Sauce	<p><b>ALLERGEN WARNING:</b> Fish, shellfish, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Canola oil, Mango pulp [Mango puree, sugar, water, citric acid &amp; natural flavours], Tabasco brand sweet &amp; spicy pepper sauce [High fructose corn syrup, red pepper, sugar, distilled vinegar, pear concentrate, garlic, water, onion, TABASCO® Brand Pepper Sauce (distilled vinegar, red pepper, salt), ginger, salt, xanthan gum and spices. no allergens], Sweet chili sauce [Sweet &amp; Spicy Thai sauce-Diana {GLUCOSE-FRUCTOSE, WHITE VINEGAR, WATER, RED BELL PEPPER PUREE, SALT, SPICES, MODIFIED TAPIOCA STARCH, DEHYDRATED GARLIC, DEHYDRATED RED PEPPER, XANTHAN GUM, POTASSIUM SORBATE, SODIUM BENZOATE}, Dark sauce {water, soybeans, salt, sugar, wheat flour}, Cilantro] Red wine vinegar{sulphites}, Honey, Chilli garlic sauce [CHILI, GARLIC, SALT, SUGAR, ACERIC ACID, XANTHAN GUM, POTASSIUM SORBATE, CITRIC ACID, ASCORBIC ACID], L &amp; P Worcestershire Sauce [Malt Vinegar (from Barley), Spirit Vinegar, Water, Refiners Molasses, Sugar, Salt, Anchovies, Tamarind extract, Onions, Garlic, Spice, Natural flavour. Contain fish, shellfish, crustacean, soy, wheat], Lime juice, Kosher salt [Salt, Yellow Prussiate of Soda].</p>
<b>DRESSINGS</b>	
Honey Mustard Vinaigrette	<p><b>ALLERGEN WARNING:</b> Mustard, sulphites</p> <p><b>INGREDIENTS:</b> Canola oil, Red wine vinegar {sulphites}, Honey, Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper.</p>
Honey Citrus Vinaigrette/dressing	<p><b>ALLERGEN WARNING:</b> Mustard, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Canola oil, Rice wine vinegar {Rice vinegar (water, salt), sugar, salt. May contains soy, wheat}, Honey, Orange zest &amp; juice, Lemon zest &amp; juice, Dijon mustard-Knorr (Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites), Salt, Grained/Grainy Mustard w/wine AR {Water, mustard seed, vinegar, salt, white wine, sugar, spices, citric acid, potassium metabisulphite. Allergen: Mustard, sulphites}, Garlic Chilli Sauce-AR {CHILI, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES AND XANTHAN GUM. Allergen: Sulphites}, Ginger, Garlic, White pepper, Coriander.</p>

Caesar Dressing	<p><b>ALLERGEN WARNING:</b> Mustard, milk, eggs, fish, shellfish, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Canola oil, Red wine vinegar (sulphites), Garlic, Egg yolk [Egg Yolk, Water, Salt, Phospholipase. May contains milk], Lemon juice, Water, Anchovies in veg oil [ Flat Fillets of anchovies, vegetable oil {soy}, salt], Roasted garlic [garlic, olive oil], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], L &amp; P Worcestershire sauce [Malt Vinegar (from Barley), Spirit Vinegar, Water, Refiners Molasses, Sugar, Salt, Anchovies, Tamarind extract, Onions, Garlic, Spice, Natural flavour. Allergens fish, shellfish, soy, wheat], Coarse salt, Tabasco [Vinegar, red peppers and salt, Pepper, Salt, flake, top, pour/loose, coarse, black pepper], Pepper.</p>
Lemon Vinaigrette dressing	<p><b>ALLERGEN WARNING:</b> Soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt.</p>
<b>KIDS</b>	
Kid: Mini Burger	<p><b>ALLERGEN WARNING:</b> Sesame, milk, soy, wheat.</p> <p><b>INGREDIENTS:</b> Beef___ Salt &amp; Pepper. Glossy Egg Bun: Allergens: Treenuts, sesame, milk, egg, soy, Wheat-Unbleached wheat flour, water, liquid egg yolk, liquid whole eggs, sunflower oil, sugar, salt, yeast, malted barley flour. May contain milk, soy, walnuts, almonds, pecans, sesame seeds water, whole grain brown rice, sugar, salt, spices &amp; spice extracts, sesame oil, smoke flavor, garlic. Allergen: Sesame___ Mini buns: ENRICHED WHEAT FLOUR, WATER, SUGAR / GLUCOSE-FRUCTOSE, YEAST, VEGETABLE OIL (CANOLA OR SOYBEAN), SALT, VINEGAR, CALCIUM PROPIONATE, ACETYLATED TARTARIC ACID ESTERS OF MONO AND DIGLYCERIDES, SODIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES. Cheddar Cheese Slices pasteurised milk, modified milk ingredients, bacterial culture, salt.</p>
Kid: Grilled Cheese Sandwich	<p><b>ALLERGEN WARNING:</b> Sesame, milk, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> Thick Sliced White Bread: ENRICHED WHEAT FLOUR, WATER, YEAST , GLUCOSE-FRUCTOSE / SUGAR, WHEAT GLUTEN , VEGETABLE OIL (CANOLA OR SOYBEAN), SALT, SOYBEAN FLOUR, VINEGAR, SODIUM STEAROYL-2-LACTYLATE, CALCIUM PROPIONATE, MONOGLYCERIDES, SORBIC ACID, WHEAT STARCH. ORDER MAY CHANGE.CONTAIN SOY, WHEAT. MAY CONTAIN SESAME SEEDS. Sulphites, Milk??—, Mozzarella Cheese, pasteurised milk, modified milk ingredients, bacterial culture, calcium chloride, salt, microbial enzyme, cellulose, May contain colour.____. Unsalted Butter.</p>
Kid: Grilled Chicken	See add on salad section
Kid: Grilled Salmon	See add on salad section
Kid: Pasta - Noodles with Creamy Mozzarella, Provolone, Sauce Or Tomato Sauce	<p><b>ALLERGEN WARNING:</b> Wheat, egg, milk</p> <p><b>INGREDIENTS:</b> <b>Pasta</b> [SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contain eggs], ___OR___Gluten Free/Corn Pasta [Corn flour, rice flour, mono- and diglycerides. Produced in a dedicated gluten free facility], <b>_water, _canola oil, _salt.</b> <b>Whipping cream:</b> CREAM, MILK, CELLULOSE GEL, CARRAGEENAN, CELLULOSE GUM— Mozzarella, Provolone: pasteurised milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin. <b>OR Tomato Sauce:</b> Allergen Warning: None. Ingredients: Tomatoes, Tomato Puree (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid.— <b>Sep 20,2017 Saputo - Parm -romano shred cheese</b> [Pasteurized Milk, modified milk ingredients, Salt, Lipase, Calcium Chloride, Microbial Enzyme, Bacterial Culture, Cellulose, Sorbic Acid, colour.], Arugula.</p>

Kid: Chicken Fingers*	<p><b>ALLERGEN WARNING:</b> Milk, soy, wheat</p> <p><b>INGREDIENTS:</b> Chicken Strips: CHICKEN, WATER, SOY PROTEIN PRODUCT, SALT, SODIUM PHOSPHATE, IN A BREADING OF: WATER, TOASTED WHEAT CRUMBS, WHEAT FLOUR, CORN FLOUR, WHEAT GLUTEN, SALT, MODIFIED CORN STARCH, SPICE, BAKING POWDER, ONION POWDER, VEGETABLE OIL SHORTENING, GARLIC POWDER, DEFATTED SOY FLOUR, MILK INGREDIENTS, GUAR GUM. BROWNED IN SOYBEAN OIL. CONTAINS: WHEAT, SOY, MILK. — frying oil.</p>
Side: Plum Sauce	<p><b>ALLERGEN WARNING:</b> Sulphites.</p> <p><b>INGREDIENTS:</b> Sugar/glucose-fructose, water, corn syrup, plum puree, pumpkin, vinegar, modified corn starch, orange peel, citric acid, concentrated orange juice, salt, sodium citrate, sodium benzoate, onion and garlic powders, spices, caramel.</p>
Side: Ketchup	<p><b>ALLERGEN WARNING:</b> None</p> <p><b>INGREDIENTS:</b> Tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices.</p>
Kid: Fries*	See sides
Kid: Dessert - Vanilla Ice Cream (NO SAUCE OR CREAM)	<p><b>ALLERGEN WARNING:</b> Milk</p> <p><b>INGREDIENTS: French Vanilla Ice Cream:</b> Modified Milk Ingredients, Sugar, Corn Syrup Solids, French Vanilla Flavour (glucose-fructose, natural and artificial vanilla, potassium sorbate, colour, propylene glycol, caramel colour), Stabilizer (mono &amp; diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan).</p>
Kid: Dessert - Add on: Caramel Sauce	<p><b>ALLERGEN WARNING:</b> Contains Milk</p> <p><b>INGREDIENTS:</b> Sugar/glucose-fructose, sweetened condensed milk, water, butter (milk), salt, pectin, disodium phosphate, citric acid, artificial flavour.</p>
Kid: Dessert - Add on: Chocolate Sauce	<p><b>ALLERGEN WARNING:</b> <u>Contains Milk</u></p> <p><b>INGREDIENTS:</b> <u>Sugar/Glucose-Fructose, Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder, Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour</u></p>
Kid: Dessert - Chapman's Li'l Sammich	<p><b>ALLERGEN WARNING:</b> Milk, soy, wheat, sulphites</p> <p><b>INGREDIENTS:</b> ICE CREAM: Cream, Modified Milk Ingredients, Sugar, Glucose, Mono and Diglycerides, Locust Bean Gum, Cellulose Gum, Guar Gum, Carrageenan, Natural and Artificial Flavour. WAFERS: Enriched Wheat Flour, Sugar/Glucose-Fructose, Caramel Colour, Dextrose, Palm Oil, Corn Flour, Cocoa, Modified Corn Starch, Baking Soda, Salt, Mono and Diglycerides, Soya Lecithin. Allergens: Milk, soy, wheat, sulphites. — Allergen Disclaimer: Peanut/Nut Free Labelling</p>

Kid: Cookie Sundae	<p><b>ALLERGEN WARNING:</b> Contains Egg, Milk, Soy, Wheat.</p> <p><b>INGREDIENTS:</b> Double White Chocolate Chunk Cookie Dough: Wheat Flour, Sugar, Modified Palm and Palm Kernel Oil, Liquid Canola Oil Margarine, White Chocolate Chunks (Sugar, Cocoa Butter, Whole Milk Powder, Soy Lecithin, Vanilla Extract, Salt), Liquid Whole Eggs, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla Extract), Invert Sugar, Cocoa Powder Processed with Alkali, Molasses, Sodium Bicarbonate, Water, Natural Flavour, Salt. Light French Vanilla Ice Cream: Cream, Sugar, Modified Milk Ingredients, Corn Syrup Solids, Stabilizer, Base [Glucose, Fructose, Natural and Artificial Flavour, Potassium Sorbate, Artificial Colour (Tartrazine, Sunset Yellow)], Artificial Flavour. Caramel Topping: Sugar/Glucose-Fructose, Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour. Chocolate Sauce: Sugar/Glucose-Fructose, Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder, Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour. Whipped Topping: Water, Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Glucose Syrup, Sugar, Dried Cream (Milk), Sodium Caseinate (A Milk Derivative), Skim Milk Powder, Dextrose, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Colour. Dark Chocolate Shavings: Sugar, Cocoa Mass, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Vanilla Flavouring. Mint. Icing Sugar.</p>
<b>DESSERTS</b>	
The Cookie	<p><b>ALLERGEN WARNING:</b> Contains Egg, Milk, Soy, Wheat.</p> <p><b>INGREDIENTS:</b> Double White Chocolate Chunk Cookie Dough: Wheat Flour, Sugar, Modified Palm and Palm Kernel Oil, Liquid Canola Oil Margarine, White Chocolate Chunks (Sugar, Cocoa Butter, Whole Milk Powder, Soy Lecithin, Vanilla Extract, Salt), Liquid Whole Eggs, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla Extract), Invert Sugar, Cocoa Powder Processed with Alkali, Molasses, Sodium Bicarbonate, Water, Natural Flavour, Salt. Light French Vanilla Ice Cream: Cream, Sugar, Modified Milk Ingredients, Corn Syrup Solids, Stabilizer, Base [Glucose, Fructose, Natural and Artificial Flavour, Potassium Sorbate, Artificial Colour (Tartrazine, Sunset Yellow)], Artificial Flavour. Caramel Topping: Sugar/Glucose-Fructose, Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour. Chocolate Sauce: Sugar/Glucose-Fructose, Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder, Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour. Whipped Topping: Water, Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Glucose Syrup, Sugar, Dried Cream (Milk), Sodium Caseinate (A Milk Derivative), Skim Milk Powder, Dextrose, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Colour. Dark Chocolate Shavings: Sugar, Cocoa Mass, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Vanilla Flavouring. Mint. Icing Sugar.</p>
White Chocolate Cheesecake	<p><b>ALLERGEN WARNING:</b> Contains Milk, Egg, Soy And Wheat. <b>INGREDIENTS:</b> Beignets: Enriched Unbleached Wheat Flour, Water, Sugar, Yeast, Fructose, Soyabean And Canola Oils, Wheat Gluten, High Oleic Canola And Hydrogenated Cottonseed Oils, Salt, Soy Lecithin, Dextrose, Guar Gum, Natural Flavour (Contains Wheat Ingredients), Monoglycerides, Natural And Artificial Flavour (Contains Milk Ingredients), Ascorbic Acid, Enzyme (Amylase). Espresso Crème Sauce: Crème Anglaise Sauce (Milk, Egg), Vodka, Espresso. Icing Sugar. Mint.</p>

Ganache Torte (Vegan)	<p><b>ALLERGEN WARNING:</b> Contains Peanuts, Soy, Tree Nuts.</p> <p><b>INGREDIENTS:</b> Vegan Ganache Torte: Dark Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Almonds, Non-Dairy Almond Milk (Water, Almonds, Calcium Carbonate, Sea Salt, Potassium Citrate, Sunflower Lecithin, Gellan Gum, Natural Flavour, Zinc Gluconate, Vitamin A Palmitate, Riboflavin, Vitamin D2, Vitamin B12), Palm and Canola Oil Margarine, Sugars (Brown Sugar, Fancy Molasses, Glucose), Vanilla Flavour, Agar- Agar Gum, Cinnamon. May Contain Peanuts, Dairy, Eggs, Wheat, Sulphites. Strawberry. Icing Sugar. Mint.</p>
Superberry Crisp	<p><b>ALLERGEN WARNING:</b> Milk, Soy, Sulphites, Tree Nuts</p> <p><b>INGREDIENTS:</b> Very Berry Cobbler: 4 Fruit Filling [water, sugar, apples (apples, citric acid, sodium erythorbate, salt, calcium chloride), strawberries, blueberries, raspberries, modified corn starch, carrageenan, potassium sorbate, sodium benzoate, citric acid], Brown sugar, Oats, Almond meal, Palm and canola oil margarine, Quinoa flour, Spices, Soy lecithin. Light French Vanilla Ice Cream: Sugars (sugar, glucose), Cream, Modified milk ingredients, French vanilla base [sugars (glucose, fructose), water, natural and artificial flavour, potassium sorbate, tartrazine, sunset yellow], Ice cream stabilizer (mono and diglycerides, guar gum, cellulose gum, polysorbate 80, locust bean gum, carrageenan, silicon dioxide, potassium chloride), Artificial flavour, Tartrazine, Sunset yellow FCF, Caramel colour (sulphites). May contain Peanuts, Tree nuts, Soy, Wheat. Fresh mint. Icing sugar: Sugar, Corn starch.</p>
Ice-Cream: French Vanilla	<p><b>ALLERGEN WARNING:</b> none</p> <p><b>INGREDIENTS: French Vanilla ice cream:</b> Modified Milk Ingredients, Sugar, Corn Syrup Solids, French Vanilla Flavour (glucose-fructose, natural and artificial vanilla, potassium sorbate, colour, propylene glycol, caramel colour), Stabilizer (mono &amp; diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan). Allergens: Milk</p>
	<p><b>NOTE: Notes:</b> 1. Nutritionals, Allergens and Ingredients are based only on product information provided by vendors and recipes with weights provided by brand. Due to rounded nutrient values received for some ingredients, and instability of some vitamins, nutrient values may change. Products and/or ingredients nutrient data should be per 100g basis and unrounded. It is also important to provide the moisture and ash values (% or per 100g basis) for the ingredients to get an accuracy in the calculated nutrient data.</p> <p>2. Allergen disclaimer from ECC Net: Allergens based on ingredients product could contact allergens during processing.</p> <p>3. Fried/marinated meat menu items: It is difficult to estimate how much oil and/or salt/spice absorbed during frying/marinating process of the product(s)/menu item(s) therefore recommended that calculated nutrient data confirmed by Lab analysis. I am not responsible for any inaccuracy in the calculating nutrient data without lab analysis.</p> <p>4. Nutrition information is based on our standard formulations. Certain products may vary from restaurants to restaurants therefore variations from these values may occur for different locations. This means nutrition information should be considered as an approximation.</p>

