

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)
START OR SHARE (NO SIDES)																			
Spinach & Artichoke Dip	368 g	990	49	75	16	1	86	1930	81	103	35	7	28	4	24	56	16	35	20
Lettuce Wrap (Add Chicken)	708	1155	47	63	8	0.4	42	2120	92	106	32	9	18	18	50	0	0	13	44
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
Burratta App	272 g	990	37	57	15	1	80	1350	56	66	22	5	20	13	22	30	30	20	50
Chicken Wing Spicy Buffalo	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 Butter	610 g	1420	105	140	63	1	320	4030	175	26	/	7	6	6	85	0	0	17	25
Chicken Wing Korean BBQ	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
Cauliflower Black Pepper Butter	400g	780	47	64	3.5	1	30	2700	128	67	/	7	25	19	8	0	0	8	17
Cauliflower Spicy Buffalo	309g	780	48	64	3.5	1	30	2700	128	67	/	7	25	19	8	0	0	8	17
Cauliflower Korean BBQ	585 g	860	43	60	10	0.3	52	2700	124	67	/	7	25	24	8	0	0	8	17
SALADS & BOWLS WITH DRESSINGS																			
Entree Roasted Garlic Caesar Salad - With Dressing	341 g	880	85	131	19	2	105	1590	66	27	9	5	20	6	19	200	130	40	30
Starter Roasted Garlic Caesar Salad - With Dressing	198 g	580	42	65	9	1	50	800	33	15	5	3	12	4	9	130	70	20	20
Entree 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
Starter 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	150	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
Wedge Salad	390g	336	24	36	7.5	0.1	30	720	31	26	7	4	12	4	10	29	27	7	11
Add 3.5 oz sirloin	259	280	10	15	4	0.2	18	620	25	28	9	4	15	2	23	5	72	3	25
Add on: Chicken Breast	86g	105	4	6	2	0.1	9	430	19	1	0	0	0	1	15	0	0	1	3
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)	107g	200	13	20	3	0.1	16	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Grilled Cajun Chicken	86	105	4	6	2	0.1	9	430	19	1	0	0	0	1	15	0	0	1	3

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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)
BURGERS (NO SIDES)																			
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
Black and Blue Burger	490 g	1500	90	130	29	2	150	1600	60	55	20	5	14	7	47	27	17	26	22
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
MAINS																			
Lemon Dill Beurre Blanc Salmon	680 g	1420	69	92	15	0.3	77	2700	117	115	50	7	25	25	77	60	170	15	22
Chicken Parm Stack	600 g	1000	50	60	16	0.5	100	2500	104	96	45	8	37	8	70	35	40	50	34
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 (Full rack)	630 g	1850	80	140	15	0.5	90	2800	120	140	30	10	40	35	56	50	80	10	30
BBQ Back Ribs (1/2 Rack)	400 g	900	40	70	7.5	0.3	45	1400	60	70	15	5	20	19	24	25	40	5	15
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	150	150	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 7oz (no startch, veg or topper)	500 g	560	20	31	7	0.4	37	1190	50	52	17	8	32	4	46	10	130	6	50
Grilled Filet 7oz (no startch, veg or topper)	500 g	560	20	31	7	0.4	37	1190	50	52	17	8	32	4	46	10	130	6	50
Grilled Ribeye 16oz (no startch, veg or topper)	860 g	1000	30	56	15	0.8	64	1800	80	70	28	12	50	6	70	16	208	10	80
Peppercorn	250g	490	57	63	13	2.5	72	890	37	2	1	0	0	1	2	10	10	8	30
Seafood Topper	226 g	460	39	60	13	0.5	68	1090	45	4	1	0	0	1	20	25	8	6	6
Blue Cheese	28 g	300	24	30	4	0.2	15	400	19	/	/	0	0	2	2	0	0	13	8
Add Chimichurri Butter	105	104	11.5	18	5.2	0.7	26	215	9	0	0	0	0	0	0	10	6	1	2
Add Black Pepper Butter	111	100	11.1	17	4.7	0.6	24	131	5	/	/	0	0	1	0	4	1	1	1
Sauteed Onion	211 g	230	17	31	4	0.2	21	930	41	17	/	7	25	4	5	0	0	6	13
Sautéed Mushrooms	247 g	230	19	29	3	0.5	18	960	40	12	4	3	12	4	7	4	25	6	10
PASTA & NOODLES																			
Pesto Chicken Penne Asiago	704 g	1120	54	83	16	1	85	2120	88	104	35	6	24	11	55	60	100	40	45
Thai Basil Noodles	820 g	1080	48	74	20	0.3	102	1970	82	112	37	7	28	20	48	80	150	15	30
Butternut Squash Ravioli	465 g	1230	87	134	38	3	205	1320	55	92	31	9	36	26	28	190	320	50	30
PASTA & NOODLES SAUCES																			
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

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HANDHELDS																			
Steak Sandwich	469 g	1180	63	97	13	1.5	73	2400	100	84	28	4	16	20	77	10	10	10	80
Caprese Crispy Chicken Sandwich	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
BRUNCH																			
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	110	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	3900	190	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: Andouille 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
SIDES																			
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: Roasted Potatoes	142 g	490	29	45	8	0.2	41	210	9	53	18	5	20	1	7	4	30	4	8
Side: Garlic Mashed Potatoes	255 g	300	10	15	6	0.2	31	510	21	50	17	4	16	3	5	10	30	6	6
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: 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

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HAPPY HOUR BITES																			
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
SAUCES																			
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
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
DRESSINGS																			
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
Blue Cheese Dressing	30ml	100	9	12	2.5	7	13	220	10	1	0	0	0	1	2	0	3	4	2
Caesar Dressing	90 ml	520	57	88	4.5	1.5	30	550	23	3	1	0	0	0	2	2	6	2	2
KIDS																			
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 Lil' Sammich	60 ml	90	2	3	1	0.1	6	45	2	15	5	0	0	7	1	2	0	0	0

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DESSERTS																			
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
Dulce De Leche Cheesecake	114 g	496	31	48	18	0.7	93	412	17	/	/	1	2	37	7	24	1	16	2
Carrot Cake	280g	520g	32	55	19	0.7	93	380	19	/	/	1	2	38	3	18	1	14	2
Key Lime Pie	230 g	795	38	59	18	38	93	155	6	/	/	1	5	88	8	16	4	4	12
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

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
STARTER OR SHARE											
Spinach and Artichoke Dip (NO CHIPS/ SALSA)					✓					✓	
Tempura Veggies									✓	✓	✓
Roasted Mushroom Soup(Vegan)											✓
Wham- Bam Shrimp			✓	✓	✓	✓		✓	✓	✓	✓
Burrata App		✓			✓	✓			✓	✓	✓
Cakes By The Ocean				✓	✓		✓	✓	✓	✓	✓
Tempura Cauliflower Spicy Buffalo				✓	✓		✓		✓	✓	✓
Tempura Cauliflower Black Pepper Butter				✓	✓		✓		✓	✓	✓
Tempura Cauliflower Korean BBQ			✓	✓	✓		✓		✓	✓	✓
M- Wings Spicy Buffalo				✓	✓	✓	✓		✓		✓
M- Wings Black Pepper Burbon				✓	✓	✓	✓		✓		✓
M- Wings Korean BBQ			✓	✓	✓	✓	✓		✓	✓	✓
Vegan Roasted Mushroom Soup											✓
Lettuce Wraps	✓		✓	✓	✓	✓			✓	✓	✓
Coconut Calamari	✓	✓					✓	✓	✓	✓	✓
Sweet Chili Chicken Bites			✓			✓			✓	✓	✓
Sweet Potatoe Fries				✓		✓			✓	✓	✓
SALADS & BOWLS WITH DRESSINGS											
Roasted Garlic Caesar Salad - With Dressing		✓		✓	✓	✓	✓	✓	✓	✓	✓
California Spring Salad - With Dressing	✓	✓		✓	✓				✓		✓
Roasted Beet & Goat Cheese Salad	✓	✓			✓				✓	✓	✓
Seafood Salad			✓	✓	✓		✓	✓	✓	✓	✓
Sweet Chili Chicken Bowl			✓			✓	✓		✓	✓	✓
Sushi Bowl			✓	✓		✓	✓		✓	✓	✓
Blue Cheese Wedge		✓		✓	✓	✓	✓				✓
Add on: Grilled Chicken Breast					✓						✓
Add on: Shrimp Skewer					✓			✓			✓
Add on: Grilled Steak				✓	✓						
Add on: Grilled Salmon - (4 oz)					✓		✓				
Add on: Grilled Cajun Chicken					✓						✓
BRUNCH											
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									✓	✓	✓
Side: Breakfast Potatoes					✓						
Side: Multigrain toast with butter		✓	✓		✓				✓	✓	
Side: Andouille											✓
Side: Apple Sage Sausage										✓	
Side: Double-Smoked Bacon											

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
MAINS											
Lemon Dill Beurre Blanc Salmon				✓	✓	✓	✓		✓	✓	✓
Portobello Mushroom Chicken				✓	✓	✓			✓	✓	✓
Stacked Chicken Parmesan				✓	✓	✓			✓	✓	✓
BBQ Back Ribs				✓	✓	✓	✓		✓		✓
Waygu Beef Meatloaf					✓	✓	✓		✓	✓	✓
Stuffed Portobello Mushroom Cap			✓						✓		✓
Mediterranean Chicken					✓				✓		✓
Chimichurri Sea Bass					✓		✓				✓
Grilled Steak, Sirloin, Filets, Ribeye				✓	✓						
Add Chimmichurri Butter				✓	✓	✓			✓		
Seafood Topper				✓	✓		✓	✓	✓		✓
Add Black Pepper Butter				✓	✓	✓			✓		
Sauteed Onions					✓				✓		✓
Add Blue Cheese					✓						✓
Add Peppercorn				✓	✓	✓			✓		
Sauteed Mushrooms					✓				✓	✓	✓
PASTAS & BOWLS											
Pesto Chicken Penne Asiago				✓	✓	✓			✓	✓	✓
Thai Basil Noodles	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Butternut Squash Ravioli	✓	✓		✓	✓	✓			✓	✓	
BURGERS & HAND HELDS											
California Burger		✓	✓	✓	✓	✓			✓	✓	✓
1989 Burger		✓	✓	✓	✓	✓			✓	✓	✓
Wagyu Black and Blue Burger		✓	✓	✓	✓	✓			✓	✓	✓
Garden Burger		✓	✓	✓	✓	✓			✓	✓	✓
Caprese Crispy Chicken Sandwich				✓	✓	✓			✓	✓	✓
Korean Steak Sandwich			✓	✓	✓	✓			✓	✓	✓
Baja Fish Taco -Duo				✓	✓	✓	✓		✓	✓	✓
SIDES											
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				✓		✓			✓		✓

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
SAUCES											
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				✓		✓			✓	✓	
DRESSINGS											
Honey Mustard Vinaigrette				✓							✓
Honey Citrus Vinaigrette				✓					✓	✓	✓
Caesar Dressing				✓	✓	✓	✓	✓	✓	✓	✓
Blue Cheese Dressing				✓	✓	✓	✓		✓		✓
Lemon Vinaigrette									✓	✓	✓
KID'S MENU (NO SIDES)											
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					✓				✓	✓	✓
DESSERTS											
The Cookie					✓	✓			✓	✓	✓
White Chocolate Cheesecake		✓			✓	✓			✓	✓	✓
Dulce De Leche Cheesecake		✓			✓	✓			✓	✓	✓
Ganache Torte (Vegan)	✓	✓							✓		
Keylime Pie		✓			✓	✓			✓	✓	✓
Carrot Cake		✓			✓	✓			✓	✓	✓
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 KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS. GLUTEN FRIENDLY ITEMS ARE MADE WITH GLUTEN FREE INGREDIENTS, HOWEVER, PLEASE BE ADVISED THAT CROSS CONTAMINATION WITH GLUTEN CONTAINING PRODUCTS MAY OCCUR IN OUR KITCHEN DURING PREPARATION. PLEASE ASK YOUR SERVER FOR DETAILS.

<div> <div>milestones</div> <div>GRILL + BAR</div> </div>	Ingredient List - June 2022
START OR SHARE (NO SIDES)	MENU ITEM
Spinach and Artichoke Dip (NO CHIPS)	<p>ALLERGEN WARNING: Contains milk, wheat.</p> <p>INGREDIENTS: [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]. Fresh Cut Salsa: 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.</p>
Cauliflower Tempura Korean BBQ	<p>ALLERGEN WARNING: Contains Soy, Sulphites, Wheat, Egg, Milk, Fish, Mustard.</p> <p>INGREDIENTS: . 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. Kalbi Steak Marinade: Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Oil, Soybean Oil, Spices, Sesame Seeds, Cultured Dextrose, Dehydrated Garlic. Blue Cheese Dressing: Mayonnaise (Canola oil, liquid whole egg, water, vinegar, sugar, salt, calcium disodium EDTA) · Sour Cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture) · Buttermilk (partly skim milk, salt, bacterial culture) · Blue Cheese (pasteurised milk, bacterial culture, salt, calcium chloride, microbial enzymes, cellulose, Penicillium Roqueforti, natamycin) · Lemon Juice · Salt · Sugar · Apple Cider Vinegar · Worcestershire Sauce (water, vinegar, sugars [molasses, glucose-fructose], salt, anchovies, onion, natural flavour, garlic, spices, paprika extract) · Tabasco Sauce (vinegar, red peppers, salt) · Mustard Powder · Garlic powder · White Pepper · Sesame Seeds Parsley</p>
Cauliflower Tempura Black Pepper Butter	<p>ALLERGEN WARNING: Contains Soy, Sulphites, Wheat, Egg, Milk, Fish, Mustard.</p> <p>INGREDIENTS: . 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. Gremolata: Parsley, Lemon Zest. 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. Blue Cheese Dressing: Mayonnaise (Canola oil, liquid whole egg, water, vinegar, sugar, salt, calcium disodium EDTA) · Sour Cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture) · Buttermilk (partly skim milk, salt, bacterial culture) · Blue Cheese (pasteurised milk, bacterial culture, salt, calcium chloride, microbial enzymes, cellulose, Penicillium Roqueforti, natamycin) · Lemon Juice · Salt · Sugar · Apple Cider Vinegar · Worcestershire Sauce (water, vinegar, sugars [molasses, glucose-fructose], salt, anchovies, onion, natural flavour, garlic, spices, paprika extract) · Tabasco Sauce (vinegar, red peppers, salt) · Mustard Powder · Garlic powder · White Pepper.</p>
Cauliflower Spicy Buffalo	<p>ALLERGEN WARNING: Contains Soy, Sulphites, Wheat, Egg, Milk, Fish, Mustard.</p> <p>INGREDIENTS: . 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. Parsley, Spicy Buffalo: .Cayenne from red peppers, vinegar, salt, vinegar, canola oil, xanthan gum. Blue Cheese Dressing: Mayonnaise (Canola oil, liquid whole egg, water, vinegar, sugar, salt, calcium disodium EDTA) · Sour Cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture) · Buttermilk (partly skim milk, salt, bacterial culture) · Blue Cheese (pasteurised milk, bacterial culture, salt, calcium chloride, microbial enzymes, cellulose, Penicillium Roqueforti, natamycin) · Lemon Juice · Salt · Sugar · Apple Cider Vinegar · Worcestershire Sauce (water, vinegar, sugars [molasses, glucose-fructose], salt, anchovies, onion, natural flavour, garlic, spices, paprika extract) · Tabasco Sauce (vinegar, red peppers, salt) · Mustard Powder · Garlic powder · White Pepper.</p>
Roasted Mushroom Soup (vegan) - regular & side	<p>ALLERGEN WARNING: Contains Sulphites.</p> <p>INGREDIENTS: Vegan Roasted Mushroom Soup: 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>ALLERGEN WARNING: Contains Milk, Crustacean, Shellfish, Egg, Soy, Sesame, Wheat, Mustard And Sulphites.</p> <p>INGREDIENTS: Marinated Shrimp: Shrimp (Contains Sodium Phosphate, Salt, Sulphites), Buttermilk (Milk Ingredients, Salt, Bacterial Culture). Chili Flour: (wheat flour, corn starch, salt, chili pepper flakes). Wham Bam Sauce: 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>
Burrata	<p>ALLERGEN WARNING: Tree-nuts, Milk, Egg, Soy, Wheat, Sulphites, Garlic</p> <p>INGREDIENTS: 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. Burrata Pasteurized Cream, Salt, Lactic Acid, Culture, Rennet. 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, Lemon vinaigrette[Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt], Salt, Pepper. Garlic Oil Blend Canola Oil, Garlic Oil, [Balsamic glaze-Roland (Balsamic Vinegar of Modena, Sugar, Dehydrated Glucose Syrup, Dextrose, Lactose (Milk), Maltodextrin, Modified Starch, Xanthan Gum Stabilizer). Basil Pesto [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]</p>
Cakes By The Ocean	<p>ALLERGEN WARNING: Contains Milk, Soy, Sulphites, Mustard, Egg, Shelfish (crustacean), Fish, Wheat,</p> <p>INGREDIENTS: Salmon Shrimp Cakes: Salmon, Shrimp, Red Bell Pepper, Yellow Bell Pepper, Red Onion, Green Onion, Lemon Zest, Salt, Dijon Mustard(Water, Mustard Seeds, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite.) Salt, Calcium Silicate, Sugar, Potassium Iodide. Ancho Chilli pepper, Silicon dioxide. Pepper White, Garlic, Eggs. Quinoa, 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]) 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, May Contain Sulphites), Avocado, Lemon Juice, Dill, Serrano Chili Peppers, Lemon Zest, Salt, White Pepper., Arugula, Red Onion, Tomatoe Grape, Crispy Leeks: Leek, Cornstarch, Salt. Fried in Canola Oil. Pineapple Salsa: Red Onion, Green Onion, Red Pepper, Pineapple, canola oil, salt, Black coarse pepper, Lime Juice, Honey, Salt, Calcium Silicate, Sugar, Potassium Iodide, Rice Vinegar (water, rice)</p>
M-Wings Spicy Buffalo	<p>ALLERGEN WARNING: Contains Egg, Milk, Mustard, Soy, Sulphites</p> <p style="text-align: right;">+B12:B13</p> <p>INGREDIENTS: 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. Parsley. Spicy Buffalo: .Cayenne from red peppers, vinegar, salt, vinegar, canola oil, xanthan gum. Blue Cheese Dressing: Mayonnaise (Canola oil, liquid whole egg, water, vinegar, sugar, salt, calcium disodium EDTA) · Sour Cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture) · Buttermilk (partly skim milk, salt, bacterial culture) · Blue Cheese (pasteurised milk, bacterial culture, salt, calcium chloride, microbial enzymes, cellulose, Penicillium Roqueforti, natamycin) · Lemon Juice · Salt · Sugar · Apple Cider Vinegar · Worcestershire Sauce (water, vinegar, sugars [molasses, glucose-fructose], salt, anchovies, onion, natural flavour, garlic, spices, paprika extract) · Tabasco Sauce (vinegar, red peppers, salt) · Mustard Powder · Garlic powder · White Pepper.</p>
M- Wings Salt and Black Pepper Burbon	<p>ALLERGY WARNING: Contains Egg, Milk, Mustard, Soy, Sulphites</p> <p>INGREDIENTS: 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. 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. Blue Cheese Dressing: Mayonnaise (Canola oil, liquid whole egg, water, vinegar, sugar, salt, calcium disodium EDTA) · Sour Cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture) · Buttermilk (partly skim milk, salt, bacterial culture) · Blue Cheese (pasteurised milk, bacterial culture, salt, calcium chloride, microbial enzymes, cellulose, Penicillium Roqueforti, natamycin) · Lemon Juice · Salt · Sugar · Apple Cider Vinegar · Worcestershire Sauce (water, vinegar, sugars [molasses, glucose-fructose], salt, anchovies, onion, natural flavour, garlic, spices, paprika extract) · Tabasco Sauce (vinegar, red peppers, salt) · Mustard Powder · Garlic powder · White Pepper.</p>

M-Wings Korean BBQ	<p>ALLERGEN WARNING: Contains Egg, Milk, Mustard, Soy, Sulphites, Wheat</p> <p>INGREDIENTS: 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. Kalbi Steak Marinade: Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Oil, Soybean Oil, Spices, Sesame Seeds, Cultured Dextrose, Dehydrated Garli. Blue Cheese Dressing: Mayonnaise (Canola oil, liquid whole egg, water, vinegar, sugar, salt, calcium disodium EDTA)· Sour Cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture)· Buttermilk (partly skim milk, salt, bacterial culture)· Blue Cheese (pasteurised milk, bacterian culture, salt, calcium chloride, microbial enzymes, cellulose, Penicillium Roqueforti, natamycin)· Lemon Juice · Salt · Sugar · Apple Cider Vinegar · Worcestershire Sauce(water, vinegar, sugars[molasses, glucose-fructose], salt, anchovies, onion, natural flavour, garlic, spices, paprika extract)· Tabasco Sauce (vinegar, red peppers, salt)· Mustard Powder · Garlic powder · White Pepper. Sesame Seeds Parsley</p>
Coconut Calamari	<p>ALLERGEN WARNING: Peanut, treenuts, fish, shellfish [crustacean], soy, wheat, sulphites.</p> <p>INGREDIENTS: 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], Chili 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>ALLERGEN WARNING: Sesame, egg, soy, wheat, sulphites</p> <p>INGREDIENTS: Chicken bites prepped & 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 <10ppm. Contains soy], Liquid eggs, Seasoned flour [Flour, Corn Starch, Salt, White Pepper. Allergen: Wheat], frying oil.</p> <p>Sweet Thai Chili Sauce: 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.---Cucumber---Green onions--- Sesame seeds.</p> <p>Crispy Wonton: Allergens: Egg, Wheat - 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. Allergens: Egg, wheat], frying oil. Cucumber, Sesame Seed, Green Onion. Chili Flour: (wheat flour, corn starch, salt, chili pepper flakes).</p>
Lettuce Wraps	<p>Allergen Warning: Dairy, Peanuts, Soy, Wheat, Egg, Sesame, Sulphites</p> <p>INGREDIENTS:: , Sweet Thai Chili Sauce: 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.---Cucumber---Green onions--- Sesame seeds.</p> <p>Crispy Wonton: Allergens: Egg, Wheat - 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. Allergens: Egg, wheat], frying oil. Cucumber, Sesame Seed, Green Onion. Chili Flour: (wheat flour, corn starch, salt, chili pepper flakes). Chicken bites prepped & 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 <10ppm. Contains soy], Liquid eggs, Seasoned flour [Flour, Corn Starch, Salt, White Pepper. Allergen: Wheat], frying oil. Peanut Sauce 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 Yolk (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. Iceberg Lettuce, Lime Green Onion, Carrot, Sesame Seeds</p> <p>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).</p>


SALADS & BOWLS WITH DRESSINGS	
Roasted Garlic Caesar Salad (WITH DRESSING)	<p>ALLERGEN WARNING: Tree nuts, mustard, milk, eggs, fish, shellfish, soy, wheat, sulphites</p> <p>INGREDIENTS: Romaine lettuce, Caesar dressing [below], Baby kale, Double Smoked Bacon: Allergens: None- Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain: sugar, brown sugar, potassium chloride, spice, flavour. Asiago cheese [Pasteurised milk, modified milk ingredients, salt, calcium chloride, lipase, bacterial culture, microbial enzyme, cellulose, natamycin], Parmesan Romano -Saputo [Milk].</p> <p>Schiacciata Garlic Croutons: 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>Caesar dressing: 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 & 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>ALLERGEN WARNING: Contains Milk, Mustard, Peanut, Soy, Tree Nuts, Sulphites.</p> <p>INGREDIENTS: 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. Praline Spiced Pecans: Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt. May Contain Peanuts. Honey Mustard Vinaigrette: 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>ALLERGEN WARNING: Peanuts, treenuts, milk, soy, wheat, sulphites</p> <p>INGREDIENTS: Roasted Beets [red beets], Quinoa [Water, Quinoa- David Roberts Salt], Blueberry, Grape tomato, Arugula, Goat cheese [milk], Baby kale, Balsamic Glaze, Balsamic glaze-Roland {Balsamic Vinegar of Modena, Sugar, Dehydrated Glucose Syrup, Dextrose, Lactose (Milk), Maltodextrin, Modified Starch, Xanthan Gum Stabilizer}, honey, lime juice, salt], Glazed pecans {DR}], Red onion, Lemon vinaigrette [Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt], Basil, Salt & Pepper.</p>
Iceberg Wedge	<p>ALLERGEN WARNING: Egg, Treenuts, Milk, Dairy, Mustard, Sulphites, Fish</p> <p>INGREDIENTS: Egg, Iceberg Lettuce, Blue Cheese Crumble: Pasturized milk, Salt, Bacterial Culture, Calcium chloride, Microbial enzyme, Penicillium roqueforti. Blue Cheese Dressing: Mayonnaise (Canola oil, liquid whole egg, water, vinegar, sugar, salt, calcium disodium EDTA) · Sour Cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture) · Buttermilk (partly skim milk, salt, bacterial culture) · Blue Cheese (pasteurised milk, bacterian culture, salt, calcium chloride, microbial enzymes, cellulose, Penicillium Roqueforti, natamycin) · Lemon Juice · Salt · Sugar · Apple Cider Vinegar · Worcestershire Sauce (water, vinegar, sugars [molasses, glucose-fructose], salt, anchovies, onion, natural flavour, garlic, spices, paprika extract) · Tabasco Sauce (vinegar, red peppers, salt) · Mustard Powder · Garlic powder · White Pepper. Schiacciata Garlic Croutons: 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. Gremolata , Parsley, Lemon zest. Double Smoked Bacon: Allergens: None- Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain: sugar, brown sugar, potassium chloride, spice, flavour. Fresh Cut Salsa: 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.</p>

Surfside Salad*	<p>ALLERGEN WARNING: Sesame, fish, shellfish(crustacea), mustard, milk, soy, wheat, sulphites</p> <p>INGREDIENTS: Salmon, Shrimp skewers [Shrimp, Salt, Sodium Tripolyphosphate. May contain sulphites], Honey citrus vinaigrette /Dressing [Allergens: Mustard, soy, wheat, sulphites- Canola oil, Rice wine vinegar {Rice vinegar (water, salt), sugar, salt. May contains soy, wheat}, Honey, Orange zest & juice, Lemon zest & 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 Marinade-AR {CHILI, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES AND XANTHAN GUM. Allergen: Sulphites}, Ginger, Garlic, White pepper, Coriander], California greens, Romaine lettuce, Grilled pineapple [Pineapple, canola oil, salt, pepper], Avocado, Sweetie drop peppers [Sweet drop peppers, water, vinegar, sugar, salt, calcium chloride], Canola oil, Garlic butter [Unsalted butter {milk}, lemon juice, garlic, roasted garlic {garlic, canola oil}, Franks red hot sauce {above},parsley], Chili salts [Salt, chili], Black & White sesame seeds, Gremolata Parsley, Lemon Zest Fresh Cut Salsa: 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.</p>
Sweet Chili Chicken Bowl	<p>ALLERGEN WARNING: Sesame, fish, egg, soy, wheat, sulphites</p> <p>INGREDIENTS: Jasmine rice [Rice, water, salt], Chicken bites prep & 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 <10ppm. Contains soy}, Liquid eggs, Chili Flour: (wheat flour, corn starch, salt, chili pepper flakes). frying oil]], Asian slaw [Yellow and Red Peppers, Napa cabbage, Carrots, Red Onions, Green Spinach, Red Cabbage, Cilantro], Sweet Thai Chili Sauce [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], Crispy Wonton [Allergens: Egg, Wheat], Coconut sauce [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], Canola oil, Cilantro, Green onions, Sesame seeds.</p>
Sushi Bowl	<p>ALLERGEN WARNING: Contains Egg, Fish, Mustard, Sesame, Soy, Sulphites, Wheat.</p> <p>INGREDIENTS:Ahi Tuna (Fish). Sushi Rice: 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 Lime Vinaigrette: 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 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. Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites) Avocado. Lime. Cilantro. Sesame Seed.</p>
Add on: Chicken Breast	<p>ALLERGEN WARNING: Contains Milk, Sulphites.</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Contains Crustacean, Shellfish, Milk And Sulphites.</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Milk, Fish</p> <p>INGREDIENTS: Salmon, garlic butter 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., gremolata, salt, pepper.</p>
Add on: Grilled Steak	<p>ALLERGEN WARNING: Milk, Mustard</p> <p>INGREDIENTS: Beef, Canola Oil, Garlic Oil, Stockton Steak Spice: Sea Salt, Black Pepper, Sexchuan Pepper, Pink Pepper, White Pepper Parsley, 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>
Add on: Grilled Cajun Chicken	<p>ALLERGEN WARNING: Contains Milk, Sulphites.</p> <p>INGREDIENTS: 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>
BURGERS (NO SIDES)	
1989 Burger	<p>ALLERGEN WARNING: Treenuts, sesame, mustard, milk, egg, soy, wheat, sulphites</p> <p>INGREDIENTS: Chuck Burger Patty : Beef, Salt & 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 Burger Sauce: 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. Burger buddies: Tomato, Iceberg 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>ALLERGEN WARNING: Treenuts, sesame, mustard, milk, egg, soy, wheat, sulphites</p> <p>INGREDIENTS: Veggie Burger Patty: 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). Glossy Egg Bun: Allergens: Treenuts, sesame, milk, egg, soy, Wheat. Burger buddies: Tomato, Iceberg Lettuce, Red onion. ----- Avocado. Burger Sauce: Allergens: Mustard, egg, soy, sulphites. 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.</p>

Smashed Black and Blue Burger	<p>ALLERGEN WARNING: Treenuts, sesame, mustard, milk, egg, soy, wheat, sulphites</p> <p>INGREDIENTS: Wagyu Burger Patty : Wagyu Bif, Beef____ Stockton Steak Spice Sea Salt, Black Pepper, Sezechuan Pepper, Pink Pepper, White Pepper. Chili Flour: (wheat flour, corn starch, salt, chili pepper flakes). frying oil]] 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 TRIO Mushrooms: Roasted Mushrooms: Button Mushrooms, Shiitake Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Chili Pepper Flakes, Black Pepper. . Canola Oil. Peppercorn Sauce 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 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). Burger buddies: Tomato, Iceberg Lettuce, Red onion. Aged/old Cheddar Cheese: Allergen: Milk - Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin. Buttermilk (Milk Ingredients, Salt, Bacterial Culture) 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) Blue Cheese Crumble: Pasturized milk, Salt, Bacterial Culture, Calcium chloride, Microbial enzyme, Penicillium roqueforti.</p>
California Burger	<p>ALLERGEN WARNING: Treenuts, sesame, mustard, milk, egg, soy, wheat, sulphites</p> <p>INGREDIENTS: Chuck Burger Patty : Beef____ Salt & 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 Burger Sauce: 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. Burger buddies: Tomato, Iceberg Lettuce, Red onion. Mozzarella cheese, Provolone cheese, Avocado, Candied bacon: Allergens: None- Bacon, brown sugar, pepper.</p>
Gluten Free Burger Bun	<p>ALLERGEN WARNING: Sesame, egg, soy</p> <p>INGREDIENTS: 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
California Spring Salad	See Salads & Bowls

Garlic Parmesan Fries	<p>ALLERGEN WARNING: Contains Egg, Mustard Milk, Soy, Sulphites.</p> <p>INGREDIENTS: French Fries: Potatoes, Canola Oil, Hydroblend Batter, Salt, Sodium Acid Pyrophosphate, Dextrose, Emerald Foam. Fried in Canola Oil. 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</p>
Sweet Potatoe Fries	<p>ALLERGEN WARNING: Contains Egg, Mustard, Soy, Sulphites.</p> <p>INGREDIENTS: 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. Parsley, 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	
Lemon Dill Beurre Blanc Salmon	<p>ALLERGEN WARNING: Fish, Milk, Sulphites,</p> <p>INGREDIENTS: Atlantic Salmon (Fish). Butter, Garlic Oil (Oil, Garlic) Salt and Pepper, Quinoa Pilaf 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. 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. Dill leaves, Chili salts [Salt, chili] Seasonal Vegetable Portion: Roasted Red Onions, Red Onion, Canola Oil, Salt, Black Pepper, Greenbeans. Lemon Dill Butter: Butter, 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. White Onion, Leeks, Garlic, Lemon Zest, Lemon Juice, Salt, Red Chilli Flakes, White Pepper, Dill, White Wine, White Balsamic Vinegar (Vinegar, Concentrated Grape Must, Balsamic Vinegar of Modena, "Aceto Balsamico Di Modena igp" 1% (winevinegar, concentrated Grape Must) Sulfur Dioxide (Preservative) Sulphites Salt. Black Pepper. Crispy Leeks: Leek, Cornstarch, Salt. Fried in Canola Oil</p>
Portobello Mushroom Chicken	<p>ALLERGEN WARNING: Mustard, milk, egg, soy, wheat, sulphites</p> <p>INGREDIENTS: Pasta vermicelli cooked [Pasta {SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contains EGGS}, Water, Oil, Salt], 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 <10ppm. Contains soy], Seasonal veg [Allergen: Milk], Garlic cream Sauce [CONTAINS: MILK, SOY, WHEAT (GLUTEN). MAY CONTAIN: MUSTARD], Chicken broth/stock [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}], Basil Pesto [Allergens: Milk, sulphites], Portobello mushrooms, Roasted Garlic [Garlic, canola oil], Canola oil, Chardonnay wine [sulphites], Parmesan cheese [milk], Asiago Cheese, Garlic, Basil, Salt & Pepper. Parsley</p>

BBQ Back Ribs	<p>ALLERGEN WARNING: Contains Soy, Egg And Mustard. Fish, Sulphites </p> <p>INGREDIENTS: Fries (Potatoes, Canola Oil, Batter, Salt, Sodium Acid Pyrophosphate, Dextrose), Baby Back Ribs, Jameson BBQ Sauce: Crushed tomatoes (tomatoes, citric acid), Ketchup(tomato paste[Tomatoes], liquid sugar, white vinegar, salt, onion powder, spices), Molasse, Honey, Brown sugar, Apple juice (apple juice from concentrate [water, concentrated apple juice], apple juice not from concentrate, vitamin C), Cider vinegar, Chipotle sauce(Chipotle peppers, distilled vinegar, water, salt, sugar, onion powder, garlic powder, spices, natural flavour, pepper Pulp [Red Pepper, Distilled vinegar, salt]) , Jameson Whisky, Worcestershire sauce(water, white vinegar, blackstrap molasses, glucose-fructose, salt, soy sauce [water, salt, hydrolyzed soy protein, corn syrup, caramel], caramel, tamarind concentrate, anchovies , spices, polysorbate 80, oleoresin capsicum, garlic extract, soy flour), Spiracha sauce(chili, sugar, salt, garlic, vinegar, potassium sorbate, sodium bisulphites, xanthan gum), Xanthan gum, Soya sauce(water, hydrolysed soy proteins, salt, caramel colour[sulphites], glucose solids, sodium benzoate, citric acid), natural smoked flavour, Onion salt(salt, onions, tricalcium phosphate, sunflower oil), Garlic, Smoked paprika, Black pepper. Contain: Fish, Soy, sulphites. Tomato Ketchup [Tomato Paste (Made From Fresh Ripe Tomatoes), Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices], Dill Aioli : Mayo (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Avocado, Asian Slaw Shredded Cabbage, Red Cabbage, Yellow And Red Bell Peppers, Carrots, Red Onion, Green Onion, Spinach, Canola Oil, Cajun Seasoning (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour),</p>
Rib Duo/ Rib Trio	See add ons for Shrimp and Chicken
Wagyu Beef Meatloaf	<p>ALLERGEN WARNING: Contains Egg, Fish, Milk, Soy, Sulphites, Wheat.</p> <p>INGREDIENTS: 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. 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 Chili Flour: (wheat flour, corn starch, salt, chili pepper flakes). frying oil] 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: Roasted Carrot, Roasted Red Onions (Red Onion, Canola Oil, Salt, Black Pepper), Greenbeans, Trio Mush Roasted Mushrooms: Button Mushrooms, Shiitake Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Chili Pepper Flakes, Black Pepper. . Canola Oil. Butter (Milk). Salt. Black Pepper. Red Onion String</p>

Stuffed Portobello Mushroom Cap	<p>ALLERGEN WARNING: Contains Sesame, Soy, Sulphites.</p> <p>INGREDIENTS: 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:Roastes Carrot, Roasted Red Onion (Red Onion, 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), Margarine), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley. . 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>ALLERGEN WARNING: Milk, soy, sulphites</p> <p>INGREDIENTS: Chicken breasts [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 <10ppm. Contains soy], Chickpeas [Chick peas, water, salt, disodium EDTA], Spinach, Kale, Grape tomatoes, 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)], Canola oil, [Balsamic glaze-Roland {Balsamic Vinegar of Modena, Sugar, Dehydrated Glucose Syrup, Dextrose, Lactose (Milk), Maltodextrin, Modified Starch, Xanthan Gum Stabilizer}, Basil oil [Olive oil blend, basil, salt], Roasted red onions [Onions, canola oil, salt, pepper], Garlic butter [Unsalted butter, lemon juice, garlic, roasted garlic {garlic, canola oil}, Franks red hot sauce {above}, parsley. Allergen: Milk], Gremolata Parsley Lemon Zest, Salt, Pepper.</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: Roasted Carrot Roasted Red Onion (Red Onion, 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), Margarine, Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley. 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 Steaks. Sirloin, Filet, Ribeye	<p>ALLERGEN WARNING: Contains Milk And Mustard.</p> <p>INGREDIENTS: Beef, Seasonal Vegetable Portion: Roasted Carrot Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Green Beans. Stockton Steak Spice Sea Salt, Black Pepper, Sezchuan Pepper, Pink Pepper, White Pepper. Canola Oil, Garlic, Garlic butter [Unsalted butter, lemon juice, garlic, roasted garlic {garlic, canola oil}, Franks red hot sauce {above}, parsley. Allergen: Milk], Parsley.</p>

Stuffed Portobello Mushroom Cap	<p>ALLERGEN WARNING: Contains Sesame, Soy, Sulphites.</p> <p>INGREDIENTS: 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:Roastes Carrot, Roasted Red Onion (Red Onion, 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), Margarine), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley. . 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>ALLERGEN WARNING: Milk, soy, sulphites</p> <p>INGREDIENTS: Chicken breasts [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 <10ppm. Contains soy], Chickpeas [Chick peas, water, salt, disodium EDTA], Spinach, Kale, Grape tomatoes, 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)], Canola oil, [Balsamic glaze-Roland {Balsamic Vinegar of Modena, Sugar, Dehydrated Glucose Syrup, Dextrose, Lactose (Milk), Maltodextrin, Modified Starch, Xanthan Gum Stabilizer}, Basil oil [Olive oil blend, basil, salt], Roasted red onions [Onions, canola oil, salt, pepper], Garlic butter [Unsalted butter, lemon juice, garlic, roasted garlic {garlic, canola oil}, Franks red hot sauce {above}, parsley. Allergen: Milk], Gremolata Parsley Lemon Zest, Salt, Pepper.</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: Roasted Carrot Roasted Red Onion (Red Onion, 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), Margarine, Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley. 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 Steaks. Sirloin, Filet, Ribeye	<p>ALLERGEN WARNING: Contains Milk And Mustard.</p> <p>INGREDIENTS: Beef, Seasonal Vegetable Portion: Roasted Carrot Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Green Beans. Stockton Steak Spice Sea Salt, Black Pepper, Sezchuan Pepper, Pink Pepper, White Pepper. Canola Oil, Garlic, Garlic butter [Unsalted butter, lemon juice, garlic, roasted garlic {garlic, canola oil}, Franks red hot sauce {above}, parsley. Allergen: Milk], Parsley.</p>

Add Blue Cheese	<p>ALLERGEN WARNING: Contains Milk</p> <p>INGREDIENTS: Blue Cheese Crumble: Pasturized milk, Salt, Bacterial Culture, Calcium chloride, Microbial enzyme, Penicillium roqueforti.</p>
Add Black Pepper Butter	<p>ALLERGEN WARNING: Contains Milk, Egg, Soy And Mustard.</p> <p>INGREDIENTS: 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</p>
Add Peppercorn Sauce	<p>ALLERGEN WARNING: Contains Milk And Mustard.</p> <p>Stockton Steak Spice Sea Salt, Black Pepper, Sezechuan Pepper, Pink Pepper, White Pepper. Peppercorn Sauce 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 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)</p>
Add Chimmi Churri Butter	<p>ALLERGEN WARNING: Contains Milk, Egg, Soy And Mustard.</p> <p>INGREDIENTS: Chimichurri Butter: Butter (Cream), Canola Oil, Garlic, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Lemon Juice, Salt.</p>
Add Seafood Topper	<p>ALLERGEN WARNING (Seafood Topper): Fish, shellfish, crustaceans, milk, soy, sulphies 22</p> <p>INGREDIENTS: Lobster, Shrimp 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], Lobster Stock water, Chili Salts: Chili Pepper Flakes, Salt 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], Gremolata Parsley Lemon Zest</p>

Chicken Parm	<p>Allergen Warning: Egg, Milk, Soy, Sulphites, Wheat.</p> <p>INGREDIENTS: 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. Arugula, . Mozzarella: Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Cellulose, Natamycin. Provolone: Pasteurised 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 Alginate]), Water. Butter (Cream). Asiago Cheese: Milk, Bacterial Culture, Salt, Lipase, Microbial Enzymes, Modified Milk Ingredient. Salt. Black Pepper. Gremolata: Lemon Zest, Parsley. Lemon vinaigrette [Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), cane syrup, salt], Sweetie drop peppers [Sweet drop peppers, water, vinegar, sugar, salt, calcium chloride], Pasta Spaghetini Pasta- Penne cooked: Pasta [SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contain eggs], Water, Oil, Salt</p>
Sweet Potato Fries	<p>ALLERGEN WARNING: Contains Egg, Mustard, Soy, Sulphites.</p> <p>INGREDIENTS: 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. Parsley, . 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>
Sautéed Onions	<p>ALLERGEN WARNING: Contains Milk, Soy, Sulphites.</p> <p>INGREDIENTS: Canola Oil, Salt, Pepper, Green Onion, Parsley Chimichurri Butter: Butter (Cream), Canola Oil, Garlic, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Lemon Juice, Salt.</p>
Sautéed Mushrooms	<p>ALLERGEN WARNING: Milk, soy, wheat, sulphites</p> <p>INGREDIENTS: 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. 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</p>

PASTAS & NOODLES	
Pesto Chicken Penne Asiago	<p>ALLERGEN WARNING: Mustard, milk, egg, soy, wheat, sulphites.</p> <p>INGREDIENTS: Pasta- Penne cooked: Pasta [SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contain eggs], Water, Oil, Salt. ____ 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 <10ppm. Contains soy], Garlic cream Sauce [CONTAINS: MILK, SOY, WHEAT (GLUTEN). MAY CONTAIN: MUSTARD], Chicken broth/stock [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}], Basil Pesto-Pasta Deprile [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], Red Pepper, Tomatoes, Shredded Asiago Cheese, Spinach, Water, Roasted garlic, Garlic, Canola Oil, Parsley, Salt, Pepper.</p>
Thai Basil Noodles	<p>ALLERGEN WARNING: Peanut, sesame, mustard, fish, shellfish[crustacea], milk, egg, soy, wheat, sulphites</p> <p>INGREDIENTS: Rice noodles cooked [Water, rice noodles {rice, water}, sesame oil], Chicken Breast [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], Coconut sauce [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], Chicken broth/stock [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}], Shrimps [Shrimp, Salt, Sodium Tripolyphosphate. May contain sulphites], Egg, Carrots, Yellow peppers, Red onion, Bean sprouts, Peanut sauce [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], Green onion, Sesame oil blend [Canola oil, sesame oil], White wine, Ginger, Basil, Salt, Pepper.</p>
Butternut Squash Ravioli	<p>ALLERGEN WARNING: Peanuts, treenuts, mustard, milk, egg, soy, wheat</p> <p>INGREDIENTS: Butternut squash ravioli [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], Sweetie drop peppers [Sweet drop peppers, water, vinegar, sugar, salt, calcium chloride], Green apple, Sage brown butter [Unsalted butter, sage], 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. Allerges: Milk, soy, wheat. May contain mustard], Leeks, Poppy seed goat cheese [Goat cheese, poppy seeds], Canola oil, Parmesan Romano blend [Milk], Spiced pecans [Allergens: peanut, treenuts], Garlic, Sage, Salt & Pepper, Chili salt [salt, chili flakes].</p>

HANDHELDS	
Steak Sandwhich	<p>ALLERGEN WARNING: Contains Egg, Milk, Mustard, Sesame, Soy Wheat, Sulphites. </p> <p>INGREDIENTS: 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 Red Onion (Red Onion, Canola Oil, Salt, Pepper) 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 Sandwhich	<p>ALLERGEN WARNING: Contains Egg, Milk, Mustard, Soy, Wheat, Sulphites.</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Contains fish, wheat, egg, soy, milk, sulphites, mustard.</p> <p>INGREDIENTS: Basa Fillet: Basa Fillet (Fish), chili flour (wheat flour, corn starch, salt, chili pepper flakes), egg whites. Fried in canola oil. Flour Tortilla: 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. Fresh Cut Salsa: 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. Baja Taco Slaw: cabbage, jicama, onion, green onion, carrot, cilantro. Mozzarella Cheese: partly skimmed milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride. Cilantro Cream Sauce: 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. Chili Avocado Aioli: 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. Cilantro Lime Vinaigrette: 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. Avocado. Cilantro.</p>
BRUNCH	
Avocado Toast	<p>ALLERGEN WARNING: Contains Egg, Milk, Soy, Sulphites, Wheat.</p> <p>INGREDIENTS: 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. Brunch Potatoes: Potatoes, Canola Oil, 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, Parsley, Lemon Zest. 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</p>
Traditional Breakfast	<p>ALLERGEN WARNING: Soy, egg</p> <p>INGREDIENTS (scrambled Eggs): Whole egg, Butter flavoured oil {High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene.</p> <p>ALLERGEN WARNING: Milk</p> <p>INGREDIENTS (Breakfast Potatoes): 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>ALLERGEN WARNING: Tree nuts, sesame, milk, soy, wheat.</p> <p>INGREDIENTS (Toasts): 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>

Traditional Breakfast (Vegan)	<p>ALLERGEN WARNING: Contains Soy, Sulphites, Wheat Mustard, Tree Nuts</p> <p>INGREDIENTS: Just Egg Water, Mung Bean Protein, Isolate, Expeller-Pressed Canola Oil, Sugars (Tapioca syrup solids, sugar) Soy Lecithin, Tetrasodium Pyrophosphate, Salt Gellan Gum, Potassium Citrate, Carotene, Nisin, Transglutaminase, Maltodextrin, Natural Floavors, Dehydrated Onion, Turmeric Soy. 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 Ancho, Thyme, Parsley. 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>ALLERGEN WARNING: Contains Egg, Fish, Milk, Soy, Sulphites, Wheat.</p> <p>INGREDIENTS: 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. Hash Potatoes: Potatoes, Canola Oil, 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>ALLERGEN WARNING: Contains Milk, Egg, Soy, Wheat, Mustard And Sulphites.</p> <p>INGREDIENTS: 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) Chilli Avo Aioli, 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. Chimichurri Butter: Butter (Milk), Canola Oil, Garlic, Lemon Juice, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Salt.</p>

Traditional Eggs Benedict (NO BREAKFAST POTATOES)	<p>ALLERGEN WARNING: Sesame seeds, milk, eggs, soy, wheat, sulphites</p> <p>INGREDIENTS: 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], English Muffin [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], Hollandaise sauce [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], Parsley.</p>
California Eggs Benedict (NO POTATOES & KETCHUP)	<p>ALLERGEN WARNING: Sesame seeds, milk, eggs, shellfish, soy, wheat, sulphites.</p> <p>INGREDIENTS: Poached Eggs, Avocado, English Muffin [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], Hollandaise Sauce [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], Shrimps [Shrimp, Salt, Sodium Tripolyphosphate. May contain sulphites], Double Smoked Bacon [Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain: sugar, brown sugar, potassium chloride, spice, flavour], Parsley.</p>
Baileys + Cream French Toast	<p>ALLERGEN WARNING: Treenuts, milk, eggs, soy, wheat, sulphites</p> <p>INGREDIENTS: 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 & 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>ALLERGEN WARNING: Contains Soy, Sulphites.</p> <p>INGREDIENTS: .Just Egg Water, Mung Bean Protein, Isolate, Expeller-Pressed Canola Oil, Sugars (Tapioca syrup solids, sugar) Soy Lecithin, Tetrasodium Pyrophosphate, Salt Gellan Gum, Potassium Citrate, Carotene, Nisin, Transglutaminase, Maltodextrin, Natural Floavors, Dehydrated Onion, Turmeric Soy. 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, V 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. , 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.</p>
Scrambled eggs - For Traditional Breakfast	<p>ALLERGEN WARNING: Soy, egg.</p> <p>INGREDIENTS: Whole egg, Butter flavoured oil (High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene)</p>
Side: Brunch Potatoes	<p>ALLERGEN WARNING: Contains Milk.</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Tree nuts, sesame, milk, soy, wheat.</p> <p>INGREDIENTS: Toasts: 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>
Gluten Free English Muffin	<p>ALLERGEN WARNING: Contains Egg, Milk.</p> <p>INGREDIENTS: 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: Andoulie Sausage	<p>ALLERGEN WARNING: Contains Sulphites</p> <p>INGREDIENTS: Andoulie Sausage: Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices</p>
Side: Breakfast Sausage (Vegan)	<p>ALLERGEN WARNING: Contains Wheat.</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: None</p> <p>INGREDIENTS: Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain: sugar, brown sugar, potassium chloride, spice, flavour.</p>
Side: Fruit Bowl	<p>ALLERGEN WARNING: N/A.</p> <p>INGREDIENTS: Fruit Salad Mix: Strawberry, Blueberry, Pineapple, Cane Syrup ([Water, Concentrated Orange Juice], Sugar). Mint.</p>
SIDES	
Side: Beef Gravy	<p>ALLERGEN WARNING: Milk, soy, wheat, sulphites</p> <p>INGREDIENTS: 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].</p>
Side: Seasonal Vegetables	<p>ALLERGEN WARNING: Milk</p> <p>INGREDIENTS: Carrot, Green Bean, Red Onion Salt, Pepper, Milk Canola Oil</p>
Sautéed Onions	<p>ALLERGEN WARNING: Contains Milk, Soy, Sulphites.</p> <p>INGREDIENTS: Canola Oil, Salt, Pepper, Green Onion, Parsley Chimichurri Butter: Butter (Cream), Canola Oil, Garlic, Parsley, Cilantro, Cumin, Chili Pepper Flakes, Lemon Juice, Salt.</p>

Sautéed Mushrooms	<p>ALLERGEN WARNING: Milk, soy, wheat, sulphites</p> <p>INGREDIENTS: 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. 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</p>
Side: Roasted Potatoes	<p>ALLERGEN WARNING: None</p> <p>INGREDIENTS: Potatoes, Garlic, canola oil, black pepper, ancho chili powder, salt, thyme.</p>
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	See Salads
Side: Milestones' California Spring Salad (WITH DRESSING)	See Salads
Side: Corn Tortilla Chips*	<p>ALLERGEN WARNING: None</p> <p>INGREDIENTS: Corn Tortilla Chips: Stone ground corn, water, Allergens: None ___Frying oil---Coarse Salt.</p>
Side: Yukon Gold Mashed Potatos	<p>ALLERGEN WARNING: milk</p> <p>INGREDIENTS: Potatoes, Milk, 35% Cream, Sour cream, Unsalted butter, Kosher Salt, Parsley, Roasted garlic [garlic, canola oil], Pepper.</p>
Side: Fries*	<p>ALLERGEN WARNING: None</p> <p>INGREDIENTS: 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.</p>
Garlic Parmesan Fries	<p>ALLERGEN WARNING: Contains Egg, Mustard Milk, Soy, Sulphites.</p> <p>INGREDIENTS: French Fries: Potatoes, Canola Oil, Hydroblend Batter, Salt, Sodium Acid Pyrophosphate, Dextrose, Emerald Foam. Fried in Canola Oil. 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</p>

Side: Jasmine Rice	<p>ALLERGEN WARNING: Soy, Wheat</p> <p>INGREDIENTS: Water, Rice, Salt, Rice vinegar [Rice vinegar (water, salt), sugar, salt. May contain soy, wheat].</p>
Side: Sweet Potatoe Fries	<p>ALLERGEN WARNING: Contains Egg, Mustard, Soy, Sulphites.</p> <p>INGREDIENTS: 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. Parsley, . Dill</p> <p>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>
ADD ONS- See salads	
Add Blue Cheese	<p>ALLERGEN WARNING: Contains Milk</p> <p>INGREDIENTS: Blue Cheese Crumble: Pasturized milk, Salt, Bacterial Culture, Calcium chloride, Microbial enzyme, Penicillium roqueforti.</p>
SAUCES	
Chili Avocado Aioli	<p>ALLERGEN WARNING: Mustard, egg, soy, sulphites</p> <p>INGREDIENTS: 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.</p>
Dill Avocado Aioli	<p>ALLERGEN WARNING: Contains Egg, Mustard, Soy, Sulphites.</p> <p>INGREDIENTS: 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.</p>
Coconut Sambal	<p>ALLERGEN WARNING: peanuts, treenuts, sulphites</p> <p>INGREDIENTS: Toasted coconut-DR [White Coconut Meat, Sodium Metabisulfite], Sambal Spice [coriander, cumin, cayenne pepper, black pepper, salt], Lime Juice.</p>
Sweet Thai Chilli Sauce	<p>ALLERGEN WARNING: soy, wheat, sulphites</p> <p>INGREDIENTS: 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.</p>

Lime Cilantro Vinaigrette	<p>ALLERGEN WARNING: Sulphites</p> <p>INGREDIENTS: 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 & Lime Juice, Salt, Pepper.</p>
Chalula Hot Sauce	<p>ALLERGEN WARNING: None</p> <p>INGREDIENTS: Water, Peppers (Arbol and Piquin), Salt, Vinegar, Spices and Xanthan Gum.</p>
Asian Slaw w/ Cilantro Lime Dressing	<p>ALLERGEN WARNING: Sulphites</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Fish, shellfish, soy, wheat, sulphites</p> <p>INGREDIENTS: Canola oil, Mango pulp [Mango puree, sugar, water, citric acid & natural flavours], Tabasco brand sweet & 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 & 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 & 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>
DRESSINGS	
Honey Mustard Vinaigrette	<p>ALLERGEN WARNING: Mustard, sulphites</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Mustard, soy, wheat, sulphites</p> <p>INGREDIENTS: Canola oil, Rice wine vinegar {Rice vinegar (water, salt), sugar, salt. May contains soy, wheat}, Honey, Orange zest & juice, Lemon zest & 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>ALLERGEN WARNING: Mustard, milk, eggs, fish, shellfish, soy, wheat, sulphites</p> <p>INGREDIENTS: 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 & 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>
Blue Cheese Dressing	<p>ALLERGEN WARNING: Milk, Egg, Mustard, Fish</p> <p>INGREDIENTS: Blue Cheese Dressing: Mayonnaise (Canola oil, liquid whole egg, water, vinegar, sugar, salt, calcium disodium EDTA) · Sour Cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture) · Buttermilk (partly skim milk, salt, bacterial culture) · Blue Cheese (pasteurised milk, bacterian culture, salt, calcium chloride, microbial enzymes, cellulose, Penicillium Roqueforti, natamycin) · Lemon Juice · Salt · Sugar · Apple Cider Vinegar · Worcestershire Sauce (water, vinegar, sugars [molasses, glucose-fructose], salt, anchovies, onion, natural flavour, garlic, spices, paprika extract) · Tabasco Sauce (vinegar, red peppers, salt) · Mustard Powder · Garlic powder · White Pepper.</p>
Lemon Vinaigrette dressing	<p>ALLERGEN WARNING: Soy, wheat, sulphites</p> <p>INGREDIENTS: Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt.</p>
KIDS	
Kid: Mini Burger	<p>ALLERGEN WARNING: Sesame, milk, soy, wheat.</p> <p>INGREDIENTS: Beef____ Salt & 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 & 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, calcium chloride, microbial enzyme, colour, cellulose, natamycin</p>

Kid: Grilled Cheese Sandwich	<p>ALLERGEN WARNING: Sesame, milk, soy, wheat, sulphites</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Wheat, egg, milk</p> <p>INGREDIENTS: Pasta[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], _water, _canola oil, _salt.</p> <p>Whipping cream: CREAM, MILK, CELLULOSE GEL, CARRAGEENAN, CELLULOSE GUM----- Mozzarella, Provolone: pasteurised milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin. OR Tomato Sauce: Allergen Warning: None. Ingredients: Tomatoes, Tomato Puree (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid.----- Sep 20,2017 Saputo - Parm-romano shred cheese[Pasteurized Milk, modified milk ingredients, Salt, Lipase, Calcium Chloride, Microbial Enzyme, Bacterial Culture, Cellulose, Sorbic Acid, colour.], Arugula.</p>
Kid: Chicken Fingers*	<p>ALLERGEN WARNING: Milk, soy, wheat</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Sulphites.</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: None</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Milk</p> <p>INGREDIENTS: French Vanilla Ice Cream: 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 & diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan).</p>
Kid: Dessert - Add on: Caramel Sauce	<p>ALLERGEN WARNING: Contains Milk</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Contains Milk</p> <p>INGREDIENTS: Sugar/Glucose-Fructose, Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder, Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour</p>
Kid: Dessert - Chapman's Li'l Sammich	<p>ALLERGEN WARNING: Milk, soy, wheat, sulphites</p> <p>INGREDIENTS: 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>ALLERGEN WARNING: Contains Egg, Milk, Soy, Wheat.</p> <p>INGREDIENTS: 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>

DESSERTS	
The Cookie	<p>ALLERGEN WARNING: Contains Egg, Milk, Soy, Wheat.</p> <p>INGREDIENTS: 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>"ALLERGEN WARNING: Tree nuts, milk, eggs, soy, wheat, sulphites</p> <p>INGREDIENTS: White Chocolate Cheesecake: Cream Cheese(milk ingredients, bacterial culture, salt, guar gum, propylene glycol alginate, xanthan gum, carrageenan, carob bean gum), Chocolate Crumb [enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, cocoa, high fructose corn syrup, corn flour, caramel, whey, salt, baking soda, soy lecithin], Sugar, White Chocolate (sugar, cocoa butter, whole milk powder, soy lecithin, vanilla), Corn Syrup, Whipping Cream [cream, milk, stabilizer (dextrose, carrageenan)], Liquid Whole Egg, Butter, Unsalted Margarine [vegetable oil (palm, canola, modified palm oil) water, vegetable monoglycerides, soy lecithin, potassium sorbate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3], Water, Milk Powder, Modified Corn Starch, Cornstarch, Vanilla Flavor (water, propylene glycol, artificial flavor, caramel color, citric acid), White Chocolate Flavor contain milk, eggs, soy, wheat. present in same plant tree nuts, allergen info from vendor Dev 2011 says -present in the same plant - tree nuts (no peanuts),___Vanilla whipping cream: Whipping cream, sugar, vanilla.____ Chocolate Shavings: Cocoa mass, sugar, cocoa butter, milk fat, soy lecithin, natural vanilla._Espresso Cream Sauce[milk, egg yolk, whipping cream, sugar, vodka, espresso, vanilla extract],___strawberries. "</p>
Dulce De Leche	<p>ALLERGEN WARNING: Milk, Wheat, Soy, Almonds, Eggs, Sulphites</p> <p>INGREDIENTS: Dulce De Leche Cake Cream Cheese, sour cream, Graham mix (Graham crumbs (wheat flour, sugar, water, brown sugar, blackstrap molasses,vegetable oil shortening (palm modified palm oils)wheat bran, honey, baking powder, salt, baking soda, ammonium bicarbonate), vegetable oil shortening (canola oil, modified palm and palm kernel oil) Wheat flour, sugar, cinnamon, salt) sugar, caramel, (sweetened condensed skim milk(milk ingredients, sugar, water, corn syrup, (contains sulphites), skim milk powder, canola oil, sodium alginate, salt microcrystalline cellulose, carboxymethyl cellulose, mono glycerides, sodium hexametaphosphate, potassium sorbate, soy lecithin, sodium bicarbonate) 35% cream, toffe bits (sugar, butter, almonds, milk chocolate (sugar cocoa butter, unsweetened chocolate, milk ingredients, lactose, salt, soy lecithin), milk ingredients, salt, sunflower oil) gelatin, shortening (canola, palm and modified palm oils) water, glucose, sodium benzonate, natural flavours, Caramel Topping: Sugar/Glucose-Fructose, Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour. Mint, Icing sugar</p>

Ganache Torte (Vegan)	<p>ALLERGEN WARNING: Contains Peanuts, Soy, Tree Nuts.</p> <p>INGREDIENTS: 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>
Key Lime Pie	<p>ALLERGEN WARNING: Milk, Wheat, Sulphites, Egg (may contain tree nuts) Soy</p> <p>INGREDIENTS: Key Lime Pie condensed milk (evaporated milk, sugar, lactose) lime juice (water, concentrated lime juice(water concentratedlime juice, sulphites, lime oil) eggs, wheat flour, Graham mix (Graham crumbs (wheat flour, sugar, water, brown sugar, blackstrap molasses, vegetable oil shortening (palm and modified palm oils,) wheat bran, honey, baking powder, salt, baking soda, ammonium bicarbonate) vegetable oil shortening (canola oil, modified palm and palm kernel oil) wheat flour, sugar, cinnamon, salt) butter, margarine, whip topping (water glucose-fructose, hydrogenated vegetable oil (palm, palm kernel, coconut and or cottonseed) sugar, sodium caseinate, modified cellulose, lactic esters of fatty acids, sodium benzoate, potassium sorbate, salt, titanium dioxide, sodium acid sulfate, carrageenan gum, methylcellulose, polysorbate 60) gelatin, salt, calcium propionate, colours, natural artificial flavors. May contain peanuts, tree nuts, sesame, milk ingredients, egg, soy, sulphites, gluten, Mint, Icing Sugar</p>
Carrot Cake	<p>ALLERGEN WARNING: Egg, Milk, Soy, Walnuts, Hazelnuts, Wheat, Tree Nuts, Wheat, Pineapple, Sulphites</p> <p>INGREDIENTS: Carrot Cake: Sugar (sugar icing sugar) Pineapple, Flour, Cream Cheese, (milk ingredients, bacterial culture, salt, guar gum, locust bean gum), Carrots, Canola Oil, Butter, Liquid whole egg, Palm and canola oil margarine, Walnuts, Caramelized Hazelnuts, Sodium Bicarbonate, Baking powder, spice, Salt, Flavour, Lemon Juice, (water concentrated lemon juice, sulphites, lemon oil) Soy lecithin. Icing Sugar, Mint</p>
Ice-Cream: French Vanilla	<p>ALLERGEN WARNING: Milk</p> <p>INGREDIENTS: French Vanilla ice cream: 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 & diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan). Allergens: Milk</p>
	<p>NOTE: Notes: 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>