

**Start or Share - May 2024**

<p align="center"><b>Spinach &amp; Artichoke Dip</b> <b>Allergen Warnings: Milk, Wheat</b></p>	<p><b>Spinach &amp; Artichoke Dip:</b> 35% Cream, Spinach, Artichokes (Artichoke, Water, Salt, Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase Calcium Chloride, Enzyme, Powdered Cellulose, Natural Flavour), Flour, Onion, Butter, Romano Cheese (Milk, Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose), Sour Cream (Cream, Milk, Modified Milk Ingredients, Modified Corn Starch, Guar Gum Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Garlic, Vegetable Stock (Corn Syrup, Sea Salt, Yeast Extract (Barley, Wheat), Sugar (Dextrose), Parsley, Spices, Vegetable Oil (Canola, Extra Virgin Olive Oil), Disodium Guanylate, Disodium Inosinate, Colour, Flavour (Includes Celery, Garlic, Onion), Asiago/Mozzarella/Provoolone Cheese (Pasteurized milk, Modified milk ingredients, Salt, Calcium chloride, Lipase, Bacterial culture, Microbial enzyme, Cellulose, Natamycin).</p> <p><b>Fresh Cut Salsa:</b> Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil</p> <p><b>Yellow Corn Chips:</b> Stone Ground Corn, Water, Propionic Acid, Sodium Propionate, Sodium Benzoate, Calcium Hydroxide</p>
<p align="center"><b>Wham Bam Shrimp</b> <b>Allergen Warnings: Milk, Egg, Soy, Wheat, Shellfish, Sesame, Mustard</b></p>	<p><b>Marinated Shrimp:</b> Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture)</p> <p><b>Chili Flour:</b> Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p><b>Wham Bam Sauce:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Parsley</p> <p><b>Chili Salts:</b> Salt, Red Pepper Flakes</p> <p><b>Crispy Wontons:</b> 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, Vinegar, Sodium Propionate, Potassium Sorbate</p> <p><b>Gremolata:</b> Parsley, Lemon Zest</p> <p><b>Sesame Seeds, Lime Wedge</b></p>
<p align="center"><b>Crispy Tempura Cauliflower</b> <b>Allergen Warnings: Egg, Milk, Soy, Sulphites, Wheat, Sesame, Mustard</b></p>	<p><b>Tempura Cauliflower:</b> Cauliflower, Wheat Flour, Yellow Corn Flour, Wheat Starch, Salt, Baking Powder, Sucrose Esters, Water, Canola Oil</p> <p><b>Blue Cheese Dressing:</b> Mayonnaise (Canola Oil, Liquid Whole Egg, Water, Vinegar, Sugar, Salt, Calcium Disodium), Sour Cream (Milk Ingredients, Modified Corn Starch, Guar Gum, Carrageenan, Locust Bean Gum, Sodium Citrat Bacterial Culture), Blue Cheese (Pasteurized Milk, Bacterian Culture, Salt, Calcium Chloride, Microbial Enzymes, Cellulose, Penicillium Roqueforti, Natamycin), Lemon Juice, Salt, Sugar, Apple Cider Vinegar, Worcestershire Sauce (Water, Vinegar, Sugars (Malasses, Glucose Fructose), Salt, Anchovies, Onion, Natural Flavour, Garlic, Spices, Paprika Extract), Tabasco Sauce (Vinegar, Red Peppers, Salt), Mustard Powder, Garlic Powder, White Pepper</p> <p><b>Spicy Buffalo:</b> Buffalo Sauce(Cayenne from Red Peppers, Vinegar, Salt, Canola Oil, Xanthan Gum), Parsley</p> <p><b>Korean BBQ:</b> Kalbi Sauce (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xantham Gum), Sesame Seeds, Parsley</p> <p><b>Salt + Black Pepper Bourbon:</b> Black Pepper Bourbon Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)), Salt, Black Pepper, Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour), Gremolata (Parsley, Lemon Zest)</p> <p><b>Jalapeno Mango Gold BBQ:</b> BBQ sauce (distilled vinegar, sugar, water, mustard seed, soy sauce [water, wheat, soybeans, salt] red cayenne peppers, salt, cider vinegar, tomato paste, smoke flavour, tumeric, corn syrup, paprika oleoresin, spices, molasses, garlic powder, natural flavours, onion powder, sodium benzoate, celery seeds) Mango puree, Jalapeno peppers.</p>
<p align="center"><b>M Wings</b> <b>Allergen Warnings: Egg, Milk, Mustard, Sesame, Sulphites, Soy, Gluten</b></p>	<p><b>Chicken Wings:</b> Chicken Wings, Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Savory Creations Chicken Base (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)</p> <p><b>Chili Flour:</b> Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p><b>Blue Cheese Dressing:</b> Mayonnaise (Canola Oil, Liquid Whole Egg, Water, Vinegar, Sugar, Salt, Calcium Disodium), Sour Cream (Milk Ingredients, Modified Corn Starch, Guar Gum, Carrageenan, Locust Bean Gum, Sodium Citrat Bacterial Culture), Blue Cheese (Pasteurized Milk, Bacterian Culture, Salt, Calcium Chloride, Microbial Enzymes, Cellulose, Penicillium Roqueforti, Natamycin), Lemon Juice, Salt, Sugar, Apple Cider Vinegar, Worcestershire Sauce (Water, Vinegar, Sugars (Malasses, Glucose Fructose), Salt, Anchovies, Onion, Natural Flavour, Garlic, Spices, Paprika Extract), Tabasco Sauce (Vinegar, Red Peppers, Salt), Mustard Powder, Garlic Powder, White Pepper</p> <p><b>Spicy Buffalo:</b> Buffalo Sauce(Cayenne from Red Peppers, Vinegar, Salt, Canola Oil, Xanthan Gum), Parsley</p> <p><b>Korean BBQ:</b> Kalbi Sauce (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xantham Gum), Sesame Seeds, Parsley</p> <p><b>Salt + Black Pepper Bourbon:</b> Black Pepper Bourbon Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)), Salt, Black Pepper, Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour), Gremolata (Parsley, Lemon Zest)</p> <p><b>Jalapeno Mango Gold BBQ:</b> BBQ sauce (distilled vinegar, sugar, water, mustard seed, soy sauce [water, wheat, soybeans, salt] red cayenne peppers, salt, cider vinegar, tomato paste, smoke flavour, tumeric, corn syrup, paprika oleoresin, spices, molasses, garlic powder, natural flavours, onion powder, sodium benzoate, celery seeds) Mango puree, Jalapeno peppers.</p>
<p align="center"><b>Sweet Chili Chicken Bites</b> <b>Allergen Warnings: Sesame, Egg, Soy, Sulphites, Wheat</b></p>	<p><b>Chicken Morsels:</b> Chicken, Water, Soya Protein Concentrate, Sodium Phosphate, Salt, Wheat Flour, Canola Oil, Salt, Spices, Torula Yeast, Garlic Powder, Sugar, Spice Extractives.</p> <p><b>Sweet Thai Chili Sauce:</b> Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro</p> <p><b>Crispy Wontons:</b> 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, Vinegar, Sodium Propionate, Potassium Sorbate</p> <p><b>Cucumber, Green Onion, Sesame Seeds, Lime Wedge</b></p>
<p align="center"><b>Chilled Seafood Cocktail</b> <b>Allergen Warnings: Egg, Mustard, Fish, Shellfish</b></p>	<p><b>Shrimp &amp; Bay Scallops</b> (Shrimp, Bay Scallops, Sodium Tripolyphosphate, Salt)</p> <p><b>Dill Avocado Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p><b>Avocado, Tomato, Red Onion, Parsley, Lettuce</b></p> <p><b>Chili Salts:</b> Kosher Salt, Red Chili Flakes.</p> <p><b>Crisp Leeks:</b> Leeks, Corn Starch</p> <p><b>Gremolata:</b> Parsley, Lemon Zest</p>

<p style="text-align: center;"><b>Coconut Calamari</b> <b>Allergen Warnings: Sulphite, Wheat, Soy, Shellfish, May Contain Peanut/Treenuts</b></p>	<p><b>Marinated Calamari:</b> Calamari (Jumbo Squid (Dosidicus Gigas), Salt, Disodium Diphosphate, Sodium Triphosphate, Sodium Bicarbonate), Water, Coconut Milk (Coconut Extracted, Water, Xanthan gum, Sucrose Ester, Sodium Carboxy Methyl Cellulose, Guar Gum, Sodium Metabisulfite)</p> <p><b>Chili Flour:</b> Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p><b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p><b>Mango Chili Vinaigrette:</b> Sweet &amp; Spicy Tabasco (Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices), Mango Puree (Mango Puree from Concentrate (Water, Mango Puree Concentrate), Sugar, Water, Citric Acid, Natural Flavor, Ascorbic Acid), Honey, Red Wine Vinegar (5% Acetic Acid, Sulphites), Worcestershire (Malt Vinegar (Barley), Spirit Vinegar, Water, Molasses, Salt, Anchovies (Fish), Tamarind Extract, Onions, Garlic, Spice, Natural Flavour), Lime Juice, Salt, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Canola Oil, Parsley</p> <p><b>Gremolata:</b> Parsley, Lemon Zest</p> <p><b>Toasted Coconut, Lime Wedge</b></p>
<p style="text-align: center;"><b>Chicken Lettuce Wraps</b> <b>Allergen Warnings: Sulphites, Soy, Wheat, Egg, Peanut, Milk, Mustard, Sesame</b></p>	<p><b>Chicken Morsels:</b> Chicken, Water, Soya Protein Concentrate, Sodium Phosphate, Salt, Wheat Flour, Canola Oil, Salt, Spices, Torula Yeast, Garlic Powder, Sugar, Spice Extractives.</p> <p><b>Sweet Thai Chili Sauce:</b> Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro</p> <p><b>Crispy Wontons:</b> 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, Vinegar, Sodium Propionate, Potassium Sorbate</p> <p><b>Peanut Sauce:</b> Garlic, Ginger, Cilantro, Honey, Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Peanut Butter (Dry Roasted Peanuts, Icing Sugar, Corn Syrup Solids, Hydrogenated Vegetable Oil (Rapeseed, Cotton Seed and or Soybean), Salt), Canola Oil, Water, Rice Wine Vinegar (Rice Wine, Salt, Sugar, Water), Whipping Cream (Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum)</p> <p><b>Scallion Wasabi Aioli:</b> 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, Rice Wine Vinegar.</p> <p><b>Green Onion, Carrots, Sesame Seeds, Iceberg Lettuce, Lime Wedge</b></p>
<p style="text-align: center;"><b>Tofu Lettuce Wraps</b> <b>Allergen Warnings: Sulphites, Soy, Wheat, Mustard, Sesame</b></p>	<p><b>Crispy Tofu:</b> Water, Soybeans (Non-GMO), Magnesium Chloride, Calcium Sulphate.</p> <p><b>Sweet Thai Chili Sauce:</b> Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Cilantro</p> <p><b>Chili Avocado Aioli:</b> Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice and Calcium Disodium EDTA (Maintains Flavour), Avocado, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper</p> <p><b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Bok Choy, Cilantro</p> <p><b>Green Onion, Carrots, Sesame Seeds, Iceberg Lettuce, Lime Wedge</b></p>
<p style="text-align: center;"><b>Burrata</b> <b>Allergen Warnings: Milk, Sulphites. May Contain Tree Nuts, Sesame</b></p>	<p><b>Burrata:</b> Pasteurized Milk, Pasteurized Cream, Salt, Lactic Acid, Culture, Rennet</p> <p><b>Red Pepper Relish:</b> Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Red Onions, Garlic, Lemon Juice, White Wine, Sugar, Salt, Pepper, Chili Flakes, Ginger.</p> <p><b>Basil Pesto:</b> 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.</p> <p><b>Balsamic Reduction:</b> Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum</p> <p><b>Schiacciata Bread:</b> Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast</p> <p><b>Garlic Oil:</b> Garlic, Canola Oil</p> <p><b>Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum</p> <p><b>Arugula, Red Onion, Salt, Black Pepper</b></p>
<p style="text-align: center;"><b>Sesame Soy Tartare</b> <b>Allergen Warnings: Soy, Mustard, Sesame, gluten, Fish, Egg, Sulphites</b></p>	<p><b>Ahi tuna Poke:</b> (filtered red smoke) <b>Salmon Poke:</b></p> <p><b>Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum</p> <p><b>Honey Mustard Vinaigrette:</b> Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed</p> <p><b>Wasabi Soy Sauce:</b> <b>Sushi Mayo:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Sesame Oil, Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Fish Sauce (Anchovie Extract, Salt, Sugar), Chili Salts (Salt, Red Chili Flakes) <b>Cilantro Lime Vinaigrette:</b> White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro <b>Wasabi:</b> Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites</p> <p><b>Crispy Wontons:</b> 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, Vinegar, Sodium Propionate, Potassium Sorbate</p> <p><b>Chili Salts:</b> Salt, Red Pepper Flakes</p> <p><b>Tartare Pack:</b> Cucumber, red onion, edamame beans, grape tomatoes, Tri-colour Quinos (water, salt), B&amp;W Sesame seeds, parsley.</p> <p><b>Crisp Leeks:</b> Leeks, Corn Starch</p> <p><b>Garnish:</b> Arugula, Spring mix, avocado, red onion, grape tomatoe, English cucumber.</p>

<p><b>Grilled Korean Short Ribs</b> Allergen Warnings: Soy, Sesame, Egg, Mustard, Peanut/tree nuts</p>	<p><b>Beef Short Rib, Kalbi Sauce</b> (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Sesame Seeds, <b>Kimchee Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), <b>Stockton Street Spice</b> (salt, black pepper, Szechuan peppercorn, pink peppercorn, Tellicherry peppercorn, white pepper), <b>Kimchee</b> (Napa Cabbage, Red Chili Powder, Sugar, Daikon Radish, Kelpstock (dried Kelp, Water), Garlic, Rice Flour, Monosodium Glutamate, leeks, Onions, Salt, Ginger), Garlic Chili Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum)</p> <p><b>Peanut Sauce:</b> Water, Coconut Milk (coconut extract, water), Sugar, Natural peanut butter (dry roasted peanuts), Red Thai Curry Paste (jalapenos, shallots, spices, ginger, canola and olive oil, garlic, water, salt, brown sugar, lemongrass, lime peel powder, citric acid, xanthan gum), Tamari soy sauce (water, soybeans, salt, sugar), Garlic, Crushed Peanuts, Salt, Red Peppers, Modified corn starch, Crushed tomatoes, Roasted sesame oil, Concentrated Lime Juice, Citric acid, Soy lecithin, Dehydrated onions, Spices and spice extract, Sesame seeds, Tamarind concentrate, Crushed chilies, Potassium sorbate, Sodium benzoate, Xanthan gum, Coriander, White pepper.</p> <p><b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Bok Choy, Cilantro <b>Cilantro Lime Vinaigrette:</b> White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro <b>Cilantro, Sesame seeds</b></p>
<p><b>Tuscan Bruschetta</b> Allergen Warnings: Tree nuts, Wheat, Milk</p>	<p><b>Bruschetta Mix:</b> Red vine tomatoes, tri colour grape tomatoes, Red onion, Roasted Garlic (Garlic, Canola Oil), Salt, Black pepper, Basil, Red wine vinegar, Cholula Hot Sauce [Water, Peppers (Arbol And Piquin), Salt, Vinegar, Spices, Xanthan Gum]. <b>Schiacciata Bread:</b> Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast <b>Basil Pesto:</b> Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial <b>Basil Oil:</b> Olive Oil, Canola Oil, Salt, Basil</p> <p><b>Balsamic Reduction:</b> Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum</p> <p><b>Asiago Cheese:</b> Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin <b>Arugula, Parsley</b></p>
<p><b>Wagyu Beef Gyoza</b> Allergen Warnings: Wheat, Soy, Sesame, Egg, Sulphites</p>	<p><b>Sesame Oil Blend:</b> Sesame oil, Canola oil <b>Wagyu Gyoza:</b> <b>Filling</b> (Beef, Cabbage, Water, Onion, Soy sauce (water, soybean, wheat, salt), Green onion, Ginger, Yeast extract, Modified Corn Starch, Sesame oil, Salt, White sugar, Spices, Garlic powder, Onion powder). <b>Wrapper:</b> (Wheat flour, Water, Canola oil, Salt, White sugar)</p> <p><b>Kimchee Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), <b>Stockton Street Spice</b> (salt, black pepper, Szechuan peppercorn, pink peppercorn, Tellicherry peppercorn, white pepper), <b>Kimchee</b> (Napa Cabbage, Red Chili Powder, Sugar, Daikon Radish, Kelpstock (dried Kelp, Water), Garlic, Rice Flour, Monosodium Glutamate, leeks, Onions, Salt, Ginger), Garlic Chili Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum)</p> <p><b>Korean BBQ:</b> Kalbi Sauce (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Sesame Seeds, Parsley</p> <p><b>Wasabi:</b> Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites <b>Sweetie Drop Peppers:</b> Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride <b>Green Onion, Black &amp; White Sesame Seeds</b></p>
<p><b>French Onion Soup</b> Allergen Warnings: Dairy, Wheat, Soy</p>	<p><b>French Onion Soup:</b> White onions, White sugar, Thyme, Canola Oil, Roasted Garlic (Garlic, Canola Oil), Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrot, Tomato Paste, Rosemary, Thyme, Jack Daniels, Red Wine, Au Jus Powder (Salt, Corn Starch, Hydrolyzed Soy Protein, Caramel Colour (Sulphites), Beef Powder, Sugar, Onion Powder, Beef Fat, Canola Oil, Glucose Solids, Natural Flavours (Maltodextrin, Milk Ingredients), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Torula Yeast, Citric Acid), Rice Wine Vinegar (Rice Wine, Salt, Sugar, <b>Crostini:</b> Baguette, Unbleached Wheat Flour, Water, Salt, Yest, Malted Barley Flour, Rice Flour (Dusting), Garlic oil, salt, pepper. <b>Asiago Cheese:</b> Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin <b>Swiss Cheese:</b> Modified Milk Ingredients, Milk, Salt, Bacterial Culture, Microbial Enzyme <b>Parsley</b></p>
<p><b>Baked Phyllo Brie</b> Allergen Warnings: Dairy, Wheat</p>	<p><b>Brie Cheese:</b> Pasteurized Milk, Modified Milk Ingredients, Pasteurized Cream, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, P. Candidum, Colour. <b>Phyllo Pastry:</b> Wheat flour, Water, Maize Starch, Salt, Vegetable Oil, Anticaking Agent (341), Preservative (202) <b>Fig Jam:</b> Dried Figs, Pure Cane Sugar, Fruit Pectin, Citric Acid <b>Crostini:</b> Baguette, Unbleached Wheat Flour, Water, Salt, Yest, Malted Barley Flour, Rice Flour (Dusting), Garlic oil, salt, pepper. <b>Fresh Grapes, Parsley</b></p>
<p><b>Roasted Mushroom Soup</b> Allergen Warnings: Sulphites</p>	<p><b>Vegan Roasted Mushroom Soup:</b> Water, Mushrooms, Onions, Portobello Mushrooms, Roasted Yukon Gold Potatoes (potatoes, calcium chloride), Extra virgin olive oil, Modified corn Starch, White Wine, Salt, Celery, Carrot juice Concentrate, hot Sauce (cayenne peppers, vinegar, salt, garlic), Onion Juice, Soy Protein Isolate, Yeast Extract, Disodium Inosinate, Disodium Guanylate, Xanthan Gum, Flavour, Spices <b>Parsley, Basil Oil:</b> Olive Oil, Canola Oil, Salt, Basil</p>

**Salads - May 2024**

<p><b>Roasted Garlic Caesar Salad</b> Allergen Warnings: <b>Tree Nuts, Mustard, Milk, Eggs, Fish, Shellfish, Soy, Wheat, Sulphites</b></p>	<p><b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p><b>Croutons:</b> Schiacciata Bread (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast), 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Salt, Black Pepper, Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour)</p> <p><b>Parmesan Romano Cheese:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p><b>Asiago Cheese:</b> Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p><b>Caesar Dressing:</b> Mayonnaise (Canola Oil, Liquid Whole Egg, Water, Vinegar, Salt, Sugar, Calcium Disodium EDTA), Red Wine Vinegar, Garlic, Anchovies (Anchovy Fillets, Sunflower Oil, Salt) Roasted Garlic, Lemon Juice, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Citric Acid, Sodium Metabisulphites), Worcestershire Sauce (Water, Vinegar, Sugars (Molasses, Glucose-Fructose), Salt, Anchovies, Onion, Natural Flavour, Garlic, Spices, Paprika Extract), Salt, Tabasco (Vinegar, Red Peppers, Salt), Black Pepper</p> <p><b>Romaine, Baby Kale</b></p>
<p><b>Roasted Beet &amp; Goat Cheese Salad</b> Allergen Warnings: <b>Sulphites, Tree Nuts, Soy</b></p>	<p><b>Tri Coloured Quinoa:</b> Black Quinoa, Red Quinoa, White Quinoa, Salt</p> <p><b>Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzonate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum</p> <p><b>Poppy Seed Goat Cheese:</b> Goat Cheese (Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate), Poppy Seeds</p> <p><b>Praline Spiced Pecans:</b> Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt</p> <p><b>Balsamic Reduction:</b> Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum</p> <p><b>Kale, Arugula, Romaine, Blueberries, Red Beets, Red Onion, Grape Tomatoes</b></p>
<p><b>California Spring Salad</b> Allergen Warnings: <b>Mustard, Sulphites, Tree Nuts, Soy</b></p>	<p><b>Heritage Spring Mix:</b> Crisphead Lettuce, Red Leaf Lettuce</p> <p><b>Honey Mustard Vinaigrette:</b> Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed</p> <p><b>Poppy Seed Goat Cheese:</b> Goat Cheese (Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate), Poppy Seeds</p> <p><b>Praline Spiced Pecans:</b> Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt</p> <p><b>Red Onion, Spinach, Strawberries, Avocado</b></p>
<p><b>Iceberg Wedge Salad</b> Allergen Warnings: <b>Mustard, Fish, Sulphites, Milk, Egg, Gluten</b></p>	<p><b>Blue Cheese Dressing:</b> Mayonnaise (Canola Oil, Liquid Whole Egg, Water, Vinegar, Sugar, Salt, Calcium Disodium), Sour Cream (Milk Ingredients, Modified Corn Starch, Guar Gum, Carrageenan, Locust Bean Gum, Sodium Citrat 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 (Malasses, Glucose Fructose), Salt, Anchovies, Onion, Natural Flavour, Garlic, Spices, Paprika Extract), Tabasco Sauce (Vinegar, Red Peppers, Salt), Mustard Powder, Garlic Powder, White Pepper</p> <p><b>Blue Cheese:</b> Pasteurized Milk, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Penicillium Roqueforti</p> <p><b>Fresh Cut Salsa:</b> Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil</p> <p><b>Croutons:</b> Schiacciata Bread (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast), 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Salt, Black Pepper, Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour)</p> <p><b>Gremolata:</b> Parsley, Lemon Zest</p> <p><b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p><b>Iceberg Lettuce, Egg (Hard Boiled)</b></p>
<p><b>Seafood Cobb Salad</b> Allergen Warnings: <b>Milk, Egg, Mustard, Fish, Shellfish, Soy</b></p>	<p><b>Seafood Salad:</b> Shrimp, Bay Scallops, Lobster Meat (Shrimp, Sodium Triphosphate, Salt), Lobster Base (Cooked lobster meat (Includes lobster tomally), Salt, Corn, Tapioka 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, Sices, Flavour (Contains Soy &amp; Celery). CONTAINS: SOY, MILK, COD AND LOBSTER. MAY CONTAIN: OTHER FISH, SHELLFISH AND CRUSTACEANS)Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lemon Juice, salt, red chili flakes, red onion, celery, lemon zest, parsley.</p> <p><b>Poached Jumbo Shrimp:</b> Shrimp (Shrimp, Sodium Triphosphate, Salt)</p> <p><b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p><b>Creamy Lemon Dill Dressing:</b> <b>Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzonate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum, <b>Dill Avocado Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p><b>Romaine, heritage lettuce, grape tomato, cucumber, roasted edamame (canola oil, salt, pepper), avocado, egg (medium boiled), purple cabbage, red onion, dill</b></p>

**Pastas & Noodles - May 2024**

<p align="center"><b>Butternut Squash Ravioli</b>  <b>Allergen Warnings: Tree Nuts, Peanuts, Mustard, Milk, Wheat, Soy, Egg</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Butternut Squash Ravioli:</b> Duram Wheat Semolina, Water, Liquid Whole Egg, Sage, Salt, Colour, 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, Spice</p> <p><b>Chili Salts:</b> Salt, Red Pepper Flakes</p> <p><b>Sweetie Drop Peppers:</b> Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride</p> <p><b>Roasted Garlic:</b> Garlic, Canola Oil</p> <p><b>Sage Brown Butter:</b> Butter (Pasteurized Cream, Annatto), Sage</p> <p><b>Garlic Cream Sauce:</b> Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3, Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid</p> <p><b>Parmesan Romano Cheese:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p><b>Poppy Seed Goat Cheese:</b> Goat Cheese (Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate), Poppy Seeds</p> <p><b>Praline Spiced Pecans:</b> Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt</p> <p><b>Salt, Black Pepper, Leeks, Apples, Sage</b></p>
<p align="center"><b>Pesto Chicken Penne Asiago</b>  <b>Allergen Warnings: Mustard, Milk, Egg, Soy, Wheat, Sulphites</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Chicken Breast Fillets</b></p> <p><b>Penne:</b> Durum Semolina, Water, Cage free eggs, Turmeric</p> <p><b>Roasted Garlic:</b> Garlic, Canola Oil</p> <p><b>Roasted Red Onions:</b> Red Onions, Canola Oil, Salt, Black Pepper</p> <p><b>Basil Pesto Cream Sauce:</b> 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, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid)</p> <p><b>Chicken Stock:</b> Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate</p> <p><b>Asiago Cheese:</b> Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p><b>Garlic, Red Peppers, Roma Tomatoes, Spinach, Salt, Black Pepper, Parsley</b></p>
<p align="center"><b>Harvest Ragu Corn Penne Pasta- Vegan</b>  <b>Allergen Warnings: Soy</b></p>	<p><b>Barilla - GF Corn Penne:</b> corn flour, rice flour, mono and diglycerides</p> <p><b>Harvest Patty:</b> 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 Kernel Oil with Soya Lecithin), Seasoning (Salt, Spices)</p> <p>Raw Garlic, Roasted garlic (canola oil, salt, pepper)</p> <p><b>Spiced Tomato Sauce:</b> 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.</p> <p><b>Mother Sauce</b> (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid),</p> <p><b>Roasted Red Onions</b> (red onions, canola oil, salt, pepper), <b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p><b>Basil Oil:</b> Olive Oil, Canola Oil, Salt, Basil</p> <p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Spinach, parsley, salt, and black pepper</b></p>

<p><b>Tuscan Sausage Gnocchi</b>  <b>Allergen Warnings: Mustard, Milk, Egg, Soy, Wheat, Sulphites</b></p>	<p><b>Gnocchi:</b> Southern Alberta Potatoes, Southern Alberta Wheat Flour, Cage free eggs, Salt.  <b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Andouilli Sausage:</b> (Pork, Water, Salt, Grlic, Bay Leaf, Cayenne, Spices)  <b>Asiago Cheese:</b> Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin  <b>Parmesan Romano Cheese:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour  <b>Dorati Tomatoes:</b> Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid  <b>Black Pepper Butter:</b> Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)  <b>Peppercorn Sauce:</b> Canola Oil, Roasted Garlic (Garlic, Canola Oil), Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrot, Tomato Paste, Rosemary, Thyme, Jack Daniels, Red Wine, Au Jus Powder (Salt, Corn Starch, Hydrolyzed Soy Protein, Caramel Colour (Sulphites), Beef Powder, Sugar, Onion Powder, Beef Fat, Canola Oil, Glucose Solids, Natural Flavours (Maltodextrin, Milk Ingredients), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Torula Yeast, Citric Acid), Rice Wine Vinegar (Rice Wine, Salt, Sugar) Flavour  Raw Garlic, Roasted garlic (canola oil, salt, pepper)  <b>Roasted Red Onions</b> (red onions, canola oil, salt, pepper), <b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper  <b>Gremolata:</b> Parsley, Lemon Zest  <b>Garlic Cream Sauce:</b> Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzonate, 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, Black Pepper, Lactic Acid  <b>White wine, spinach, salt, pepper.</b></p>
<p><b>Shrimp &amp; Scallop Scampi</b>  <b>Allergen Warnings: Milk, Sulphites, Soy, Wheat, Shellfish, Egg</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Shrimp &amp; Bay Scallops:</b> Sodium Tripolyphosphate, Salt  <b>Capers:</b> Capers, Water, Salt, Acetic Acid  <b>Tagliarini Pasta:</b> Durum semolina, water, whole liquid eggs, salt, Beta-carotene.  <b>Roasted Garlic:</b> Garlic, Canola Oil  <b>Dorati Tomatoes:</b> Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid  <b>Gremolata:</b> Parsley, Lemon Zest  <b>Chimmichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Whipping Cream:</b> Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum  <b>Parmesan Romano Cheese:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour  <b>Scallops, Salt, Black Pepper, Spinach, White Wine</b></p>
<p><b>Ramen Bowl</b></p> <p><b>Chicken:</b>  <b>Allergen Warnings: Sesame, Egg, Milk, Soy, Wheat, (May contain: Peanuts/Nuts)</b></p> <p><b>Salmon:</b>  <b>Allergen Warnings: Soy, Sesame, Egg, Wheat, Milk, Fish (May contain: Peanuts/Nuts)</b></p> <p><b>Short Rib:</b>  <b>Allergen Warnings: Soy, Sesame, Egg, Wheat, (May contain: Peanuts/Nuts)</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Salmon: Chili Salts: (red chili flakes, coarse salt), Chimmichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Beef Short Rib, Kalbi Sauce</b> (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Sesame Seeds,  <b>Marinated Chicken Thighs: Buttermilk:</b> Partly Skimmed Milk, Salt, Bacterial Culture, Chilli Garlic Sauce (Chilli, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), <b>Chili Flour:</b> Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), <b>Chili Salts</b> (Salt, Red Pepper Flakes), Corn Starch, <b>Chicken Broth concentrate</b> (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate), <b>Korean BBQ Sauce:</b> Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices, Gochujang Paste: Corn syrup, rice, water, chili powder, salt, alcohol, garlic, yeast <u>extract, onion, fermented soybean powder (soybean water salt) thiamine, Koji seeds.</u>  <b>Sesame Oil Blend:</b> Sesame Oil, Canola Oil  <b>Szechuan Sauce:</b> Garlic, ginger, cilantro, water, <b>Sriracha</b> (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), <b>Soy Sauce</b> (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), <b>Chili Garlic Sauce</b> (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Water  <b>Ramen Broth,</b> Soy sauce (water, soybeans, Wheat (gluten), salt), Water, Hydrolyzed protein (soybeans, corn, Wheat (gluten)), Vegetable oil (calona, sesame), Sugar, Salt, Kelp extract, Cabbage extract (cabbage, glucose, maltodextrin, salt), Yeast extract, Flavour oil (rice bran oil, leek), Shiitake mushroom extract, Ginger powder, Leek powder, White pepper, Garlic powder (garlic potato starch), Bamboo shoot powder, <b>Thickener:</b> Xanthan gum, black pepper. <b>Acidity Regulator:</b> Lactic acid, corn powder.  <b>Ramen Noodle:</b> Enriched wheat flour, water, wheat gluten, Tapioka starch, Salt, Potassium carbonate, Sodium carbonate, Guar gum, Potassium sorbate, Sodium phosphate, Dipoyassium phosphate, Sunset yellow FCF, Tartarazine.  <b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro  <b>Soy marinated Egg:</b> Egg, <b>Chicken Stock:</b> Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate, Rice wine vinegar, white vinegar, <b>Soy Sauce</b> (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat  Roasted Shiitake mushrooms (canola oil, salt &amp; pepper), Bok Choy (steamed), Green onions, Red chili peppers, B&amp;W Sesame seeds.</p>

**Burgers & Handhelds (no side) -May 2024**

<p align="center"><b>1989 Burger</b>  <b>Allergen Warnings: Mustard, Milk, Soy, Egg. May Contain Walnuts, Almonds, Tree Nuts, Sesame Seeds, Wheat</b></p>	<p><b>Burger Bun:</b> Unbleached wheat flour, Water, Liquid whole eggs, Sesame seeds, Sunflower and/or soybean oil, Liquid egg yolks, Cane sugar, Liquid egg-whites, Salt, Yeast, Cultured wheat flour, Malted barley flour, Ground wheat, Lactic acid, Ascorbic acid, Enzymes, Rice flour (for dusting)</p> <p><b>Burger Patty:</b> Ground Chuck, Ground Brisket</p> <p><b>Burger Sauce:</b> Mayonnaise (Canola Oil, Water, Liquid Whole Egg, Salt, Vinegar, Sugar, Spices, Calcium Disodium), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Onion, Acetic Acid), Capers (Water, Salt, Vinegar), Garlic Puree (Water, Garlic, Canola Oil, Citric Acid), White Onions, Mustard (Water, Mustard Flour, White Vinegar, Salt, Xanthan Gum, Spices), Green Onions, Sea Salt, Spices, Water, Sugar, Xanthan Gum, Flavour, Citric Acid</p> <p><b>Cheddar Cheese Slice:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto</p> <p><b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p><b>Salt, Black Pepper, Iceberg Lettuce, Red Onion, Red Vine Tomato</b></p>
<p align="center"><b>Smashed Black N' Blue Burger</b>  <b>Allergen Warnings: Wheat, Milk, Egg, Sulphites, Soy, Mustard, Sesame Seeds. May Contain Almonds, Walnuts, Tree Nuts</b></p>	<p><b>Burger Bun:</b> Unbleached wheat flour, Water, Liquid whole eggs, Sesame seeds, Sunflower and/or soybean oil, Liquid egg yolks, Cane sugar, Liquid egg-whites, Salt, Yeast, Cultured wheat flour, Malted barley flour, Ground wheat, Lactic acid, Ascorbic acid, Enzymes, Rice flour (for dusting)</p> <p><b>Wagyu Beef Burger:</b> Ground Chuck, Ground Brisket, Ground Wagyu</p> <p><b>Stockton Steak Spice:</b> Spices, Salt</p> <p><b>Chili Flour:</b> Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p><b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p><b>Roasted Red Onions:</b> Red Onions, Canola Oil, Salt, Black Pepper</p> <p><b>Scallion Wasabi Aioli:</b> 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, Rice Wine Vinegar.</p> <p><b>Blue Cheese:</b> Pasteurized Milk, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Penicillium Roqueforti</p> <p><b>Buttermilk:</b> Partly Skimmed Milk, Salt, Bacterial Culture</p> <p><b>Peppercorn Sauce:</b> Canola Oil, Roasted Garlic (Garlic, Canola Oil), Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrot, Tomato Paste, Rosemary, Thyme, Jack Daniels, Red Wine, Au Jus Powder (Salt, Corn Starch, Hydrolyzed Soy Protein, Caramel Colour (Sulphites), Beef Powder, Sugar, Onion Powder, Beef Fat, Canola Oil, Glucose Solids, Natural Flavours (Maltodextrin, Milk Ingredients), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Torula Yeast, Citric Acid), Rice Wine Vinegar (Rice Wine, Salt, Sugar), Flour</p> <p><b>Iceberg Lettuce, Red Onions, Red Vine Tomatoes</b></p>
<p align="center"><b>Flambe Burger</b>  <b>Allergen Warnings: Sesame seeds, Wheat, Milk, Egg, Soy, Sulphites, Mustard. Fish. May Contain Almonds, Walnuts, Tree Nuts</b></p>	<p><b>Burger Bun:</b> Unbleached wheat flour, Water, Liquid whole eggs, Sesame seeds, Sunflower and/or soybean oil, Liquid egg yolks, Cane sugar, Liquid egg-whites, Salt, Yeast, Cultured wheat flour, Malted barley flour, Ground wheat, Lactic acid, Ascorbic acid, Enzymes, Rice flour (for dusting)</p> <p><b>Burger Patty:</b> Ground Chuck, Ground Brisket</p> <p><b>Roasted Red Onions:</b> Red Onions, Canola Oil, Salt, Black Pepper</p> <p><b>Scallion Wasabi Aioli:</b> 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, Rice Wine Vinegar.</p> <p><b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p><b>Cheddar Cheese Slice:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto</p> <p><b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p><b>Jameson BBQ Sauce:</b> Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper</p> <p><b>Salt, Black Pepper, Iceberg Lettuce, Red Vine Tomato</b></p>
<p align="center"><b>Garden Burger</b>  <b>Allergen Warnings: Soy, Sulphites, Egg, Mustard, Wheat, Sesame seeds. May Contain Almonds, Walnuts, Tree Nuts</b></p>	<p><b>Burger Bun:</b> Unbleached wheat flour, Water, Liquid whole eggs, Sesame seeds, Sunflower and/or soybean oil, Liquid egg yolks, Cane sugar, Liquid egg-whites, Salt, Yeast, Cultured wheat flour, Malted barley flour, Ground wheat, Lactic acid, Ascorbic acid, Enzymes, Rice flour (for dusting)</p> <p><b>Harvest Patty:</b> 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 Kernel Oil with Soya Lecithin), Seasoning (Salt, Spices)</p> <p><b>Red Pepper Relish:</b> Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Red Onions, Garlic, Lemon Juice, White Wine, Sugar, Salt, Pepper, Chili Flakes, Ginger.</p> <p><b>Burger Sauce:</b> Mayonnaise (Canola Oil, Water, Liquid Whole Egg, Salt, Vinegar, Sugar, Spices, Calcium Disodium), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Onion, Acetic Acid), Capers (Water, Salt, Vinegar), Garlic Puree (Water, Garlic, Canola Oil, Citric Acid), White Onions, Mustard (Water, Mustard Flour, White Vinegar, Salt, Xanthan Gum, Spices), Green Onions, Sea Salt, Spices, Water, Sugar, Xanthan Gum, Flavour, Citric Acid</p> <p><b>Avocado, Iceberg Lettuce, Red Vine Tomato, Red Onion</b></p>

<p><b>Steak Sandwich</b>  <b>Allergen Warnings: Egg, Milk, Soy, Mustard, Wheat, Sulphites, Sesame seeds. May Contain Tree Nuts</b></p>	<p><b>Schiacciata Bread:</b> Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast  <b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Kalbi Marinated Sirloin:</b> Kalbi Marinade (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Sirloin  <b>Scallion Wasabi Aioli:</b> 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, Rice Wine Vinegar  <b>Kalbi Marinade:</b> Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum  <b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper  <b>Roasted Red Onions:</b> Red Onions, Canola Oil, Salt, Black Pepper  <b>Cilantro, Sesame Seed</b></p>
<p><b>Shitake Teriyaki Sandwich</b>  <b>Allergen Warnings: Soy, Wheat, Sulphites, Sesame Seeds, . May Contain Tree Nuts</b></p>	<p><b>Schiacciata Bread:</b> Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast  <b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Vegan Shitake Mushroom:</b> Soybean fiber, Shitake mushroom, Soybean protein, Wheat protein, pepper, 5 spices, Vegan seasoning, Soy oil.  <b>Teriyaki Sauce:</b> Filtered water, Organic cane sugar, Molasses, Red wine vinegar, Gluten free organic tamari, Potato starch, Sesame seeds, ginger, Sesami oil, Garlic, Salt, Spices.  <b>Chili Avocado Aioli:</b> Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice and Calcium Disodium EDTA (Maintains Flavour), Avocado, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper  <b>Cilantro Lime Vinaigrette:</b> White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro  <b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Bok Choy, Cilantro  <b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper  <b>Roasted Red Onions:</b> Red Onions, Canola Oil, Salt, Black Pepper  <b>Cilantro, Sesame Seed</b></p>
<p><b>Crispy Korean Chicken Sandwich</b>  <b>Allergen Warnings: Wheat, Milk, Sesame Seeds, Mustard, Soy, Egg</b></p>	<p><b>Burger Bun:</b> Unbleached wheat flour, Water, Liquid whole eggs, Sesame seeds, Sunflower and/or soybean oil, Liquid egg yolks, Cane sugar, Liquid egg-whites, Salt, Yeast, Cultured wheat flour, Malted barley flour, Ground wheat, Lactic acid, Ascorbic acid, Enzymes, Rice flour (for dusting)  <b>Marinated Chicken Thighs:</b> Buttermilk: Partly Skimmed Milk, Salt, Bacterial Culture, <b>Chili Garlic Sauce</b> (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), <b>Chili Flour: Flour</b> (Wheat Flour, Bezoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), <b>Chili Salts</b> (Salt, Red Pepper Flakes), <b>Corn Starch</b>, <b>Chicken Broth concentrate</b> (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)  <b>Korean BBQ Sauce:</b> Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices, Gochujang Paste: Corn syrup, rice, water, chili powder, salt, alcohol, garlic, yeast extract, onion, fermented soybean powder (soybean, water, salt), thiamine, Koji seeds.  <b>Kimchee Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), <b>Stockton Street Spice</b> (salt, black pepper, Szechuan peppercorn, pink peppercorn, Tellicherry peppercorn, white pepper), <b>Kimchee</b> (Napa Cabbage, Red Chili Powder, Sugar, Daikon Radish, Kelpstock (dried Kelp, Water), Garlic, Rice Flour, Monosodium Glutamate, leeks, Onions, Salt, Ginger), Garlic Chili Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum)  <b>Chili Flour:</b> Flour (Wheat Flour, Bezoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch  <b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Bok Choy, Cilantro  <b>Pickles:</b> Cucumbers, Water, Vinegar, Salt, Dehydrated garlic, Spices (mustard), Calcium Chloride.</p>
<p><b>Tacos (Chicken)</b>  <b>Allergen Warnings: Wheat, Sulphites, Soy, Milk, Egg</b></p> <p><b>Tacos (Fried Basa)</b>  <b>Allergen Warnings: Wheat, Sulphites, Soy, Milk, Egg, Fish</b></p>	<p><b>Flour Tortillas:</b> Wheat flour, Water, Canola/Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, CMC Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced)  <b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro  <b>Cilantro Lime Vinaigrette:</b> White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro  <b>Chili Avocado Aioli:</b> Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice and Calcium Disodium EDTA (Maintains Flavour), Avocado, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper  <b>Chicken Morsels:</b> Chicken, Water, Soya Protein Concentrate, Sodium Phosphate, Salt, Wheat Flour, Canola Oil, Salt, Spices, 1 or 1/2 yeast, Garlic Powder, Sugar, Spice Extractives. <b>Sweet Thai Chili Sauce:</b> Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro  <b>Marinated Basa:</b> Basa (Basa Fillets, Water, Sodium Tripolyphosphate, Salt), Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture)  <b>Chili Flour:</b> Flour (Wheat Flour, Bezoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch  <b>Cilantro Pepita Dressing:</b> Soybean Oil, Water, Tomatillo, Pepita Seeds, Cilantro, White Wine Vinegar, Egg Yolk, Sugar, Calcium Disodium EDTA, Dehydrated Red Bell Peppers, FD&amp;C Blue #1, FD&amp;C Red #40, FD&amp;C Yellow #5, Garlic, Lactic Acid, Lime Juice Concentrate, Natural Flavour, Polysorbate 60, Salt, Sodium Benzoate, Potassium Sorbate, Spices (Mustard), Xanthan Gum  <b>Fresh Cut Salsa:</b> Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil  <b>Avocado, Cilantro, Lime Wedge</b></p>



Mains - May 2024 -

<p><b>Grilled Salmon</b> Allergen Warnings: Fish, Milk, Soy, Sulphites</p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Lemon Dill Butter:</b> Butter (Milk), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Olive Oil, White Onion, Leek, Garlic, Corn Starch, Lemon Zest, Lemon Juice, Table Salt, Chili Flake, White Pepper, Dill, White Wine, White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide)</p> <p><b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p><b>Chili Salts:</b> Salt, Red Pepper Flakes</p> <p><b>Quinoa + Rice Pilaf:</b> Rice Wine Vinegar, Water), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Crisp Leeks:</b> Leeks, Corn Starch</p> <p><b>White Wine, Salt, Black Pepper, Dill Leaves</b></p>
<p><b>Wagyu Beef Meatloaf</b> Allergen Warnings: Egg, Wheat, Milk, Fish, Soy, Sulphites</p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Wagyu Beef Meatloaf:</b> Butter (Milk), White Onion, Brandy, Ground Wagyu, Ground Chuck, Egg, Panko Bread Crumbs, Parsley, Salt, Black Pepper, Garlic, Thyme, Worcestershire (Malt Vinegar (from Barley), Spirit Vinegar, Water, Refiners Molasses, Sugar, Salt, Anchovies, Tamarind Extract, Onions, Garlic, Spice, Natural Flavour), Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour), Tomato Paste</p> <p><b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p><b>Peppercorn Sauce:</b> Canola Oil, Roasted Garlic (Garlic, Canola Oil), Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrot, Tomato Paste, Rosemary, Thyme, Jack Daniels, Red Wine, Au Jus Powder (Salt, Corn Starch, Hydrolyzed Soy Protein, Caramel Colour (Sulphites), Beef Powder, Sugar, Onion Powder, Beef Fat, Canola Oil, Glucose Solids, Natural Flavours (Maltodextrin, Milk Ingredients), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Torula Yeast, Citric Acid), Rice Wine Vinegar (Rice Wine, Salt, Sugar), Flour</p> <p><b>Resers Mashed Potatoes:</b> Yukon Gold Potatoes, water, whole milk, butter, sweet cream, salt, natural flavour, nisin, natural antimicrobial, roasted garlic (fresh garlic, canola oil), parsley</p> <p><b>Buttermilk:</b> Partly Skimmed Milk, Salt, Bacterial Culture</p> <p><b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p><b>Chili Flour:</b> Flour (Wheat Flour, Bezoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p><b>Red Onion, Salt, Black Pepper, Parsley</b></p>
<p><b>BBQ Mango Jalapeno Pork Chop</b> Allergen Warnings: Soy, Wheat, Mustard, Milk,</p>	<p><b>Fresh pork chop, Brine: 5-spice powder</b> (star anise, cloves, cinnamon, sichuan peppercorns, fenel seed), <b>Dark Soy Sauce</b> (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), white sugar, ginger, garlic.</p> <p><b>Jalapeno Mango Gold BBQ:</b> BBQ sauce (distilled vinegar, sugar, water, mustard seed, soy sauce [water, wheat, soybeans, salt] red cayenne peppers, salt, cider vinegar, tomato paste, smoke flavour, tumeric, corn syrup, paprika oleoresin, spices, molasses, garlic powder, natural flavours, onion powder, sodium benzoate, celery seeds) Mango puree, Jalapeno peppers.</p> <p><b>Resers Mashed Potatoes:</b> Yukon Gold Potatoes, water, whole milk, butter, sweet cream, salt, natural flavour, nisin, natural antimicrobial, roasted garlic (fresh garlic, canola oil), parsley, <b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke, <b>Cheddar Cheese Slice:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto, green onions.</p> <p><b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p><b>Crisp Leeks:</b> Leeks, Corn Starch</p> <p><b>Stocton Steak Spice:</b> (assorted peppercorns, salt)</p>
<p><b>Portobello Mushroom Chicken</b> Allergen Warnings: Sulphites, Milk, Soy, Wheat, Egg</p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Chicken Breast:</b> 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</p> <p><b>Roasted Garlic:</b> Garlic, Canola Oil</p> <p><b>Chicken Stock:</b> Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)</p> <p><b>Parmesan Romano Cheese:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p><b>Tagliarini Pasta:</b> Durum semolina, water, whole liquid eggs, salt, Beta-carotene.</p> <p><b>Basil Pesto Cream Sauce:</b> 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, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid)</p> <p><b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p><b>Asiago Cheese:</b> Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p><b>Salt, Black Pepper, Garlic, Portobello Mushrooms, White Wine, 35% Cream, Basil, Parsley</b></p>

<p><b>Sweet Chili Chicken Bowl</b>      <b>Allergen</b>  <b>Warnings: Egg, Sulphites, Soy, Wheat</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro  <b>Jasmine Rice:</b> Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Plantain Sugar, White Sugar), Salt  <b>Chicken Morsels:</b> Chicken, Water, Soya Protein Concentrate, Sodium Phosphate, Salt, Wheat Flour, Canola Oil, Salt, Spices, Torula Yeast, Garlic Powder, Sugar, Spice Extractives.  <b>Chili Flour:</b> Flour (Wheat Flour, Bezoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch  <b>Sweet Thai Chili Sauce:</b> Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro  <b>Crispy Wontons:</b> 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, Vinegar, Sodium Propionate, Potassium Sorbate  <b>Sesame Seeds, Green Onion, Cilantro, Lime Wedge</b></p>
<p><b>Sushi Bowl</b>      <b>Allergen</b>  <b>Warnings: Soy, Mustard, Sesame, Sulphites, Egg, Fish, Nuts</b></p>	<p><b>Sushi Mayo:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Sesame Oil, Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Fish Sauce (Anchovie Extract, Salt, Sugar), Chili Salts (Salt, Red Chili Flakes)  <b>Jasmine Rice:</b> Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Plantain Sugar, White Sugar), Salt  <b>Roasted Edamame:</b> Edamame Bean (Soy), Canola Oil, Salt, Black Pepper  <b>Grilled Pineapple:</b> Pineapple, Canola Oil, Salt, Black Pepper  <b>Cilantro Lime Vinaigrette:</b> White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro  <b>Wasabi:</b> Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites  <b>Sweet &amp; Spicy Tabasco:</b> Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices  <b>Ahi Tuna or Salmon Poke, Sriracha Poke Sauce:</b> Sriracha chili sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum), Flying fish roe, red chili paste (chili, sugar, salt, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum), Sesame oil, Sea Salt, Kukui Nuts, Sesame seeds.  <b>Sesame Seeds, Cucumber, Carrots, Purple Cabbage, Grape Tomatoes, Avocado, Cilantro,</b></p>
<p><b>Shitake Teriyaki Bowl- Vegan</b>  <b>Allergen Warnings: Soy, Wheat, Sesame, Sulphites</b></p>	<p><b>Vegan Shitake Mushroom:</b> Soybean fiber, Shiitake mushroom, Soybean protein, Wheat protein, pepper, 5 spices, Vegan seasoning, Soy oil.  <b>Teriyaki Sauce:</b> Filtered water, Organic cane sugar, Molasses, Red wine vinegar, Gluten free organic tamari, Potato starch, Sesame seeds, ginger, Sesame oil, Garlic, Salt, Spices.  <b>Jasmine Rice:</b> Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Plantain Sugar, White Sugar), Salt  <b>Roasted Edamame:</b> Edamame Bean (Soy), Canola Oil, Salt, Black Pepper  <b>Grilled Pineapple:</b> Pineapple, Canola Oil, Salt, Black Pepper  <b>Cilantro Lime Vinaigrette:</b> White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro  <b>Wasabi:</b> Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites  <b>Sweet &amp; Spicy Tabasco:</b> Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices  <b>Sesame Seeds, Cucumber, Carrots, Purple Cabbage, Grape Tomatoes, Avocado, Cilantro,</b></p>
<p><b>Charred Chili Lime Butter Black Cod</b>  <b>Allergen Warnings: Egg, Fish, Milk, Wheat, Sulphites</b></p>	<p><b>Black Cod (Butter Fish),</b> Salt &amp; Black Pepper  <b>Chili Lime Butter:</b> Butter, Roasted Garlic (garlic cloves, canola oil, salt &amp; pepper), Red Finger Chili, Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid, Lime (zest &amp; Juice), <b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion, Ginger, Cilantro, <b>Margarine</b> (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), 1800 Reposado tequila.  <b>Spiced Tomato Sauce: Mother Sauce</b> (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), <b>Roasted Red Pepper Strips</b> (Roasted Red Peppers, Water, Salt, Citric Acid, <b>Chipotle Peppers in Adobo</b> (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), <b>Lemon Juice, Garlic, Parsley, Salt.</b>  <b>Gnocchi:</b> Southern Alberta Potatoes, Southern Alberta Wheat Flour, Cage free eggs, Salt.  <b>Roasted Red Onions</b> (red onions, canola oil, salt, pepper), <b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper  <b>Crisp Leeks:</b> Leeks, Corn Starch  <b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p>

<p><b>Butter Chicken</b>  <b>Allergen Warnings: Wheat, Milk, Sesame, Mustard, Soy</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Marinated Chicken Thigh: Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil, <b>Chili Salts:</b> Salt, Red Pepper Flakes, <b>Butter Chicken Sauce:</b> Water, Tomato Paste (tomatoes), Onions, Butter (cream, salt), spices, Cream (Cream, Milk, Carrageenan, Mono and diglycerides, Cellulose gum, Polysorbate 80, Sodium Citrate), Sugars (sugar, dextrose), Spices, Dehydrated garlic, Paprika, Salt, Modified milk ingredients (milk), Tomato powder (silicium dioxide), Turmeric, Citric acid, Sugars (sugars, brown), Thermoflo, Salt, Spices, Turmeric, Ground, Spices, Cumin Seed, Mustard Dry, <b>Butter Chicken Spice:</b> Sugar, Spices (cumin, black pepper, ginger, coriander, yellow mustard, cardamom, fenugreek, cinnamon, tumeric, cloves, nutmeg), Salt, Distilled white vinegar (maltodextrin, white vinegar), Brown sugar, Tomato powder, Paprika, Onion, Natural butter flavour (whey solids, enzyme modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto, tumeric), Garlic, Silicon Dioxide (anti-caking agent), Citric acid, Chili Pepper, Natural mango flavour.  <b>Butter Chicken Spice:</b> Sugar, Spices (cumin, black pepper, ginger, coriander, yellow mustard, cardamom, fenugreek, cinnamon, tumeric, cloves, nutmeg), Salt, Distilled white vinegar (maltodextrin, white vinegar), Brown sugar, Tomato powder, Paprika, Onion, Natural butter flavour (whey solids, enzyme modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto, tumeric), Garlic, Silicon Dioxide (anti-caking agent), Citric acid, Chili Pepper, Natural mango flavour.  <b>Butter Chicken Sauce:</b> Water, Tomato Paste (tomatoes), Onions, Butter (cream, salt), spices, Cream (Cream, Milk, Carrageenan, Mono and diglycerides, Cellulose gum, Polysorbate 80, Sodium Citrate), Sugars (sugar, dextrose), Spices, Dehydrated garlic, Paprika, Salt, Modified milk ingredients (milk), Tomato powder (silicium dioxide), Turmeric, Citric acid, Sugars (sugars, brown), Thermoflo, Salt, Spices, Turmeric, Ground, Spices, Cumin Seed, Mustard Dry  <b>Chicken Stock:</b> Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)  <b>Basmati Rice:</b> Short grain rice, <b>Spices:</b> Salt, cinamon, cardamom, clove  <b>Naan Bread:</b> Enriched wheat flour, Buttermilk (milk ingredients, bacterial culture), Water, Soybean oil, Liquid whole egg, Sugar, Bakin powder, Salt, Cultured wheat flour, Ghee (clarified butter), Wheat gluten, Yeast, Amylase  <b>Cucumber Mint Rita: Greek Yogurt (Cultured pasturized milk, Pectin), English cucumbers, Garlic, Lime (juice &amp; zest), White Pepper, Mint Cilantro(chopped)</b></p>
<p><b>Thai Green Curry Bowl</b>  <b>Allergen Warnings: Fish, Wheat, Milk</b>  <b>Shellfish W/ Shrimp</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Green Curry Sauce: Coconut cream</b> (coconut, water, xanthan gum), <b>Cream</b> (milk), <b>Water, Fish sauce</b> (anchovy extract, water, salt, sugar), <b>Sugar, Green curry paste</b> (green chili peppers, onion, ginger, salt, lemongrass, garlic, vinegar, spices, dried garlic and onion, Yeast, Flavour, Citric acid, Lime juice), <b>Jalapeno peppers, Canola oil, Cilantro, Modified core starch, Onions, Garlic, Salt, Spices, Turmeric.</b>  <b>Chicken Filets or 31/40 Shrimp</b> (Sodium Tripolyphosphate, Salt) <b>or Tofu</b> (Water, Soybeans (Non-GMO), Magnesium Chloride, Calcium Sulphate)  <b>Jasmine Rice:</b> Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Plantain Sugar, White Sugar), Salt  <b>Crispy Wontons:</b> 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, Vinegar, Sodium Propionate, Potassium Sorbate  <b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Cilantro  <b>Roasted Mushrooms:</b> Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper  <b>Garlic Chili Pack, Garlic Chili Sauce</b> (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Garlic, Ginger, Lime juice, Cilantro  <b>B&amp;W Sesame seeds, Cilantro</b></p>
<p><b>Mediterranean Chicken</b>  <b>Allergen Warnings: Sulphites, Soy, Milk</b></p>	<p><b>Chicken Breast:</b> 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  <b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Sriracha Goat Cheese:</b> Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum)  <b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  <b>Roasted Red Onions:</b> Red Onions, Canola Oil, Salt, Black Pepper  <b>Dorati Tomatoes:</b> Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid  <b>Balsamic Reduction:</b> Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum  <b>Basil Oil:</b> Olive Oil, Canola Oil, Salt, Basil  <b>Gremolata:</b> Parsley, Lemon Zest  <b>Spinach, Baby Kale, Salt, Black Pepper, Chick Peas</b></p>
<p><b>Stuffed Portobello Mushroom Cap</b>  <b>Allergen Warning: Soy</b></p>	<p><b>Spiced Tomato Sauce:</b> 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.  <b>Stuffed Mushroom Vegetable Pack:</b> Arugula, Spinach, Edamame Beans, Dorati Tomatoes (Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid)  <b>Vegan Margarine:</b> Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2  <b>Vegan Mozzarella Cheese:</b> Filtered Water, Tapioca Starch, Coconut Oil, Expeller Pressed: Canola and/or Safflower Oil, Vegan Natural Flavours, Chickpea Protein, Salt, Potato Protein, Tricalcium Phosphate, Lactic Acid (Vegan), Konjac Gum, Xanthan Gum, Yeast Extract, Concentrated Pumpkin Juice  <b>Quinoa + Rice Pilaf:</b> Rice Wine Vinegar, Water, Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Seasonal Vegetables:</b> Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)  <b>Crisp Leeks:</b> Leeks, Corn Starch  <b>Basil Oil:</b> Olive Oil, Canola Oil, Salt, Basil  <b>Portobello Mushroom:</b> Salt, Black Pepper, Parsley</p>

**Steaks - May 2024**

<p align="center"><b>7oz Sirloin</b> <b>Allergen Warnings: Milk, Soy</b></p>	<p><b>Marinated Sirloin Steak:</b> Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Stockton Steak Spice:</b> Spices, Salt</p> <p><b>Resers Mashed Potatoes:</b> Yukon Gold Potatoes, water, whole milk, butter, sweet cream, salt, natural flavour, nisin, natural antimicrobial, roasted garlic (fresh garlic, canola oil), parsley</p> <p><b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p><b>Salt, Black Pepper, Parsley</b></p>
<p align="center"><b>7oz Filet Mignon</b> <b>Allergen Warnings: Milk, Soy</b></p>	<p><b>Marinated Filet Steak:</b> Filet Mignon, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Stockton Steak Spice:</b> Spices, Salt</p> <p><b>Resers Mashed Potatoes:</b> Yukon Gold Potatoes, water, whole milk, butter, sweet cream, salt, natural flavour, nisin, natural antimicrobial, roasted garlic (fresh garlic, canola oil), parsley</p> <p><b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p><b>Salt, Black Pepper, Parsley</b></p>
<p align="center"><b>16oz Rib Steak</b> <b>Allergen Warnings: Milk, Soy</b></p>	<p><b>Marinated Rib Steak:</b> Ribeye, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Stockton Steak Spice:</b> Spices, Salt</p> <p><b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p><b>Resers Mashed Potatoes:</b> Yukon Gold Potatoes, water, whole milk, butter, sweet cream, salt, natural flavour, nisin, natural antimicrobial, roasted garlic (fresh garlic, canola oil), parsley</p> <p><b>Parsley</b></p>
<p align="center"><b>Surf N Turf Topper</b> <b>Allergen Warnings: Shellfish, Fish, Milk, Soy, Sulphites</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Shrimp:</b> Shrimp, Bay Scallops, Lobster Meat (Sodium Tripolyphosphate, Salt)</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Lobster Butter Sauce: Lobster Butter</b> [Unsalted butter (milk), roasted garlic (garlic, canola oil), corn starch (sulphites), tomato paste (tomatoes), Lobster Base (Cooked lobster meat (Includes lobster tomally), Salt, Corn, Tapioka 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, Sices, Flavour (Contains Soy &amp; Celery). CONTAINS: SOY, MILK, COD AND LOBSTER. MAY CONTAIN: OTHER FISH, SHELLFISH AND CRUSTACEANS), black pepper, White wine [sulphites], Gremolata.</p> <p><b>Resers Mashed Potatoes:</b> Yukon Gold Potatoes, water, whole milk, butter, sweet cream, salt, natural flavour, nisin, natural antimicrobial, roasted garlic (fresh garlic, canola oil), parsley</p> <p><b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p><b>Stockton Steak Spice:</b> Spices, Salt</p> <p><b>Gremolata:</b> Parsley, Lemon Zest</p>

**Ribs - May 2024**

**Baby Back Ribs - Full Rack**  
**Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard**

**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  
**Baby Back Ribs:** Pork Back Ribs, Smoke  
**Jameson BBQ Sauce:** Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper  
**French Fries:** Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)  
**Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion  
**Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  
**Asian Slaw:** Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Cilantro  
**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), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper  
**Parsley**  
**Jalapeno Mango Gold BBQ:** BBQ sauce (distilled vinegar, sugar, water, mustard seed, soy sauce [water, wheat, soybeans, salt] red cayenne peppers, salt, cider vinegar, tomato paste, smoke flavour, tumeric, corn syrup, paprika oleoresin, spices, molasses, garlic powder, natural flavours, onion powder, sodium benzoate, celery seeds) Mango puree, Jalapeno peppers.

**Baby Back Ribs - Chicken Duo**  
**Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard, Milk**

**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  
**Baby Back Ribs:** Pork Back Ribs, Smoke  
**Jameson BBQ Sauce:** Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper  
**French Fries:** Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)  
**Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion  
**Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  
**Asian Slaw:** Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Bok Choy, Cilantro  
**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), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper  
**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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  
**Salt, Black Pepper, Parsley**  
**Jalapeno Mango Gold BBQ:** BBQ sauce (distilled vinegar, sugar, water, mustard seed, soy sauce [water, wheat, soybeans, salt] red cayenne peppers, salt, cider vinegar, tomato paste, smoke flavour, tumeric, corn syrup, paprika oleoresin, spices, molasses, garlic powder, natural flavours, onion powder, sodium benzoate, celery seeds) Mango puree, Jalapeno peppers.

**Baby Back Ribs - Shrimp Duo**  
**Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard, Shellfish, Milk**

**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil  
**Baby Back Ribs:** Pork Back Ribs, Smoke  
**Jameson BBQ Sauce:** Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper  
**French Fries:** Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)  
**Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion  
**Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  
**Asian Slaw:** Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Cilantro  
**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), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper  
**Marinated Shrimp:** Shrimp (Shrimp, Sodium Triphosphate, Salt), Roasted Garlic (Garlic, Canola Oil), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Salt, Black Pepper, Canola Oil  
**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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  
**Salt, Black Pepper, Parsley**  
**Jalapeno Mango Gold BBQ:** BBQ sauce (distilled vinegar, sugar, water, mustard seed, soy sauce [water, wheat, soybeans, salt] red cayenne peppers, salt, cider vinegar, tomato paste, smoke flavour, tumeric, corn syrup, paprika oleoresin, spices, molasses, garlic powder, natural flavours, onion powder, sodium benzoate, celery seeds) Mango puree, Jalapeno peppers.

<p><b>Baby Back Ribs - Short Rib Duo</b>  <b>Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard, Sesame , Milk</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Baby Back Ribs:</b> Pork Back Ribs, Smoke</p> <p><b>Jameson BBQ Sauce:</b> Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper</p> <p><b>French Fries:</b> Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p><b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p><b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p><b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Cilantro</p> <p><b>Dill Avocado Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p><b>Marinated Short Ribs:</b> Short ribs raw. Korean BBQ: Kalbi Sauce (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Sesame Seeds, Parsley</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Salt, Black Pepper, Parsley</b></p> <p><b>Jalapeno Mango Gold BBQ:</b> BBQ sauce (distilled vinegar, sugar, water, mustard seed, soy sauce [water, wheat, soybeans, salt] red cayenne peppers, salt, cider vinegar, tomato paste, smoke flavour, tumeric, corn syrup, paprika oleoresin, spices, molasses, garlic powder, natural flavours, onion powder, sodium benzoate, celery seeds) Mango puree, Jalapeno peppers.</p>
<p><b>Baby Back Ribs Trio</b>  <b>Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard, Shellfish, Milk</b></p>	<p><b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p><b>Baby Back Ribs:</b> Pork Back Ribs, Smoke</p> <p><b>Jameson BBQ Sauce:</b> Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper</p> <p><b>French Fries:</b> Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p><b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p><b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p><b>Asian Slaw:</b> Red Pepper, Yellow Pepper, Red Onion, Carrot, Savoy Cabbage, Purple Cabbage, Bok Choy, Cilantro</p> <p><b>Dill Avocado Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p><b>Marinated Shrimp:</b> Shrimp (Shrimp, Sodium Triphosphate, Salt), Roasted Garlic (Garlic, Canola Oil), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Salt, Black Pepper, Canola Oil</p> <p><b>Chicken Breast:</b> 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</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Salt, Black Pepper, Parsley</b></p> <p><b>Jalapeno Mango Gold BBQ:</b> BBQ sauce (distilled vinegar, sugar, water, mustard seed, soy sauce [water, wheat, soybeans, salt] red cayenne peppers, salt, cider vinegar, tomato paste, smoke flavour, tumeric, corn syrup, paprika oleoresin, spices, molasses, garlic powder, natural flavours, onion powder, sodium benzoate, celery seeds) Mango puree, Jalapeno peppers.</p>

**Desserts -May 2024**

<p align="center"><b>White Chocolate Cheesecake</b>  <b>Allergen Warnings: Milk, Egg, Soy. May Contain Sulphites, Tree Nuts, Peanuts, Wheat (less than 20ppm)</b></p>	<p><b>White Chocolate Cheesecake:</b> Cream Cheese (Milk Ingredients, Bacterial Culture, Salt, Guar Gum, Locust Bean Gum), White Chocolate (Sugar, Cocoa Butter, Milk Ingredients, Soy Lecithin, Vanilla Extract), Sugars (Sugar, Liquid Invert Sugar), Chocolate Cookie Crumb (Rice Flour, Sugar, Tapioca Starch, Palm Oil, Cocoa Processed with Alkali, Corn Starch, Salt, Chocolate Liquor, Natural Flavour, Sodium Bicarbonate, Soy Lecithin), Liquid Whole Egg, Cream (Cream, Milk, Dextrose, Carrageenan), Sour Cream (Skim Milk, Cream, Milk Protein Concentrate, Skim Milk Powder, Microbial Enzyme, Bacterial Culture), Palm and Canola Oil Margarine, Gluten Free Flour (White Rice Flour, Corn Starch, Tapioca Starch, Xanthan Gum), Flavour.</p> <p><b>Espresso Creme Anglaise:</b> Milk, Whipping Cream, Emulsa Egg Yolk (Egg Yolk, Water, Salt, Phospholipase), White Sugar, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Espresso (Coffee)</p> <p><b>Vanilla Whipped Cream:</b> Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts</p> <p><b>Chocolate Shavings:</b> Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Emulsifier (Soy Lecithin), Natural Vanilla Extract</p> <p><b>Icing Sugar:</b> Sugar, Cornstarch</p> <p><b>Strawberry, Mint</b></p>
<p align="center"><b>Chocolate Ganache Torte</b>  <b>Allergen Warnings: Almonds, Soy. May Contain Egg, Milk, Sulphites, Tree Nuts, Peanuts, Wheat (less than 20ppm)</b></p>	<p><b>Ganache Torte:</b> Dark Chocolate (Unsweetened Chocolate, Sugar, 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, Glucose, Fancy Molasses), Flavour, Spice.</p> <p><b>Icing Sugar:</b> Sugar, Cornstarch</p> <p><b>Strawberry, Mint</b></p>
<p align="center"><b>Dulce De Leche Cheesecake</b>  <b>Allergen Warnings: Milk, Wheat, Eggs, Almonds, Soy, Sulphites. May Contain Tree Nuts, Oats</b></p>	<p><b>Dulce De Leche Cheesecake:</b> Cream Cheese (Milk Ingredients, Bacterial Culture, Salt, Guar Gum, Carob Bean Gum), Sour Cream (Skim Milk, Cream, Milk Protein Concentrate, Skim Milk Powder, Microbial Enzymes, Bacterial Culture), Graham Mix (Wheat Flours, Sugars (Fine, Brown, Molasses, Glucose-Fructose Honey), Vegetable Oil Shortening (Modified Palm, Canola, and Palm Oils), Water, Salt, Baking Powder, Baking Soda, Cinnamon, Natural Flavour, Sugars (Fine, Glucose), Caramel Sugars (Sweetened Condensed Skim Milk, Fine, corn Syrup), Water, corn Syrup (Contains Sulphites), Skim Milk Powder, Canola Oil, Sodium Alginate, Salt, Cellulose Gel, Cellulose Gum, Mono-Glycerides, Sodium Hexametaphosphate, Potassium Sorbate, Soy Lecithin, Baking Powder, 35% Cream, Toffee 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, Sodium Benzonate, Natural Flavours</p> <p><b>Caramel Sauce:</b> Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour</p> <p><b>Icing Sugar:</b> Sugar, Cornstarch</p> <p><b>Strawberry, Mint</b></p>
<p align="center"><b>Key Lime Pie</b>  <b>Allergen Warnings: Milk, Wheat, Egg, Sulphites. May Contain Tree Nuts, Oats, Soy</b></p>	<p><b>Key Lime Pie:</b> Sugars (Fine, Sweet Condensed Milk), Lime Juice (Water, Concentrated Lime Juice, Sulphites, Lime Oil), Eggs, Wheat Flour, Graham Mix (Wheat Flours, Sugars (Fine, Brown, Molasses, Glucose-Fructose, Honey), Vegetable Oil Shortening (Midified Palm, Canola Oil, and Palm Oils), Water, Salt, Baking Powder, Baking Soda, Cinnamon, Natural Flavour), Butter, Margarine. Whip Topping (Water, Sugars (Glucose-Fructose, Fine), Hydrogenated Vegetable Oils (Palm, Palm Kernel, Coconut and/or Cottonseed), Sodium Caseinate, Modified Cellulose, Lactylcesters of Fatty Acids, Sodium Stearoyl-2-Lactylate, Dipotassium Phosphate, Salt, Mono and Dyglycerides, Zanthan Gum, Natural Colour), Vegetable Oil Shortening (Canola Oil, Modified Palm and Palm Kernel Oil, Monoglycerides, Polysorbate 60), Egg Yolks, Custard (Water, Sugars (Fine, Dextrose), Modified Corn Starch, Modified Tapioca Starch, Vegetable Oil, Sodium Benzonate, Potassium Sorbate, Salt, Titanium Dioxide, Sodium Acid Sulfate, Carrageenan Gum, Cellulose Gel, Polysorbate 60, Tartrazine, Sunset Yellow FCF), Gelatin, Salt, Calcium Propionate, Caramel Colour, Tartrazine, Sunset Yellow FCF, Natural and Artificial Flavours</p> <p><b>Icing Sugar:</b> Sugar, Cornstarch</p> <p><b>Strawberry, Mint</b></p>
<p align="center"><b>OMG Carrot Cake</b>  <b>Allergen Warnings: Egg, Hazlenut, Milk, Soy, Sulphites, Walnut, Wheat. May Contain Tree Nuts, Peanuts</b></p>	<p><b>Carrot Cake:</b> Sugars (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 Hazlenuts (Hazlenut, Sugar), Sodium Bicarbonate, Baking Powder, Spice, Salt, Flavour, Lemon Juice (Concentrated Lemon Juice, Water, Sulphites, Lemon Oil), Soy Lecithin</p> <p><b>Icing Sugar:</b> Sugar, Cornstarch</p> <p><b>Strawberry, Mint</b></p>
<p align="center"><b>The Ultimate Cookie</b>  <b>Allergen Warnings: Wheat, Soy, Egg, Milk</b></p>	<p><b>Double Chocolate Chunk Cookie:</b> Sugars (Sugar, Fancy Molasses), Enriched Wheat Flour, Palm and Palm Kernel and Canola Oil Margarine (Milk), White Chocolate Chunks (Sugar, Cocoa Butter, Milk Ingredients, Soy Lecithin, Vanilla Extract, Salt), Liquid Whole Egg, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla Extract, Milk Ingredients), Cocoa Powder, Baking Soda, Natural Flavour, Salt, Water</p> <p><b>French Vanilla Ice Cream:</b> Sugars (Sugar, Glucose), Cream, Modified Milk Ingredients, French Vanilla Base (Sugars (Glucose, Fructose), Water, Natural and Artificial Flavour, Potassium Sorbate, Tartrazine, Sunset Yellow, Ice Cream Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Polysorbate 80, Locust Bean Gum, Carrageenan, Silicon Dioxide), Artificial Flavour, Tartrazine, Sunset Yellow FCF</p> <p><b>Chocolate Sauce:</b> Sugar (Glucose, Fructose), Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder (Processed with Alkali), Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour)</p> <p><b>Caramel Sauce:</b> Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour</p> <p><b>Vanilla Whipped Cream:</b> Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts</p> <p><b>Chocolate Shavings:</b> Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Emulsifier (Soy Lecithin), Natural Vanilla Extract</p> <p><b>Icing Sugar:</b> Sugar, Cornstarch</p> <p><b>Mint</b></p>

**Add Ons + Sides - May 2024**

<p align="center"><b>Chicken Breast</b> Allergen Warnings: Milk, Sulphites, Soy</p>	<p><b>Chicken Breast:</b> 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</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Salt, Black Pepper, Parsley</b></p>
<p align="center"><b>Cajun Chicken Breast</b> Allergen Warnings: Milk, Sulphites, Soy</p>	<p><b>Chicken Breast:</b> 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</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p><b>Salt, Black Pepper, Parsley</b></p>
<p align="center"><b>Chicken Fillets</b> Allergen Warnings: Milk, Mustard, Sulphites, Soy</p>	<p><b>Chicken Fillets: Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), <b>White Balsamic Vinegar</b> (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), <b>Sriracha</b> (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), <b>Dijon Mustard</b> (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), <b>Pineapple juice</b> (Ascorbic acid, Vitamin C, E, and A), <b>Stockton Street Spice</b> (salt, black pepper, Szechuan peppercorn, pink peppercorn, Tellicherry peppercorn, white pepper)</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Salt, Black Pepper, Parsley</b></p>
<p align="center"><b>Cajun Chicken Fillets</b> Allergen Warnings: Milk, Mustard, Sulphites, Soy</p>	<p><b>Chicken Fillets: Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), <b>White Balsamic Vinegar</b> (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), <b>Sriracha</b> (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), <b>Dijon Mustard</b> (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), <b>Pineapple juice</b> (Ascorbic acid, Vitamin C, E, and A), <b>Stockton Street Spice</b> (salt, black pepper, Szechuan peppercorn, pink peppercorn, Tellicherry peppercorn, white pepper)</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p><b>Salt, Black Pepper, Parsley</b></p>
<p align="center"><b>Grilled Steak</b> Allergen Warnings: Milk, Soy</p>	<p><b>Marinated 5oz Sirloin:</b> Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Stockton Steak Spice:</b> Spices, Salt</p> <p><b>Parsley</b></p>
<p align="center"><b>Grilled Shrimp Skewer</b> Allergen Warnings: Milk, Soy, Sulphites, Shellfish</p>	<p><b>Marinated Shrimp:</b> Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic (Garlic, Canola Oil), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Salt, Black Pepper, Canola Oil</p> <p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Gremolata:</b> Parsley, Lemon Zest</p> <p><b>Salt, Black Pepper</b></p>
<p align="center"><b>Grilled Salmon</b> Allergen Warnings: Milk, Soy, Fish</p>	<p><b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Gremolata:</b> Parsley, Lemon Zest</p> <p><b>Salmon, Salt, Black Pepper</b></p>
<p align="center"><b>Lobster Butter</b> Allergen Warnings: Soy, Milk</p>	<p><b>Chimmichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p>
<p align="center"><b>Chimmichurri Butter</b> Allergen Warnings: Soy, Milk</p>	<p><b>Chimmichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p>
<p align="center"><b>Black Pepper Bourbon Butter</b> Allergen Warnings: Soy, Milk</p>	<p><b>Black Pepper Bourbon Butter:</b> Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)</p>
<p align="center"><b>Peppercorn Sauce</b> Allergen Warnings: Soy, Wheat, Sulphites, Milk</p>	<p><b>Peppercorn Sauce:</b> Canola Oil, Roasted Garlic (Garlic, Canola Oil), Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrot, Tomato Paste, Rosemary, Thyme, Jack Daniels, Red Wine, Au Jus Powder (Salt, Corn Starch, Hydrolyzed Soy Protein, Caramel Colour (Sulphites), Beef Powder, Sugar, Onion Powder, Beef Fat, Canola Oil, Glucose Solids, Natural Flavours (Maltodextrin, Milk Ingredients), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Torula Yeast, Citric Acid), Rice Wine Vinegar (Rice Wine, Salt, Sugar), Flour</p> <p><b>Stockton Steak Spice:</b> Spices, Salt</p>
<p align="center"><b>Blue Cheese</b> Allergen Warnings: Milk</p>	<p><b>Blue Cheese:</b> Pasteurized Milk, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Penicillium Roqueforti</p>
<p align="center"><b>Indian Basmati Rice</b></p>	<p><b>Basmati Rice:</b> Short grain rice, <b>Spices:</b> Salt, cinamon, cardamom, clove</p> <p><b>Spices:</b> Salt, cinamon, cardamom, clove</p>



<b>Jasmine Rice</b>	<b>Jasmine Rice:</b> Long Grain Rice <b>Sushi Vinegar:</b> Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar
<b>Fries</b>	<b>French Fries:</b> Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose) <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices <b>Table Salt:</b> Salt, Calcium Silicate, Sugar, Potassium Iodine
<b>Cajun Fries</b>	<b>French Fries:</b> Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose) <b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices <b>Table Salt:</b> Salt, Calcium Silicate, Sugar, Potassium Iodine
<b>Sweet Potato Fries</b> <b>Allergen Warnings: Egg, Mustard, Sulphites</b>	<b>Sweet Potato Fries:</b> Sweet Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower and/or Corn), Modified Corn Starch, Modified Potato Starch, Sugars (Sugar, Brown Sugar), Rice Flour, Potato Dextrin, Pea Fibre, Salt, Baking Powder, Sodium Phosphate, Paprika, Turmeric, Xanthan Gum, Corn Fibre <b>Chili Salts:</b> Salt, Red Pepper Flakes <b>Dill Avocado Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper
<b>Garlic Parmesan Fries</b> <b>Allergen Warnings: Soy, Milk, Egg, Mustard, Sulphites</b>	<b>French Fries:</b> Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose) <b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) <b>Chili Salts:</b> Salt, Red Pepper Flakes <b>Parmesan Romano Cheese:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour <b>Gremolata:</b> Parsley, Lemon Zest <b>Scallion Wasabi Aioli:</b> 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, Rice Wine Vinegar.
<b>Table or Side Bread</b> <b>Allergen Warnings: Soy, May Contain Treenuts, Sesame</b>	<b>Schiacciata Bread:</b> Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast <b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)
<b>Quinoa + Rice Pilaf</b> <b>Allergen Warnings: Soy</b>	<b>Quinoa + Rice Pilaf:</b> Rice Wine Vinegar, Water), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) <b>Parsley</b>
<b>Gravy</b> <b>Allergen Warnings: Wheat, Soy, Sulphites</b>	<b>Beef Gravy:</b> 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, Autolyzed Yeast Extract, Onion Powder, Beef Fat, Spices, Sulphites
<b>Mashed Potatoes</b> <b>Allergen Warnings: Milk</b>	<b>Resers Mashed Potatoes:</b> Yukon Gold Potatoes, water, whole milk, butter, sweet cream, salt, natural flavour, nisin, natural antimicrobial, roasted garlic (fresh garlic, canola oil), white pepper, salt, parsley
<b>Loaded Mashed Potatoes</b> <b>Allergen Warnings: Milk</b>	<b>Resers Mashed Potatoes:</b> Yukon Gold Potatoes, water, whole milk, butter, sweet cream, salt, natural flavour, nisin, natural antimicrobial, roasted garlic (fresh garlic, canola oil), parsley <b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke <b>Cheddar Cheese Slice:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto Green Onions, White pepper, Salt, Parsley
<b>Sauteed Mushrooms</b> <b>Warnings: Soy, Milk</b>	<b>Allergen</b> <b>Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil <b>Chicken Stock:</b> Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate) <b>Black Pepper Butter:</b> Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil) <b>Button &amp; Portobello Mushrooms, Salt, Black Pepper, Green Onion, Parsley</b>

**Kids -May 2024**

<p><b>Kids Grilled Chicken</b> Allergen Warnings: Sulphites, Milk</p>	<p><b>Chicken Breast:</b> 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</p> <p><b>Seasoned Jasmine Rice:</b> Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar)</p> <p><b>Green Beans, Butter, Salt, Black Pepper</b></p>
<p><b>Kids Grilled Sirloin</b> Allergen Warnings: Milk</p>	<p><b>Marinated 5oz Sirloin:</b> Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p><b>Seasoned Jasmine Rice:</b> Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar)</p> <p><b>Green Beans, Butter, Salt, Black Pepper</b></p>
<p><b>Kids Grilled Salmon</b> Allergen Warnings: Milk, Fish</p>	<p><b>Seasoned Jasmine Rice:</b> Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar)</p> <p><b>Salmon, Green Beans, Butter, Salt, Black Pepper</b></p>
<p><b>Kids Cheese Burger</b> Allergen Warnings: Milk, Wheat, Egg, Sesame</p>	<p><b>French Fries:</b> Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p><b>Cheddar Cheese Slice:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto</p> <p><b>Burger Bun:</b> Unbleached wheat flour, Water, Liquid whole eggs, Sesame seeds, Sunflower and/or soybean oil, Liquid egg yolks, Cane sugar, Liquid egg-whites, Salt, Yeast, Cultured wheat flour, Malted barley flour, Ground wheat, Lactic acid, Ascorbic acid, Enzymes, Rice flour (for dusting)</p> <p><b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p><b>Burger Patty:</b> Ground Chuck, Ground Brisket</p>
<p><b>Kids Chicken Fingers &amp; Fries</b> Allergen Warnings: Egg, Soy, Wheat, Milk</p>	<p><b>French Fries:</b> Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p><b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p><b>Chicken Fingers:</b> Chicken Tenders, Water, Salt, Natural Flavour (soy protein isolate), Sodium Phosphate, Garlic Powder, Onion Powder, Spice, Vegetable Oil Shortening, Monosodium Glutamate, Wheat Flour, Water, Canola Oil, Salt, Wheat Gluten, Baking Powder, Egg White Powder (Bakers Yeast, Citric Acid), Sugars (Dextrose), Vegetable Oil Shortening, Sodium Acid Pyrophosphate, Monosodium Glutamate, Sodium Bicarbonate, Caramel, Spice, Modified Milk Ingredients.</p> <p><b>Plum Sauce:</b> Sugars (Sugar/Glucose-Fructose, Blackstrap Molasses, Concentrated Orange Juice), Water, Pumpkin, Vinegar, Modified Corn Starch, Salt, Plum Purée, Guar Gum, Sodium Benzoate, Spice, Dehydrated Lime Peel</p>
<p><b>Kids Noodles + Cheddar</b> Allergen Warnings: Wheat, Milk, Eggs, Sulphites</p>	<p><b>Penne:</b> Durum Semolina, Water, Cage free eggs, Turmeric</p> <p><b>Whipping Cream:</b> Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum</p> <p><b>Mozzarella:</b> Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p><b>Provolone:</b> Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p><b>Parmesan Romano Cheese:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p><b>Salt, Black Pepper</b></p>
<p><b>Kids Noodles + Tomato</b> Allergen Warnings: Wheat, Milk, Eggs, Sulphites</p>	<p><b>Penne:</b> Durum Semolina, Water, Cage free eggs, Turmeric</p> <p><b>Tomato Sauce:</b> Tomatoes, Tomato Puree (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid</p> <p><b>Parmesan Romano Cheese:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p><b>Salt, Black Pepper</b></p>
<p><b>Kids Grilled Cheese</b> Allergen Warnings: Wheat, Milk</p>	<p><b>French Fries:</b> Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p><b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p><b>Cheddar Cheese Slice:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto</p> <p><b>White Bread:</b> Enriched Wheat Flour, Water, Sugar/Glucose-Fructose, Yeast, Salt, Defatted Soy Flour, Soybean and/or Canola Oil, Calcium Propionate, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Sodium Stearoyl-2-Lactylate, Vegetable Monoglycerides</p> <p><b>Butter</b></p>
<p><b>Kids Waffle</b> Allergen Warnings: Wheat, Egg, Soy, Milk</p>	<p><b>Waffles:</b> Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour</p> <p><b>Whipping Cream:</b> Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum</p> <p><b>Icing Sugar:</b> Sugar, Corn Starch</p> <p><b>Maple Syrup</b></p>
<p><b>Kids Waffle w/ Strawberries</b> Allergen Warnings: Wheat, Egg, Soy, Milk</p>	<p><b>Waffles:</b> Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour</p> <p><b>Whipping Cream:</b> Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum</p> <p><b>Icing Sugar:</b> Sugar, Corn Starch</p> <p><b>Maple Syrup, Strawberries</b></p>

<p><b>Kids Breakfast</b> Allergen Warnings: Soy, Egg, Wheat,</p>	<p><b>Butter Flavoured Oil:</b> Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene</p> <p><b>Liquid Whole Egg:</b> Whole Egg, Citric Acid</p> <p><b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p><b>Brunch Potatoes:</b> Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper.</p> <p><b>White Bread:</b> Enriched Wheat Flour, Water, Sugar/Glucose-Fructose, Yeast, Salt, Defatted Soy Flour, Soybean and/or Canola Oil, Calcium Propionate, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Sodium Stearoyl-2-Lactylate, Vegetable Monoglycerides</p> <p><b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p>
<p><b>Vanilla Ice Cream</b> Allergen Warnings: Milk</p>	<p><b>French Vanilla Ice Cream:</b> Sugars (Sugar, Glucose), Cream, Modified Milk Ingredients, French Vanilla Base (Sugars (Glucose, Fructose), Water, Natural and Artificial Flavour, Potassium Sorbate, Tartrazine, Sunset Yellow, Ice Cream Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Polysorbate 80, Locust Bean Gum, Carrageenan, Silicon Dioxide), Artificial Flavour, Tartrazine, Sunset Yellow FCF</p> <p><b>Chocolate Sauce:</b> Sugar (Glucose, Fructose), Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder (Processed with Alkali), Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour)</p> <p><b>Caramel Sauce:</b> Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour</p>
<p><b>Ice Cream Sammy</b> Allergen Warnings: Milk, Wheat</p>	<p><b>Ice Cream Sandwich:</b> Ice cream: Sugars (Sugar, Glucose), Fresh Cream, Modified Milk Ingredients, Mono and Diglycerides, Carob Bean Gum, Cellulose Gum, Guar Gum, Carrageenan, Vanilla Extract, Natural Flavour. Wafers: Enriched Wheat Flour, Sugars (Sugar, Glucose-Fructose, Dextrose), Caramel Colour, Palm Oil, Corn Flour, Cocoa, Modified Corn Starch, Baking Soda, Salt, Mono and Diglycerides, Soy Lecithin.</p>

**Tartare -May 2024**

<p align="center"><b>Steak Tartare</b> Allergen Warnings: Egg, Wheat, Mustard</p>	<p><b>Chopped sirloin steak</b>  <b>Stockton Street Spice</b> (salt, black pepper, Szechuan peppercorn, pink peppercorn, Tellicherry peppercorn, white pepper)  <b>Dijon Mustard</b> (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites))  <b>Red Wine Vinegar</b> (5% Acetic Acid, Sulphites)  Baby Dill Pickles &amp; Capers  <b>Bloody Sauce</b>  <b>Roasted Garlic:</b> Garlic, Canola Oil  <b>Crostini:</b> Baguette, Unbleached Wheat Flour, Water, Salt, Yiest, Malted Barley Flour, Rice Flour (Dusting), Garlic oil, salt, pepper.  <b>Olive Oil, Egg Yolk,</b>  <b>Crisp Leeks:</b> Leeks, Corn Starch  <b>Argula, Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzonate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum  <b>Honey Mustard Vinaigrette:</b> Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed  <b>Heritage Lettuce, Grape tomatoes, Cucumbers</b></p>
<p align="center"><b>Spicy Salmon Tartare</b> Allergen Warnings: Milk, Mustard, Sesame, Wheat, Fish, soy</p>	<p><b>Sushi grade Atlantic salmom (chopped)</b>  <b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion  <b>Chili Avocado Aioli:</b> Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice and Calcium Disodium EDTA (Maintains Flavour), Avocado, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper  <b>Sriracha Goat Cheese:</b> Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum)  <b>Sweet &amp; Spicy Tabasco</b> (Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices)  <b>Crispy Wontons:</b> 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, Vinegar, Sodium Propionate, Potassium Sorbate  <b>Flying Fish Roe:</b> Salt, Sugar, Rice Wine, Soy Sauce (soybean, wheat, salt, sugar, water)  Avocado, Red Onion, Grape Tomatoes, Edamame, Parsley, B&amp;W Sesame Seeds  <b>Argula, Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzonate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum  <b>Honey Mustard Vinaigrette:</b> Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed  <b>Heritage Lettuce, Grape tomatoes, Cucumbers</b></p>
<p align="center"><b>Milestones Duo Salmon Tartare</b> Allergen Warnings: Milk, Mustard, Nuts, Wheat, Soy, Fish</p>	<p><b>Sushi grade Atlantic and Smoked Salmon (chopped)</b>  <b>Dill Avocado Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper  <b>Chili Salts:</b> (Salt, Red Pepper Flakes), Salt, Black Pepper.  <b>Praline Spiced Pecans:</b> Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt  <b>Crostini:</b> Baguette, Unbleached Wheat Flour, Water, Salt, Yiest, Malted Barley Flour, Rice Flour (Dusting), Garlic oil, salt, pepper.  <b>Flying Fish Roe:</b> Salt, Sugar, Rice Wine, Soy Sauce (soybean, wheat, salt, sugar, water)  Avocado, Red Onion, Grape Tomatoes, Green apple, Parsley, Dill  <b>Argula, Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzonate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum  <b>Honey Mustard Vinaigrette:</b> Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed  <b>Heritage Lettuce, Grape tomatoes, Cucumbers</b></p>

<p align="center"><b>Grilled Shrimp Entree</b> Allergen Warnings: Shellfish, Milk, Soy, Egg</p>	<p><b>Marinated Shrimp:</b> Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic (Garlic, Canola Oil), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Salt, Black Pepper, Canola Oil  <b>Garlic Butter:</b> 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, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Chili Salts:</b> (Salt, Red Pepper Flakes), Salt, Black Pepper.  <b>Quinoa + Rice Pilaf:</b> Rice Wine Vinegar, Water), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Seasonal Vegetables:</b> Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)  <b>Dill Avocado Aioli:</b> Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper  <b>Crisp Leeks:</b> Leeks, Corn Starch  <b>Gremolata:</b> (Parsley, Lemon Zest), Lemon Wedge</p>
-----------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------