milestones

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INGREDIENT & ALLERGEN LISTING

National Menu – October 2026 – Core, Brunch, Kids & Dessert. Combines and replaces the Core Ingredient Listing (Nov 2025) and Lunch/Brunch Ingredient Listing (Nov 2024).

Top 9 Allergen	What it is	Items – contains	Items – may contain
Milk	Cow's milk is one of the most common childhood allergies. (Goat-milk cheeses are also flagged – high cross-reactivity.)	**87**	1
Eggs	Mostly triggered by proteins in egg whites. Includes mayonnaise, hollandaise, egg pasta and lysozyme in Grana Padano.	**60**	4
Peanuts	A legume that can cause severe, lifelong reactions.	**2**	4
Tree Nuts	Includes almonds, walnuts, cashews and pecans (also hazelnuts and pistachios).	**5**	17
Wheat	A grain containing gluten proteins (distinct from celiac disease).	**68**	2
Soy	A legume common in processed foods (includes soy lecithin, soy sauce, edamame, tofu, soybean oil).	**95**	1
Fish	Finned fish like cod, salmon or tuna (includes anchovy in Worcestershire, Caesar & fish sauce, fish roe).	**18**	–
Crustacean Shellfish	Includes shrimp, crab and lobster.	**14**	–
Sesame	Added as the ninth major allergen (U.S. FASTER Act, 2023); also a Canadian priority allergen.	**23**	9

Canadian priority allergens also tracked in this listing: Shellfish (molluscs – scallops, clams, squid), Mustard, Sulphites and Gluten sources (barley, rye).

Summary of changes vs. previous listings

New items (26)	Loaded Mezze Dip • Shrimp Diavolo • Shatter Crisp Tenders • Seared Sesame Ahi • Purple Soup Dumplings • Seoul Crunch Salad • Beet & Goat Cheese Salad • Cacio e Pepe Salmon • Tomahawk Pork Chop • Lobster & Jumbo Prawn Tagliarini • Low & Slow Bolognaise • Style: Cognac Peppercorn • Style: Balsamic Onions & Red Wine Demi • Style: Creole Seafood • Seasonal Vegetables • Sautéed Onions • Sautéed Tofu • Seared Sesame Ahi Tuna (add) • Lobster Tail (add) • Six Layer Chocolate Cake (to share) • French Toast Bites • Berries & Cream French Toast • Santa Fe Breakfast Burrito • Shakshuka • Eggs Benedict – Seafood • Kids French Toast Bites (plain or strawberry)
Updated items (29)	Spinach & Artichoke Dip • Tuscan Bruschetta • Wagyu Beef Gyoza • Roasted Garlic Caesar Salad (starter / entrée / side) • Mediterranean Chicken • Spiced Shoyu Ramen • M Bowl (chicken / tofu) • Ahi Tuna Sushi • Shiitake Teriyaki • Butternut Squash Ravioli • Blackened Cajun Chicken Alfredo • Taco Duo • Balsamic Chicken Club (+ Lunch Trio) • Sirloin 6 oz / 9 oz (Signature Grill) • Filet Mignon 6 oz (Signature Grill) • Style: Mushroom Marsala • Style: Surf & Turf • Warm Potato Salad • Garlic Focaccia / Table Bread • Warm Apple Cobbler • M Classic Breakfast • M Classic Breakfast – Vegan • Ultimate M Classic Breakfast • Steak & Eggs • Avocado Toast • Eggs Benedict – Classic • Eggs Benedict – California • Kids Burger • Kids Pasta – Creamy Cheese or Tomato
Removed / not on national menu (19)	Wham Bam Shrimp (Plating guide marks QC only – not on national current menu) • Burrata (Not on current menu) • French Onion Soup (QC/TEC recipe only – not on national menu) • Candied Beet & Whipped Feta Salad (Replaced by Beet & Goat Cheese Salad) • Pesto Chicken Penne Asiago (Not on current menu) • Crispy Shrimp Noodle Bowl (Not on current menu) • Shiitake Teriyaki Sandwich (Not on current menu) • Pistachio Crusted Salmon (Replaced by Cacio e Pepe Salmon) • Marsala Pork Chop (Replaced by Tomahawk Pork Chop) • Butter Chicken (Not on current menu) • Stuffed Portobello Mushroom Cap (Not on current menu) • Baby Back Ribs – Shrimp Duo / Ribs Trio (Only Full Rack and Ribs & Chicken on menu) • Surf N Turf Topper (shrimp/scallop/lobster butter) (Replaced by Surf & Turf lobster tail style) • Classic Chocolate Cake (Replaced by Six Layer Chocolate Cake) • Baked Potato, Mac N Cheese, Indian Basmati Rice, Quinoa + Rice Pilaf, Lobster Butter (Sides not on current menu) • Steak Tartare, Spicy Salmon Tartare (QC tartare – not on national menu) • Truffle Mushroom & Chicken Tagliarini (Not on current menu) • Steak Frites (Not on current menu) • Chicken Club Trio (old build) (Replaced by Balsamic Chicken Club lunch trio)

Allergen Quick-Reference Matrix

✓ contains ○ may contain (precautionary) ✓ West = West restaurants only (kimchi contains anchovy & salted shrimp)

Menu item	Milk	Egg	Peanut	Tree Nut	Wheat	Soy	Fish	Crust.	Sesame	Mollusc	Mustard	Sulph.	Barley/ Rye
Start or Share													
Spinach & Artichoke Dip	✓	✓			✓								✓
Avocado & Whipped Feta Dip	✓	✓			✓	✓							
Loaded Mezze Dip	✓	✓			✓	✓			✓			✓	
Tuscan Bruschetta	✓	✓		○	✓				○			✓	✓
M Wings	✓	✓			✓	✓			✓		✓	✓	✓
Wagyu Beef Gyoza		✓			✓	✓	✓ West	✓ West	✓		✓	✓	✓
Shrimp Diavolo	✓	○		○	✓	✓		✓	○			✓	✓
Shatter Crisp Tenders	✓	✓			✓	✓					✓	✓	
Coconut Calamari			○	○	✓		✓			✓		✓	✓
Sweet Chili Chicken Bites		✓			✓	✓			✓				
Seared Sesame Ahi		✓			✓	✓	✓		✓		✓	✓	
Purple Soup Dumplings	✓				✓	✓	✓		✓			✓	✓
Crispy Tempura Cauliflower	✓	✓			✓	✓			✓		✓	✓	✓
Tofu Lettuce Wraps						✓			✓			✓	
Chicken Lettuce Wraps	✓	✓	✓		✓	✓			✓		✓	✓	
Soups & Salads													
Seafood Chowder	✓				✓	✓	✓	✓		✓	✓		✓
Roasted Mushroom Soup						✓						✓	
California Spring Salad (starter / entrée / side)	✓			✓		✓					✓	✓	
Roasted Garlic Caesar Salad (starter / entrée / side)	✓	✓		○	✓	✓	✓		○		✓	✓	✓
Seoul Crunch Salad			✓		✓	✓			✓			✓	
Beet & Goat Cheese Salad	✓			✓		✓						✓	
Chilled Seafood Cobb Salad	✓	✓				✓	✓	✓		✓	✓	✓	
Entrées													
Cacio e Pepe Salmon	✓	✓			✓	✓	✓					✓	
Portobello Mushroom Chicken	✓	✓			✓	✓						✓	
Tomahawk Pork Chop	✓				✓	✓						✓	✓
Mediterranean Chicken	✓					✓						✓	

Menu item	Milk	Egg	Peanut	Tree Nut	Wheat	Soy	Fish	Crust.	Sesame	Mollusc	Mustard	Sulph.	Barley/ Rye
Baby Back Ribs Full Rack		✓				✓	✓				✓	✓	
Baby Back Ribs & Chicken	✓	✓				✓	✓				✓	✓	
Bowls													
Spiced Shoyu Ramen	✓	✓			✓	✓			✓			✓	
Thai Green Curry (chicken / shrimp / tofu)	✓	✓			✓	✓	✓	✓	✓			✓	
M Bowl (chicken / tofu)	✓					✓						✓	
Ahi Tuna Sushi		✓			✓	✓	✓		✓		✓	✓	
Sweet Chili Chicken		✓			✓	✓			✓			✓	
Shiitake Teriyaki						✓			✓			✓	
Pastas													
Butternut Squash Ravioli	✓	✓		✓	✓	✓			○				✓
Lobster & Jumbo Prawn Tagliarini	✓	✓			✓	✓		✓				✓	
Blackened Cajun Chicken Alfredo	✓	✓		○	✓	✓			○				✓
Low & Slow Bolognaise	✓	✓		○	✓	✓			○			✓	✓
Handhelds (side not included – see Sides)													
Kalbi Sirloin Sandwich	✓	✓		○	✓	✓			✓		✓	✓	✓
Korean Fried Chicken Sandwich	✓	✓		○	✓	✓	✓ West	✓ West	✓		✓	✓	✓
Taco Duo	✓	✓			✓	✓	✓	✓			✓	✓	
1989 Burger	✓	✓		○	✓	✓			✓		✓	✓	✓
Double Smash Burger	✓	✓		○	✓	✓			✓		✓	✓	✓
Garden Burger		✓		○	✓	✓			✓		✓	✓	✓
Balsamic Chicken Club (+ Lunch Trio)	✓	✓		○	✓	✓			○		✓	✓	✓
Steaks – Cuts, Styles & Sides													
Sirloin 6 oz / 9 oz (Signature Grill)	✓					✓							
Filet Mignon 6 oz (Signature Grill)	✓					✓							
NY Striploin 12 oz (Signature Grill)	✓					✓							
Style: Mushroom Marsala	✓	✓			✓	✓						✓	✓
Style: Cognac Peppercorn	✓				✓	✓						✓	✓
Style: Balsamic Onions & Red Wine Demi	✓					✓						✓	✓
Style: Creole Seafood	✓				✓	✓		✓		✓		✓	
Style: Surf & Turf	✓					✓		✓					

Menu item	Milk	Egg	Peanut	Tree Nut	Wheat	Soy	Fish	Crust.	Sesame	Mollusc	Mustard	Sulph.	Barley/ Rye
Sides & Add-Ons													
Fries / Cajun Fries						✓							
Sweet Potato Fries		✓				✓					✓	✓	
Garlic Parmesan Fries	✓	✓				✓					✓	✓	
Garlic Mashed Potatoes	✓												
Warm Potato Salad	✓	✓				✓					✓	✓	
Jasmine Rice													
Seasonal Vegetables	✓												
Sautéed Mushrooms	✓					✓							✓
Sautéed Onions	✓					✓							
Chimichurri Butter	✓					✓							
Black Pepper Bourbon Butter	✓					✓							✓
Peppercorn Sauce	✓				✓	✓						✓	✓
Gravy	✓				✓	✓						✓	
Garlic Focaccia / Table Bread	✓	○		○	✓	✓			○				✓
Chicken Breast (Grilled) / Blackened Cajun Chicken Breast	✓					✓							
Jumbo Shrimp Skewer	✓					✓		✓				✓	
Grilled Salmon	✓					✓	✓						
Sautéed Tofu						✓							
Seared Sesame Ahi Tuna (add)							✓		✓			✓	
6 oz Sirloin (add)	✓					✓							
Lobster Tail (add)	✓					✓		✓					
Desserts													
White Chocolate Cheesecake	✓	✓	○	○	○	✓						○	
The Ultimate Cookie	✓	✓			✓	✓							
OMG Carrot Cake	✓	✓	○	✓	✓	✓						✓	
Key Lime Pie	✓	✓		○	✓	○						✓	
Six Layer Chocolate Cake (to share)	✓	✓			✓	✓							✓
Warm Apple Cobbler	✓	○	○	✓	○	✓						○	
Brunch (served daily until 3 pm)													
Fresh Fruit Bowl													

Menu item	Milk	Egg	Peanut	Tree Nut	Wheat	Soy	Fish	Crust.	Sesame	Mollusc	Mustard	Sulph.	Barley/ Rye
French Toast Bites	✓	✓			✓	✓							
M Classic Breakfast	✓	✓			✓	✓						✓	✓
M Classic Breakfast – Vegan	○	○		○	✓	✓			○			✓	✓
Ultimate M Classic Breakfast	✓	✓			✓	✓						✓	
Chicken n' Waffles	✓	✓			✓	✓						✓	
Steak & Eggs	✓	✓			✓	✓						✓	✓
Berries & Cream French Toast	✓	✓			✓	✓							
Santa Fe Breakfast Burrito	✓	✓			✓	✓						✓	
Avocado Toast	✓	✓			✓	✓						✓	✓
Southwestern Omelette	✓	✓			✓	✓					✓	✓	✓
Shakshuka	✓	✓			✓	✓			✓			✓	✓
Eggs Benedict – Classic	✓	✓			✓	✓						✓	
Eggs Benedict – California	✓	✓			✓	✓		✓				✓	
Eggs Benedict – Seafood	✓	✓			✓	✓	✓	✓		✓	✓	✓	
Side: Brunch Potatoes	✓					✓							
Side: Double Smoked Bacon													
Side: Andouille Sausage													
Side: Vegan Apple Sage Sausage					✓								✓
Kids (12 & under)													
Kids Grilled Cheese	✓				✓	✓							
Kids Chicken Fingers	✓	✓			✓	✓							
Kids Grilled Chicken	✓												
Kids Burger	✓	✓		○	✓	✓			✓				✓
Kids Pasta – Creamy Cheese or Tomato	✓	✓			✓								
Kids Grilled Salmon	✓					✓	✓						
Kids Breakfast		✓			✓	✓							
Kids French Toast Bites (plain or strawberry)	✓	✓			✓	✓							
Kids Waffles (plain or strawberry)	✓	✓			✓	✓							
Kids Dessert – Vanilla Ice Cream	✓												
Kids Dessert – Chapman's Li'l Sammich (peanut-free)	✓				✓	✓							

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Soups & Salads	Seafood Chowder, Roasted Mushroom Soup, California Spring Salad (starter / entrée / side), Roasted Garlic Caesar Salad (starter / entrée / side), Seoul Crunch Salad, Beet & Goat Cheese Salad, Chilled Seafood Cobb Salad	11
Entrées	Cacio e Pepe Salmon, Portobello Mushroom Chicken, Tomahawk Pork Chop, Mediterranean Chicken, Baby Back Ribs Full Rack, Baby Back Ribs & Chicken	13
Bowls	Spiced Shoyu Ramen, Thai Green Curry (chicken / shrimp / tofu), M Bowl (chicken / tofu), Ahi Tuna Sushi, Sweet Chili Chicken, Shiitake Teriyaki	15
Pastas	Butternut Squash Ravioli, Lobster & Jumbo Prawn Tagliarini, Blackened Cajun Chicken Alfredo, Low & Slow Bolognaise	17
Handhelds (side not included – see Sides)	Kalbi Sirloin Sandwich, Korean Fried Chicken Sandwich, Taco Duo, 1989 Burger, Double Smash Burger, Garden Burger, Balsamic Chicken Club (+ Lunch Trio)	19
Steaks – Cuts, Styles & Sides	Sirloin 6 oz / 9 oz (Signature Grill), Filet Mignon 6 oz (Signature Grill), NY Striploin 12 oz (Signature Grill), Style: Mushroom Marsala, Style: Cognac Peppercorn, Style: Balsamic Onions & Red Wine Demi, Style: Creole Seafood, Style: Surf & Turf	21
Sides & Add-Ons	Fries / Cajun Fries, Sweet Potato Fries, Garlic Parmesan Fries, Garlic Mashed Potatoes, Warm Potato Salad, Jasmine Rice, Seasonal Vegetables, Sautéed Mushrooms, Sautéed Onions, Chimichurri Butter, Black Pepper Bourbon Butter, Peppercorn Sauce, Gravy, Garlic Focaccia / Table Bread, Chicken Breast (Grilled) / Blackened Cajun Chicken Breast, Jumbo Shrimp Skewer, Grilled Salmon, Sautéed Tofu, Seared Sesame Ahi Tuna (add), 6 oz Sirloin (add), Lobster Tail (add)	23
Desserts	White Chocolate Cheesecake, The Ultimate Cookie, OMG Carrot Cake, Key Lime Pie, Six Layer Chocolate Cake (to share), Warm Apple Cobbler	26
Brunch (served daily until 3 pm)	Fresh Fruit Bowl, French Toast Bites, M Classic Breakfast, M Classic Breakfast – Vegan, Ultimate M Classic Breakfast, Chicken n' Waffles, Steak & Eggs, Berries & Cream French Toast, Santa Fe Breakfast Burrito, Avocado Toast, Southwestern Omelette, Shakshuka, Eggs Benedict – Classic, Eggs Benedict – California, Eggs Benedict – Seafood, Side: Brunch Potatoes, Side: Double Smoked Bacon, Side: Andouille Sausage, Side: Vegan Apple Sage Sausage	28
Kids (12 & under)	Kids Grilled Cheese, Kids Chicken Fingers, Kids Grilled Chicken, Kids Burger, Kids Pasta – Creamy Cheese or Tomato, Kids Grilled Salmon, Kids Breakfast, Kids French Toast Bites (plain or strawberry), Kids Waffles (plain or strawberry), Kids Dessert – Vanilla Ice Cream, Kids Dessert – Chapman's Li'l Sammich (peanut-free)	34

Start or Share – National October 2026	
Spinach & Artichoke Dip V UPDATED **Contains:** Milk, Egg, Wheat, Gluten (barley/rye)	**Spinach & Artichoke Dip:** 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/Provolone Cheese (Pasteurized milk, Modified milk ingredients, Salt, Calcium chloride, Lipase, Bacterial culture, Microbial enzyme, Cellulose, Natamycin).; topped with Mozzarella/Provolone Blend (Milk), Asiago (Milk) **Fresh Cut Salsa:** Roma Tomatoes, Red Chili Flakes, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil **Sour Cream:** Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Yellow Corn Chips:** Stone Ground Corn, Water, Propionic Acid, Sodium Propionate, Sodium Benzoate, Calcium Hydroxide, Salt **Garnish: Parsley**
Avocado & Whipped Feta Dip V UNCHANGED **Contains:** Milk, Egg, Wheat, Soy	**Avocado Edamame Mash:** Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Rice Wine Vinegar, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum) **Whipped Feta:** Macedonian Feta Cheese (Modified Milk Ingredients, Salt, Lipase, Microbial Enzyme, Calcium Chloride, Bacterial Culture; in Brine (Water, Salt)), Sour Cream (Milk Ingredients, Modified Corn Starch, Guar Gum, Carrageenan, Locust Bean Gum, Sodium Citrate, Bacterial Culture), Cream Cheese (Milk, Cream, Modified Milk Ingredients, Salt, Bacterial Culture, Lactic Acid, Carob Bean Gum, Potassium Sorbate) **Fresh Cut Salsa:** Roma Tomatoes, Red Chili Flakes, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil **Naan Bread:** Enriched Wheat Flour, Buttermilk (Milk Ingredients, Bacterial Culture), Water, Soybean Oil, Liquid Whole Egg, Sugar, Baking Powder, Salt, Cultured Wheat Flour, Ghee (Clarified Butter), Wheat Gluten, Yeast, Amylase **Yellow Corn Chips:** Stone Ground Corn, Water, Propionic Acid, Sodium Propionate, Sodium Benzoate, Calcium Hydroxide, Salt **Roasted Chickpeas:** Chickpeas, Nola Cajun Spice (Spices, Salt, Garlic, Onion) **Tajin Seasoning:** Dried Chilli Peppers, Sea Salt, Citric Acid, Dehydrated Lime Juice, Silicon Dioxide **Garnish: Parsley**
Loaded Mezze Dip V NEW **Contains:** Milk, Egg, Wheat, Soy, Sesame, Sulphites	**Hummus:** Chickpeas, Tahini (Ground Sesame Seeds), Ice, Garlic, Lemon Zest, Lemon Juice, Cumin, Sambal Garlic Chili (Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum)), Salt, Black Pepper, Olive Oil **Whipped Feta Tzatziki:** Whipped Feta (Macedonian Feta (Milk), Cream Cheese (Milk), Sour Cream (Milk)), Cucumber, Salt, Garlic, Parsley **Tuscan Olive Tapenade:** Green Olives (Olives, Pepper Paste (Pepper, Salt, Sodium Alginate, Guar Gum, Calcium Chloride, Citric Acid, Lactic Acid, Potassium Sorbate), Water, Salt, Citric Acid, Lactic Acid), Black Olives (Kalamata Olives, Water, Salt, Vinegar, Sunflower Oil), Garlic, Basil, Parsley, Red Chili Pepper, Olive Oil, Salt, Black Pepper **Sweetie Drop Peppers:** Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride **Pickled Red Onion:** Red Onion, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Basil Oil:** Olive Oil, Canola Oil, Salt, Basil **Gremolata:** Parsley, Lemon Zest **Tajin Seasoning:** Dried Chilli Peppers, Sea Salt, Citric Acid, Dehydrated Lime Juice, Silicon Dioxide **Naan Bread:** Enriched Wheat Flour, Buttermilk (Milk Ingredients, Bacterial Culture), Water, Soybean Oil, Liquid Whole Egg, Sugar, Baking Powder, Salt, Cultured Wheat Flour, Ghee (Clarified Butter), Wheat Gluten, Yeast, Amylase **Yellow Corn Chips:** Stone Ground Corn, Water, Propionic Acid, Sodium Propionate, Sodium Benzoate, Calcium Hydroxide, Salt **Garnish: Tri-Colour Grape Tomatoes, Cucumber, Fresh Dill**
Tuscan Bruschetta V UPDATED **Contains:** Milk, Egg, Wheat, Sulphites, Gluten (barley/rye) **May contain:** Tree Nuts, Sesame	**Schiacciata Bread:** Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs & Spices, Salt, Malted Barley Flour, Yeast, Ascorbic Acid, Rice Flour. May contain: Almonds, Pecans, Tree Nuts, Sesame, Eggs, Milk **Basil Pesto:** Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Natural Parmesan Flavour, Natamycin), Garlic (Water, Canola Oil, Citric Acid), Lemon Juice (Sulphites), Salt **Bruschetta Mix:** Red Vine Tomatoes, Tri-Colour Grape Tomatoes, Red Onion, Roasted Garlic (Garlic, Canola Oil), Salt, Black Pepper, Basil, Red Wine Vinegar (Sulphites), Olive Oil Blend, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum) **Basil Oil:** Olive Oil, Canola Oil, Salt, Basil **Balsamic Reduction:** Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Garnish: Baby Arugula, Parsley**

Start or Share – National October 2026	
M Wings UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Sesame, Mustard, Sulphites, Gluten (barley/rye)**	**Chicken Wings:** Chicken Wings, Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, Garlic Powder), Savory Creations Chicken Base (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Xanthan Gum, Propylene Glycol Alginate) **Chili Flour:** Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch **Scallion Wasabi Aioli:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme), Garlic, Cilantro, Green Onions, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Lime Juice, Rice Wine Vinegar, Salt, Black Pepper, Chili Salts **Spicy Buffalo:** Buffalo Sauce (Cayenne Red Peppers, Vinegar, Salt, Canola Oil, Xanthan Gum), Parsley **Korean Kalbi:** 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 **Salt + Black Pepper Bourbon Parmesan:** Black Pepper Bourbon Butter (JP Wiser's Whisky (Corn, Rye, Malted Barley), Unsalted 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), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)), Salt, Black Pepper, Grana Padano Cheese (Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet), Gremolata (Parsley, Lemon Zest)
Wagyu Beef Gyoza UPDATED **Contains: Egg, Wheat, Soy, Fish, Crustacean Shellfish, Sesame, Mustard, Sulphites, Gluten (barley/rye)** **Kimchi aioli differs by region – WEST kimchi contains Fish (anchovy) & Crustacean Shellfish (salted shrimp); EAST kimchi contains Soy & Wheat. Statement below covers both.**	**Sesame Oil Blend:** Sesame Oil, Canola Oil **Wagyu Beef Gyoza:** Filling (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); Wrapper (Wheat Flour, Water, Canola Oil, Salt, White Sugar) **Kimchi Aioli – WEST restaurants:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Kimchi – WEST (Napa Cabbage, Radish, Red Pepper Powder, Garlic, Sweet Rice, Green Onion, Onion, Salt, Anchovy Extract (Fish), Salted Shrimp (Crustacean), Ginger, Water, Sugar – not vegetarian), Ginger, Roasted Garlic (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Cilantro **Kimchi Aioli – EAST restaurants:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Kimchi – EAST (Napa Cabbage, Sugar, Salt, Chilli Powder, Fresh Ginger, Soy Sauce (Soybean, Water, Wheat, Salt, Fructose, Ethyl Alcohol, Yeast Extract, Enzymatically Modified Stevia, Glucosyl Stevia, Licorice Extract, Seed Malt, Ethyl Parahydroxybenzoate), Green Onion, Carrot, Fresh Garlic), Ginger, Roasted Garlic (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Cilantro **Korean 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 **Wasabi:** Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites **Sweetie Drop Peppers:** Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride **Garnish: Green Onion, Black & White Sesame Seeds**
Shrimp Diavolo NEW **Contains: Milk, Wheat, Soy, Crustacean Shellfish, Sulphites, Gluten (barley/rye)** **May contain:** Egg, Tree Nuts, Sesame	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Jumbo Shrimp 13/15 (Garlic Marinated):** Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic Marinade (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) **Chili Salts:** Salt, Red Pepper Flakes **Sambal Garlic Chili:** Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum **Roasted Garlic:** Garlic, Canola Oil **White Wine:** White Wine (Sulphites) **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Spiced Tomato Pepper Sauce:** Tomato Sauce (Tomatoes, Tomato Purée (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Salt, Parsley **Basil Oil:** Olive Oil, Canola Oil, Salt, Basil **Grilled Focaccia:** Rosemary Focaccia (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Salt, Cultured Wheat Flour, Rosemary, Sea Salt, Yeast, Malted Barley Flour, Ground Wheat, Lactic Acid (from Bacterial Culture), Enzymes, Rice Flour. Contains: Wheat, Barley. May contain: Almonds, Eggs, Milk, Pecans, Sesame Seeds, Soy, Walnuts), Garlic Oil Blend **Garnish: Lemon**

Start or Share – National October 2026	
Shatter Crisp Tenders NEW **Contains:** Milk, Egg, Wheat, Soy, Mustard, Sulphites	**Shatter Crisp Chicken Tenders:** Chicken Fillets, Marinade (Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, Garlic Powder), Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Chicken Stock Concentrate, Salt, Black Pepper), Liquid Egg (Whole Egg, Sodium Phosphate, Citric Acid), Kataifi Crunch Blend (Panko Bread Crumbs (Wheat Flour, Cane Sugar or Dextrose, Yeast, Salt), Kataifi Pastry (Water, Enriched Wheat Flour, Corn Starch, Canola Oil, Modified Corn Starch, Soy Lecithin, Salt, Calcium Propionate, Sodium Propionate, Potassium Sorbate, Dextrose, Maltodextrin), Chili Flour (Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts, Corn Starch)) **Table Salt:** Salt, Calcium Silicate, Sugar, Potassium Iodide **Hot Honey Plum Sauce:** Plum Sauce (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), Hot Honey (Honey, Chili), Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Rice Wine Vinegar, Ginger, Salt, Parsley **Garnish: Parsley**
Coconut Calamari UNCHANGED **Contains:** Wheat, Fish, Shellfish (mollusc), Sulphites, Gluten (barley/rye) **May contain:** Peanut, Tree Nuts	**Marinated Calamari:** Calamari (Jumbo Squid (Dosidicus gigas), Salt, Disodium Diphosphate, Sodium Triphosphate, Sodium Bicarbonate), Water, Coconut Milk (Coconut Extract, Water, Xanthan Gum, Sucrose Ester, Sodium Carboxymethyl Cellulose, Guar Gum, Sodium Metabisulfite) **Chili Flour:** Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Mango Chili Vinaigrette:** Sweet & Spicy Tabasco (Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices), Mango Purée (Mango Purée from Concentrate, Sugar, Water, Citric Acid, Natural Flavour, Ascorbic Acid), Honey, Red Wine Vinegar (Sulphites), Worcestershire Sauce (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, Sodium Bisulfite, Xanthan Gum), Thai Chili Sauce (Sugar, Water, Chili Purée (Water, Red Pepper, Citric Acid), Garlic, Vinegar, Modified Corn Starch, Salt, Cayenne Pepper, Extractives of Paprika, Citric Acid, Xanthan Gum, Sodium Benzoate), Canola Oil, Parsley **Toasted Coconut:** Shredded Coconut **Gremolata:** Parsley, Lemon Zest **Garnish: Lime Wedge**
Sweet Chili Chicken Bites UNCHANGED **Contains:** Egg, Wheat, Soy, Sesame	**Chicken Bite Portions:** Chicken Breast Fillets (Raw Chicken), Liquid Egg (Whole Egg, Sodium Phosphate, Citric Acid) **Chili Flour:** Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch **Sweet Thai Chili Sauce:** Thai Chili Sauce (Sugar, Water, Chili Purée (Water, Red Pepper, Citric Acid), Garlic, Vinegar, Modified Corn Starch, Salt, Cayenne Pepper, Extractives of Paprika, Citric Acid, Xanthan Gum, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro **Crispy Wontons:** Enriched Wheat Flour (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 **Garnish: English Cucumber, Green Onion, Black & White Sesame Seeds, Lime Wedge**
Seared Sesame Ahi NEW **Contains:** Egg, Wheat, Soy, Fish, Sesame, Mustard, Sulphites	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Sesame Crusted Ahi Tuna:** Yellowfin Tuna Steak, Roasted Garlic Marinade (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), Black & White Sesame Seeds **Pineapple Aioli:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Ginger, Garlic, Pineapple Juice, Lime Juice, Salt, White Pepper **Tataki Glaze (Ginger Ponzu):** Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cane Syrup (Water, Sugar), Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar), Sesame Oil, Chili Crisp (Roland Spicy Chili Onion Crisp: Sunflower Oil, Dried Onion, Dried Garlic, Dried Red Bell Pepper, Sesame Oil, Chili Pepper, Salt, Spices (Star Anise, Sichuan Pepper, Cinnamon, Clove, Fennel). Contains: Sesame), Lime Juice, Ginger, Green Onion, Black & White Sesame Seeds, Gremolata (Parsley, Lemon Zest) **Pickled Red Onion:** Red Onion, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Wasabi:** Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites **Garnish: Heritage Blend Lettuce, Avocado, Tri-Colour Grape Tomatoes, Micro Sprouts, Black & White Sesame Seeds, Cilantro**

Start or Share – National October 2026	
Purple Soup Dumplings NEW **Contains: Milk, Wheat, Soy, Fish, Sesame, Sulphites, Gluten (barley/rye)**	**Purple Yam Pork Soup Dumplings:** Filling: Pork, Water, Dried Sweet Potato, Onion, Ginger, Sugar, Gelatin, Cooking Wine (Water, Rice, Wheat, Salt, Caramel), Salt, Potato Starch, Monosodium Glutamate, Soy Sauce (Water, Salt, Caramel Color, Sugar, Soybean, Wheat), Sesame Flavored Seasoning Oil (Sesame Oil, Soybean Oil), Flavor Enhancer (Disodium Inosinate, Disodium Guanylate), Spices (Contains Sulfites). Dough: Water, Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Purple Sweet Potato Powder (Purple Sweet Potato, Silicon Dioxide), Lard (Lard, BHA, BHT), Sugar, Glycerin, Salt **Sesame Oil Blend:** Sesame Oil, Canola Oil **Thai Green Curry Sauce:** Coconut Cream (Coconut, Water, Xanthan Gum), Cream (Milk), Water, Fish Sauce (Anchovy Extract, Water, Salt, Sugar), Sugar, Green Curry Paste (Green Chili Peppers, Onion, Ginger, Salt, Lemongrass, Garlic, Vinegar, Spices, Yeast, Flavour, Citric Acid, Lime Juice), Jalapeño Peppers, Canola Oil, Cilantro, Modified Corn Starch, Onions, Garlic, Salt, Spices, Turmeric **Garlic Chili Crisp:** Roland Spicy Chili Onion Crisp (Sunflower Oil, Dried Onion, Dried Garlic, Dried Red Bell Pepper, Sesame Oil, Chili Pepper, Salt, Spices (Star Anise, Sichuan Pepper, Cinnamon, Clove, Fennel). Contains: Sesame) **Sweetie Drop Peppers:** Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride **Garnish: Micro Greens, Cilantro, Black & White Sesame Seeds**
Crispy Tempura Cauliflower V UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Sesame, Mustard, Sulphites, Gluten (barley/rye)**	**Tempura Cauliflower:** Cauliflower, Wheat Flour, Yellow Corn Flour, Wheat Starch, Salt, Baking Powder, Sucrose Esters, Water, Canola Oil **Scallion Wasabi Aioli:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme), Garlic, Cilantro, Green Onions, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Lime Juice, Rice Wine Vinegar, Salt, Black Pepper, Chili Salts **Spicy Buffalo:** Buffalo Sauce (Cayenne Red Peppers, Vinegar, Salt, Canola Oil, Xanthan Gum), Parsley **Korean Kalbi:** 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 **Salt + Black Pepper Bourbon Parmesan:** Black Pepper Bourbon Butter (JP Wiser's Whisky (Corn, Rye, Malted Barley), Unsalted 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), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)), Salt, Black Pepper, Grana Padano Cheese (Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet), Gremolata (Parsley, Lemon Zest)
Tofu Lettuce Wraps VG UNCHANGED **Contains: Soy, Sesame, Sulphites**	**Crispy Tofu:** Extra Firm Tofu (Water, Soybeans (Non-GMO), Magnesium Chloride, Calcium Sulphate) **Sweet Chili Sauce:** Sugar, Water, Chili Purée (Water, Red Pepper, Citric Acid), Garlic, Vinegar, Modified Corn Starch, Salt, Cayenne Pepper, Extractives of Paprika, Citric Acid, Xanthan Gum, Sodium Benzoate **Asian Slaw:** Red Onion, Yellow Pepper, Red Pepper, Carrot, Savoy Cabbage, Purple Cabbage, Baby Bok Choy, Cilantro **Chili Avocado Aioli:** Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice, Calcium Disodium EDTA), Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper **Garnish: Iceberg Lettuce Cups, Green Onion, Black & White Sesame Seeds, Lime Wedge**
Chicken Lettuce Wraps UNCHANGED **Contains: Milk, Egg, Peanut, Wheat, Soy, Sesame, Mustard, Sulphites**	**Chicken Bite Portions:** Chicken Breast Fillets (Raw Chicken), Liquid Egg (Whole Egg, Sodium Phosphate, Citric Acid) **Chili Flour:** Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch **Sweet Thai Chili Sauce:** Thai Chili Sauce (Sugar, Water, Chili Purée (Water, Red Pepper, Citric Acid), Garlic, Vinegar, Modified Corn Starch, Salt, Cayenne Pepper, Extractives of Paprika, Citric Acid, Xanthan Gum, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro **Crispy Wontons:** Enriched Wheat Flour (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 **Peanut Sauce:** Garlic, Ginger, Cilantro, Honey, Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Sweet Soy Sauce (Sugars (Coconut Sugar (Sulphites), Sugar), Soy Extract (Water, Salt, Soybean, Wheat), Water, Caramel Colour, Salt, Sodium Benzoate, Citric Acid, Xanthan Gum), Peanut Butter (Dry Roasted Peanuts, Icing Sugar, Corn Syrup Solids, Hydrogenated Vegetable Oil (Rapeseed, Cottonseed and/or Soybean), Salt), Canola Oil, Water, Rice Wine Vinegar, Whipping Cream (Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum) **Scallion Wasabi Aioli:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme), Garlic, Cilantro, Green Onions, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Lime Juice, Rice Wine Vinegar, Salt, Black Pepper, Chili Salts **Garnish: Iceberg Lettuce Cups, Shredded Carrot, Green Onion, Black & White Sesame Seeds, Lime Wedge**

Soups & Salads – National October 2026	
Seafood Chowder UNCHANGED **Contains: Milk, Wheat, Soy, Fish, Crustacean Shellfish, Shellfish (mollusc), Mustard, Gluten (barley/rye)**	**Seafood Chowder:** Smoked Bacon (Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke), Butter (Milk), Onions, Celery, Carrots, Garlic, Tomato Paste (Tomatoes), Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Stock: Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)), Clamato Juice (Water, tomato paste, sugars (glucose-fructose), monosodium glutamate, citric acid, salt, spices, onion powder, vinegar, garlic powder, dried clam broth, allura red, sunset yellow FCF, brilliant blue FCF. CONTAINS: clam), Clam Juice (clams, water), Lobster Base (Cooked Lobster Meat (Includes Lobster Tomalley), Salt, Corn, Tapioca and Potato Maltodextrins, Sugar, Autolyzed Yeast Extract, Corn Oil, Milk Ingredient, Corn and Potato Starches, Tomato Paste, Onion Powder, Disodium Inosinate, Disodium Guanylate, Lobster Extracts, Cod Liver Oil, Garlic Powder, Lactic Acid, Spices, Flavour (Contains Soy & Celery). Contains: Soy, Milk, Cod, Lobster. May contain: other Fish, Shellfish and Crustaceans), Old Bay Seasoning (Paprika, MUSTARD Flour, CELERY Seed, Black Pepper, Cayenne Pepper, Cloves, Coriander Seed, Nutmeg, Allspice, Salt, Sugar, Herbs, Bay Leaves, Thyme, Basil, Rosemary, Savory, Anti-Caking Agent (Silicon Dioxide)), Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum), Worcestershire (Malt Vinegar (from Barley), Spirit Vinegar, Water, Refiners Molasses, Sugar, Salt, Anchovies, Tamarind Extract, Onions, Garlic, Spice, Natural Flavour), Roma Tomatoes, Thyme, Potatoes, Parsley. **Poached Shrimp & Scallops:** Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Bay Scallops, Water, Salt **Gremolata:** Parsley, Lemon Zest
Roasted Mushroom Soup VG GF UNCHANGED **Contains: Soy, Sulphites**	**Vegan Roasted Mushroom Soup:** 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 **Basil Oil:** Olive Oil, Canola Oil, Salt, Basil **Garnish: Parsley**
California Spring Salad (starter / entrée / side) V GF UNCHANGED **Contains: Milk, Tree Nuts, Soy, Mustard, Sulphites**	**Greens: Cali Greens (Crisphead Lettuce, Red Leaf Lettuce), Baby Spinach** **Honey Mustard Vinaigrette:** Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Honey, Canola Oil, Red Wine Vinegar (Sulphites), Salt, Black Pepper **Poppy Seed Goat Cheese:** Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Bacterial Culture, Microbial Enzyme), Poppy Seeds **Spiced Pecans:** Pecans (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt **Garnish: Red Onion, Strawberries, Avocado**
Roasted Garlic Caesar Salad (starter / entrée / side) UPDATED **Contains: Milk, Egg, Wheat, Soy, Fish, Mustard, Sulphites, Gluten (barley/rye)** **May contain:** Tree Nuts, Sesame	**Smoked Bacon:** Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke **Garlic Focaccia Croutons:** Rosemary Focaccia (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Salt, Cultured Wheat Flour, Rosemary, Sea Salt, Yeast, Malted Barley Flour, Ground Wheat, Lactic Acid (from Bacterial Culture), Enzymes, Rice Flour. Contains: Wheat, Barley. May contain: Almonds, Eggs, Milk, Pecans, Sesame Seeds, Soy, Walnuts), Garlic Butter (Butter (Milk), Garlic, Roasted Garlic, Salt, Lemon Juice, Frank's Red Hot Sauce, Parsley, Margarine (Soy Lecithin)), Grana Padano Cheese (Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet), Salt, Black Pepper **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Asiago Cheese:** Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin **Caesar Dressing:** Anchovies (Anchovy Fillets, Sunflower Oil, Salt), Egg Yolk, Lemon Juice, Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Roasted Garlic (Garlic, Canola Oil), Garlic, Worcestershire Sauce (Water, Vinegar, Sugars (Molasses, Glucose-Fructose), Salt, Anchovies, Onion, Natural Flavour, Garlic, Spices, Paprika Extract), Tabasco (Vinegar, Red Peppers, Salt), Salt, Black Pepper, Vegetable Oil, Red Wine Vinegar (Sulphites), Water **Greens: Romaine, Baby Kale, Lemon Wedge**
Seoul Crunch Salad NEW **Contains: Peanut, Wheat, Soy, Sesame, Sulphites**	**Canola Oil:** Canola Oil **Seoul Korean BBQ Chicken Breast:** Chicken Breast, Korean BBQ (Gochujang) Sauce (Ketchup, Gochujang Paste (Corn Syrup, Rice, Water, Chili Powder, Salt, Alcohol, Garlic, Yeast Extract, Onion, Fermented Soybean Powder (Soybean, Water, Salt), Thiamine, Koji Seeds), Honey, Sugar, Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Sesame Oil, Lime Juice, Cilantro) **Vegetable Slaw:** Savoy Cabbage, Red Cabbage, Baby Spinach, Jicama, Shredded Carrots, Cucumber **Pickled Red Onion:** Red Onion, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Roasted Edamame:** Edamame Beans (Soy), Canola Oil, Salt, Black Pepper **Crisp Ramen Noodles:** Ramen Noodles (Enriched Wheat Flour, Water, Wheat Gluten, Tapioca Starch, Salt, Potassium Carbonate, Sodium Carbonate, Guar Gum, Potassium Sorbate, Sodium Phosphate, Dipotassium Phosphate, Colour), Canola Oil, Salt, Chili Salts **Fresh Herb Blend:** Basil, Cilantro, Mint **Cilantro Lime Vinaigrette:** White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel Colour, Sulphur Dioxide), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Green Onion, Lime Juice, Garlic, Cilantro **Peanut Sauce (2026 recipe):** Peanut Sauce (Peanut Butter, Soy Sauce or Tamari (Soy, Wheat), Sweet Chili Sauce or Honey / Brown Sugar / Maple Syrup, Rice Wine Vinegar or Lime Juice, Sesame Oil, Ginger, Chili-Garlic Paste or Sriracha (Sulphites), Water), Coconut Milk **Chili Crisp:** Roland Spicy Chili Onion Crisp (Sunflower Oil, Dried Onion, Dried Garlic, Dried Red Bell Pepper, Sesame Oil, Chili Pepper, Salt, Spices (Star Anise, Sichuan Pepper, Cinnamon, Clove, Fennel). Contains: Sesame) **Garnish: Tri-Colour Grape Tomatoes, Micro Sprouts, Black & White Sesame Seeds**

Soups & Salads – National October 2026	
Beet & Goat Cheese Salad V GF NEW **Contains: Milk, Tree Nuts, Soy, Sulphites**	**Greens: Baby Kale, Baby Arugula, Romaine** **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Roasted Beets:** Red Beets **Spiced Pecans:** Pecans (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt **Pickled Red Onion:** Red Onion, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Poppy Seed Goat Cheese:** Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Bacterial Culture, Microbial Enzyme), Poppy Seeds **Balsamic Reduction:** Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum **Basil Oil:** Olive Oil, Canola Oil, Salt, Basil **Garnish: Blueberries, Raspberries, Avocado, Tri-Colour Tomatoes, Micro Sprouts**
Chilled Seafood Cobb Salad GF UNCHANGED **Contains: Milk, Egg, Soy, Fish, Crustacean Shellfish, Shellfish (mollusc), Mustard, Sulphites**	**Seafood Salad:** 31/40 Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Bay Scallops, Lobster Meat, Celery, Red Onion, Lobster Base (Cooked Lobster Meat (Includes Lobster Tomalley), Salt, Corn, Tapioca and Potato Maltodextrins, Sugar, Autolyzed Yeast Extract, Corn Oil, Milk Ingredient, Corn and Potato Starches, Tomato Paste, Onion Powder, Disodium Inosinate, Disodium Guanylate, Lobster Extracts, Cod Liver Oil, Garlic Powder, Lactic Acid, Spices, Flavour (Contains Soy & Celery). Contains: Soy, Milk, Cod, 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, Chili Salts (Salt, Red Pepper Flakes), Gremolata (Parsley, Lemon Zest) **Poached Jumbo Shrimp:** Shrimp, Sodium Tripolyphosphate, Salt **Smoked Bacon:** Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke **Creamy Lemon Dill Dressing:** Lemon Vinaigrette (Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum), 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, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper), Honey, Dill, Chili Salts **Roasted Edamame:** Edamame Beans (Soy), Canola Oil, Salt, Black Pepper **Hard Boiled Egg:** Egg **Greens & Garnish: Romaine, Heritage Lettuce, Grape Tomatoes, Cucumber, Purple Cabbage, Red Onion, Avocado, Dill**

Entrées – National October 2026	
Cacio e Pepe Salmon NEW **Contains: Milk, Egg, Wheat, Soy, Fish, Sulphites**	**Salmon:** Atlantic Salmon, Canola Oil **Stockton Steak Spice:** Salt, Black Pepper, Szechuan Peppercorn, Pink Peppercorn, Tellicherry Peppercorn, White Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Cacio e Pepe Sauce:** Coarse Black Pepper, Cognac, Water, Chicken Stock (Water, Broth Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate))), Butter (Milk), 35% Cream (Milk), Grana Padano Cheese (Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet), Cornstarch **Tagliarini Pasta:** Durum Semolina (Wheat), Water, Whole Liquid Eggs, Salt, Beta-Carotene **Cognac Infused Pepper:** Coarse Black Pepper, Cognac **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Seasonal Vegetables:** Green Beans, Roasted Carrot (Carrot, Garlic Oil Blend, Salt, Black Pepper), Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Butter (Milk), Salt, Black Pepper **Garnish: Parsley, Micro Sprouts**
Portobello Mushroom Chicken UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Sulphites**	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Chicken Breast:** Chicken, Water, Sugars (Concentrated Pineapple Juice), Vegetable Oil, Vinegar, Salt, Sodium Phosphate, Garlic (Garlic Water), Citric Acid, Flavour, Spice, Spice Extracts **Roasted Garlic:** Garlic, Canola Oil **Sauté:** Portobello Mushrooms, Garlic, White Wine (Sulphites), Basil, 35% Cream (Milk) **Chicken Stock:** Water, Broth Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)) **Tagliarini Pasta:** Durum Semolina (Wheat), Water, Whole Liquid Eggs, Salt, Beta-Carotene **Basil Pesto Cream Sauce:** Garlic Cream Sauce (see above: Cream, Milk, Margarine (Soy Lecithin), Modified Milk Ingredients, Wheat Flour), Basil Pesto (Basil, Canola Oil, Cheese (Milk), Garlic, Lemon Juice (Sulphites), Salt) **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Asiago Cheese:** Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin **Seasonal Vegetables:** Green Beans, Roasted Carrot (Carrot, Garlic Oil Blend, Salt, Black Pepper), Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Butter (Milk), Salt, Black Pepper **Garnish: Parsley**
Tomahawk Pork Chop NEW **Contains: Milk, Wheat, Soy, Sulphites, Gluten (barley/rye)**	**5-Spice Brined Pork Chop:** Pork Chop, Brine (Water, Salt, White Sugar, 5-Spice Powder (Star Anise, Cloves, Cinnamon, Sichuan Peppercorns, Fennel Seed), Sweet Soy Sauce (Sugars (Coconut Sugar (Sulphites), Sugar), Soy Extract (Water, Salt, Soybean, Wheat), Water, Caramel Colour, Salt, Sodium Benzoate, Citric Acid, Xanthan Gum), Ginger, Garlic) **Stockton Steak Spice:** Salt, Black Pepper, Szechuan Peppercorn, Pink Peppercorn, Tellicherry Peppercorn, White Pepper **Balsamic Pearl Onions:** White Pearl Onions, Canola Oil, Salt, Black Pepper, Balsamic Vinegar (Wine Vinegar, Grape Must (Sulphites)) **Red Wine Demi:** Red Wine Demi-Glace (Water, Red Cooking Wine (Red Wine, Sodium), Tomato Paste (Tomatoes), Onions, Gelatin, Beef Broth (Beef Stock, Natural Flavour, Salt, Beef Fat), Liquid Vegetable Broth Concentrate (Vegetable Juices (Tomato, Mushroom, Onion, Carrot, Celery), Sugar, Maltodextrin, Salt, Yeast Extract, Natural Flavour), Beef Ramen Base (Gelatin, Salt, Yeast Extract, Flavour, Sugars (Molasses Powder, Maltodextrin), Silicon Dioxide), Carrots, Butter (Cream, Salt), Spices, Modified Corn Starch, Gluten Free Flour (White Rice Flour, Potato Starch, Tapioca Starch, Whole Sorghum Flour, Brown Rice Flour, Whole Quinoa), Filtered Beef Tallow, Water, Malt Vinegar (Barley), Sugars (Sugar, Dextrose, Blackstrap Molasses), Salt, Hydrolyzed Soy Protein, Caramel Colour, Spices, Onion Powder, Sodium Benzoate, Potassium Sorbate, Garlic Powder, Natural Flavour, Sodium Propionate, Disodium Inosinate and Guanylate, Black Pepper), Water **Butter:** Butter (Milk) **Garlic Mashed Potatoes:** Resers Mashed Potatoes (Yukon Gold Potatoes, Water, Whole Milk, Butter, Sweet Cream, Salt, Natural Flavour, Nisin), Roasted Garlic (Garlic, Canola Oil), Parsley, Salt, White Pepper **Buttered Leek & Onion Mix:** Garlic Oil Blend, Butter (Milk), Leeks, White Onion, Stockton Steak Spice **Goat Cheese:** Pasteurized Goat's Milk, Sea Salt, Bacterial Culture, Microbial Enzyme **Seasonal Vegetables:** Green Beans, Roasted Carrot (Carrot, Garlic Oil Blend, Salt, Black Pepper), Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Butter (Milk), Salt, Black Pepper **Garnish: Parsley**

Entrées – National October 2026	
Mediterranean Chicken GF UPDATED **Contains: Milk, Soy, Sulphites**	**Chicken Breast:** Chicken, Water, Sugars (Concentrated Pineapple Juice), Vegetable Oil, Vinegar, Salt, Sodium Phosphate, Garlic (Garlic Water), Citric Acid, Flavour, Spice, Spice Extracts **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Lemon Whipped Ricotta:** Ricotta (Pasteurized Milk, Modified Milk Ingredients, Pasteurized Cream, Lactic Acid, Salt, Potassium Sorbate, Sodium Carbonate, Sodium Hydroxide), Olive Oil, Lemon Zest & Juice, Parsley, Salt **Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Mediterranean Veg Pack:** Baby Spinach, Baby Kale **Chickpeas:** Chickpeas **Roasted Red Onions:** Red Onions, Canola Oil, Salt, Black Pepper **Dorati Tomatoes:** Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Lactic Acid **Balsamic Reduction:** Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum **Basil Oil:** Olive Oil, Canola Oil, Salt, Basil **Garnish: Micro Sprouts**
Baby Back Ribs Full Rack UNCHANGED **Contains: Egg, Soy, Fish, Mustard, Sulphites**	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Baby Back Ribs:** Pork Back Ribs, Smoke **Jameson Whiskey 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 Bisulphite, Xanthan Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper **Cajun Fries:** 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, Dextrose), Nola Cajun Spice **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Dill Slaw:** Asian Slaw, Dill Avocado Aioli **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, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper **Garnish: Parsley**
Baby Back Ribs & Chicken UNCHANGED **Contains: Milk, Egg, Soy, Fish, Mustard, Sulphites**	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Baby Back Ribs:** Pork Back Ribs, Smoke **Jameson Whiskey 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 Bisulphite, Xanthan Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper **Chicken Breast:** Chicken, Water, Sugars (Concentrated Pineapple Juice), Vegetable Oil, Vinegar, Salt, Sodium Phosphate, Garlic (Garlic Water), Citric Acid, Flavour, Spice, Spice Extracts **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Cajun Fries:** French Fries, Nola Cajun Spice **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Asian Slaw:** Red Onion, Yellow Pepper, Red Pepper, Carrot, Savoy Cabbage, Purple Cabbage, Baby 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, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper **Garnish: Salt, Black Pepper, Parsley**

Bowls – National October 2026	
Spiced Shoyu Ramen UPDATED **Contains: Milk, Egg, Wheat, Soy, Sesame, Sulphites**	**Korean Fried Chicken Thigh:** Chicken Thigh, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Roasted Garlic (Garlic, Canola Oil), Ginger, Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Chicken Stock Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Xanthan Gum), Chili Seasoned Flour (Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts, Corn Starch) **Chili Flour:** Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch **Korean BBQ Sauce:** 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), Honey, White Sugar, Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Sesame Oil, Lime Juice, Cilantro **Sesame Oil Blend:** Sesame Oil, Canola Oil **Shoyu Ramen Broth:** Soy Sauce (Water, Soybeans, Wheat, Salt), Water, Hydrolyzed Protein (Soybeans, Corn, Wheat), Vegetable Oil (Canola, Sesame), Sugar, Salt, Kelp Extract, Cabbage Extract, Yeast Extract, Flavour Oil (Rice Bran Oil, Leek), Shiitake Mushroom Extract, Ginger Powder, Leek Powder, White Pepper, Garlic Powder, Bamboo Shoot Powder, Xanthan Gum, Black Pepper, Lactic Acid, Corn Powder **Ramen Noodles:** Enriched Wheat Flour, Water, Wheat Gluten, Tapioca Starch, Salt, Potassium Carbonate, Sodium Carbonate, Guar Gum, Potassium Sorbate, Sodium Phosphate, Dipotassium Phosphate, Sunset Yellow FCF, Tartrazine **Szechuan Sauce:** Garlic, Ginger, Cilantro, Water, Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum) **Soy Marinated Egg:** Whole Eggs, Water, White Vinegar, Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar), Chicken Stock (Water, Broth Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate))), White Sugar **Asian Slaw:** Red Onion, Yellow Pepper, Red Pepper, Carrot, Savoy Cabbage, Purple Cabbage, Baby Bok Choy, Cilantro **Vegetables:** Steamed Baby Bok Choy, Roasted Shiitake Mushrooms (Canola Oil, Salt, Pepper) **Garnish: Green Onion, Red Chili, Cilantro, Black & White Sesame Seeds**
Thai Green Curry (chicken / shrimp / tofu) UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Fish, Crustacean Shellfish, Sesame, Sulphites**	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Protein:** Chicken Breast Fillets OR 31/40 Shrimp (Shrimp, Sodium Tripolyphosphate, Salt) OR Extra Firm Tofu (Soybeans) **Ginger Garlic Chili Pack:** Ginger, Garlic, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Cilantro **Asian Slaw:** Red Onion, Yellow Pepper, Red Pepper, Carrot, Savoy Cabbage, Purple Cabbage, Baby Bok Choy, Cilantro **Roasted Mushrooms (Duo):** Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper **Thai Green Curry Sauce:** Coconut Cream (Coconut, Water, Xanthan Gum), Cream (Milk), Water, Fish Sauce (Anchovy Extract, Water, Salt, Sugar), Sugar, Green Curry Paste (Green Chili Peppers, Onion, Ginger, Salt, Lemongrass, Garlic, Vinegar, Spices, Yeast, Flavour, Citric Acid, Lime Juice), Jalapeño Peppers, Canola Oil, Cilantro, Modified Corn Starch, Onions, Garlic, Salt, Spices, Turmeric **Jasmine Rice:** Jasmine Rice, Water, Salt, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Crispy Wontons:** Enriched Wheat Flour (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 **Garnish: Cilantro, Black & White Sesame Seeds**
M Bowl (chicken / tofu) GF UPDATED **Contains: Milk, Soy, Sulphites**	**Protein:** Chicken Breast (pounded) with Garlic Butter, Salt & Pepper OR Extra Firm Tofu (Soybeans) with Chili Salt **Garlic Butter (chicken):** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Jasmine Rice:** Jasmine Rice, Water, Salt, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Spiced Tomato Pepper Sauce:** Tomato Sauce (Tomatoes, Tomato Purée (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Salt, Parsley **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Roasted Mushrooms (Duo):** Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper **Grilled Pineapple:** Pineapple, Canola Oil, Salt, Black Pepper **Mediterranean Salad:** Chickpeas, Fresh Cut Salsa (Roma Tomatoes, Chili Flakes, Frank's Red Hot Sauce, Salt, Pepper, Cilantro, Onion, Lemon & Lime Juice, Canola Oil), Cucumber, Yellow Pepper, Green Onion, Lemon Vinaigrette (Lemon Juice (Sodium Bisulphite), Olive Oil, Canola Oil, Salt, Pepper, Oregano, Garlic, Xanthan Gum), Chili Salts, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum), Gremolata **Gremolata:** Parsley, Lemon Zest **Garnish: Avocado, Tri-Colour Tomatoes, Micro Sprouts**

Bowls – National October 2026	
Ahi Tuna Sushi UPDATED **Contains: Egg, Wheat, Soy, Fish, Sesame, Mustard, Sulphites**	**Ahi Tuna Poke:** Yellowfin Tuna Poke Cubes (Yellowfin Tuna) **Sushi Mayo:** 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 (Anchovy Extract, Salt, Sugar), Chili Salts (Salt, Red Chili Flakes) **Jasmine Rice:** Jasmine Rice, Water, Salt, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Roasted Edamame:** Edamame Beans (Soy), Canola Oil, Salt, Black Pepper **Grilled Pineapple:** Pineapple, Canola Oil, Salt, Black Pepper **Cilantro Lime Vinaigrette:** White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel Colour, Sulphur Dioxide), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Green Onion, Lime Juice, Garlic, Cilantro **Wasabi:** Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites **Sweet & Spicy Tabasco:** Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices **Garnish: Cucumber, Shredded Carrot, Purple Cabbage, Grape Tomatoes, Avocado, Cilantro, Black & White Sesame Seeds**
Sweet Chili Chicken UNCHANGED **Contains: Egg, Wheat, Soy, Sesame, Sulphites**	**Chicken Bite Portions:** Chicken Breast Fillets (Raw Chicken), Liquid Egg (Whole Egg, Sodium Phosphate, Citric Acid) **Chili Flour:** Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch **Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Asian Slaw:** Red Onion, Yellow Pepper, Red Pepper, Carrot, Savoy Cabbage, Purple Cabbage, Baby Bok Choy, Cilantro **Jasmine Rice:** Jasmine Rice, Water, Salt, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Coconut Stir Fry Sauce:** Coconut Milk, Sweet Soy Sauce (Sugars (Coconut Sugar (Sulphites), Sugar), Soy Extract (Water, Salt, Soybean, Wheat), Water, Caramel Colour, Salt, Sodium Benzoate, Citric Acid, Xanthan Gum), Chili Flakes, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Sweet Thai Chili Sauce:** Thai Chili Sauce (Sugar, Water, Chili Purée (Water, Red Pepper, Citric Acid), Garlic, Vinegar, Modified Corn Starch, Salt, Cayenne Pepper, Extractives of Paprika, Citric Acid, Xanthan Gum, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro **Crispy Wontons:** Enriched Wheat Flour (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 **Garnish: Green Onion, Black & White Sesame Seeds, Cilantro, Lime Wedge**
Shiitake Teriyaki VG UPDATED **Contains: Soy, Sesame, Sulphites**	**Shiitake Teriyaki Mushrooms (Vegan):** Fresh Shiitake Mushrooms, Canola Oil, Salt, Black Pepper, Teriyaki Sauce (Vegan) (Filtered Water, Organic Cane Sugar, Molasses, Red Wine Vinegar, Gluten-Free Organic Tamari (Soy), Potato Starch, Sesame Seeds, Ginger, Sesame Oil, Garlic, Salt, Spices) **Jasmine Rice:** Jasmine Rice, Water, Salt, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Roasted Edamame:** Edamame Beans (Soy), Canola Oil, Salt, Black Pepper **Grilled Pineapple:** Pineapple, Canola Oil, Salt, Black Pepper **Cilantro Lime Vinaigrette:** White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel Colour, Sulphur Dioxide), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Green Onion, Lime Juice, Garlic, Cilantro **Wasabi:** Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites **Sweet & Spicy Tabasco:** Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices **Garnish: Cucumber, Shredded Carrot, Purple Cabbage, Grape Tomatoes, Avocado, Cilantro, Black & White Sesame Seeds**

Pastas – National October 2026	
Butternut Squash Ravioli V UPDATED **Contains:** Milk, Egg, Tree Nuts, Wheat, Soy, Gluten (barley/rye) **May contain:** Sesame	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Butternut Squash Ravioli:** Durum 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 **Chili Salts:** Salt, Red Pepper Flakes **Sweetie Drop Peppers:** Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride **Roasted Garlic:** Garlic, Canola Oil **Sage Brown Butter:** Butter (Pasteurized Cream, Annatto), Sage **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Poppy Seed Goat Cheese:** Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Bacterial Culture, Microbial Enzyme), Poppy Seeds **Spiced Pecans:** Pecans (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt **Garlic Focaccia:** Rosemary Focaccia (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Salt, Cultured Wheat Flour, Rosemary, Sea Salt, Yeast, Malted Barley Flour, Ground Wheat, Lactic Acid (from Bacterial Culture), Enzymes, Rice Flour. Contains: Wheat, Barley. May contain: Almonds, Eggs, Milk, Pecans, Sesame Seeds, Soy, Walnuts), Garlic Butter (Milk, Soy) **Garnish: Leeks, Green Apple, Fresh & Crisp Sage, Salt, Black Pepper**
Lobster & Jumbo Prawn Tagliarini NEW **Contains:** Milk, Egg, Wheat, Soy, Crustacean Shellfish, Sulphites	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Lobster Tail:** Lobster, Water, Salt **Jumbo Shrimp 13/15 (Garlic Marinated):** Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic Marinade (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, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Spiced Vodka Tomato Sauce:** Garlic Oil Blend, Butter (Milk), White Onion, Garlic, Tomato Sauce (Tomatoes, Tomato Purée (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), 35% Cream (Milk), Grana Padano Cheese (Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet), Basil, Salt, Vodka, Red Chili Flakes, Olive Oil **Tagliarini Pasta:** Durum Semolina (Wheat), Water, Whole Liquid Eggs, Salt, Beta-Carotene **Butter:** Butter (Milk) **Gremolata:** Parsley, Lemon Zest **Garnish: Diced Tomatoes, Parsley, Lemon Wedge**
Blackened Cajun Chicken Alfredo UPDATED **Contains:** Milk, Egg, Wheat, Soy, Gluten (barley/rye) **May contain:** Tree Nuts, Sesame	**Chicken Breast:** Chicken, Water, Sugars (Concentrated Pineapple Juice), Vegetable Oil, Vinegar, Salt, Sodium Phosphate, Garlic (Garlic Water), Citric Acid, Flavour, Spice, Spice Extracts **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Canola Oil & Garlic:** Canola Oil, Garlic, Roasted Garlic **Vegetables:** Roma Tomatoes, Spinach **Roasted Mushrooms (Duo):** Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper **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 **Chicken Stock:** Water, Broth Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)) **Fettuccine Pasta:** Durum Semolina (Wheat), Water, Whole Liquid Eggs, Salt, Beta-Carotene **Brie Cheese:** Pasteurized Milk, Pasteurized Cream, Salt, Calcium Chloride, Microbial Enzyme, Bacterial Culture, P. candidum **Asiago Cheese:** Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Garlic Focaccia:** Rosemary Focaccia (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Salt, Cultured Wheat Flour, Rosemary, Sea Salt, Yeast, Malted Barley Flour, Ground Wheat, Lactic Acid (from Bacterial Culture), Enzymes, Rice Flour. Contains: Wheat, Barley. May contain: Almonds, Eggs, Milk, Pecans, Sesame Seeds, Soy, Walnuts), Garlic Butter (Milk, Soy) **Garnish: Parsley**

Pastas – National October 2026	
Low & Slow Bolognaise **NEW** **Contains: Milk, Egg, Wheat, Soy, Sulphites, Gluten (barley/rye)** **May contain:** Tree Nuts, Sesame	**Bolognaise Sauce:** Garlic Oil Blend, Ground Chuck, Garlic, White Onion, Celery, Carrot, Tomato Paste, Red Wine (Sulphites), Tomato Sauce (Tomatoes, Tomato Purée (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Spiced Tomato Pepper Sauce (Tomato Sauce, Roasted Red Peppers, Chipotle in Adobo (Sulphites), Lemon Juice, Salt, Parsley), Red Wine Demi (Red Wine, Butter (Milk), Hydrolyzed Soy Protein, Malt Vinegar (Barley), Beef Broth, Gelatin), Peppercorn Sauce (Butter (Milk), Margarine (Soy), Wheat Flour, Whisky, Red Wine, Au Jus (Soy, Milk, Sulphites)), Basil Pesto (Basil, Canola Oil, Cheese (Milk), Garlic, Lemon Juice (Sulphites), Salt), Basil, Salt, Black Pepper, Red Chili Flakes, Olive Oil **Spiced Tomato Pepper Sauce:** Tomato Sauce (Tomatoes, Tomato Purée (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Salt, Parsley **Chicken Stock:** Water, Broth Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)) **Butter:** Butter (Milk) **Penne Pasta:** Penne (Wheat, Egg) **Lemon Whipped Ricotta:** Ricotta (Pasteurized Milk, Modified Milk Ingredients, Pasteurized Cream, Lactic Acid, Salt, Potassium Sorbate, Sodium Carbonate, Sodium Hydroxide), Olive Oil, Lemon Zest & Juice, Parsley, Salt **Basil Oil:** Olive Oil, Canola Oil, Salt, Basil **Garlic Focaccia:** Rosemary Focaccia (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Salt, Cultured Wheat Flour, Rosemary, Sea Salt, Yeast, Malted Barley Flour, Ground Wheat, Lactic Acid (from Bacterial Culture), Enzymes, Rice Flour. Contains: Wheat, Barley. May contain: Almonds, Eggs, Milk, Pecans, Sesame Seeds, Soy, Walnuts), Garlic Butter (Milk, Soy) **Garnish: Diced Tomatoes, Parsley, Micro Sprouts**

Handhelds (side not included – see Sides) – National October 2026	
Kalbi Sirloin Sandwich UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Sesame, Mustard, Sulphites, Gluten (barley/rye)** **May contain:** Tree Nuts	**Schiacciata Bread:** Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs & Spices, Salt, Malted Barley Flour, Yeast, Ascorbic Acid, Rice Flour. May contain: Almonds, Pecans, Tree Nuts, Sesame, Eggs, Milk **Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Shaved Kalbi Sirloin:** Sirloin, 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) **Scallion Wasabi Aioli:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme), Garlic, Cilantro, Green Onions, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Lime Juice, Rice Wine Vinegar, Salt, Black Pepper, Chili Salts **Korean 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 **Roasted Mushrooms (Duo):** Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper **Roasted Red Onions:** Red Onions, Canola Oil, Salt, Black Pepper **Garnish: Cilantro, Black & White Sesame Seeds**
Korean Fried Chicken Sandwich UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Fish, Crustacean Shellfish, Sesame, Mustard, Sulphites, Gluten (barley/rye)** **May contain:** Tree Nuts **Kimchi aioli differs by region – WEST kimchi contains Fish (anchovy) & Crustacean Shellfish (salted shrimp); EAST kimchi contains Soy & Wheat. Statement below covers both.**	**Burger Bun (Sesame):** 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. May contain: Walnuts, Almonds, other Tree Nuts **Korean Fried Chicken Thigh:** Chicken Thigh, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Roasted Garlic (Garlic, Canola Oil), Ginger, Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Chicken Stock Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Xanthan Gum), Chili Seasoned Flour (Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts, Corn Starch) **Chili Flour:** Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch **Gochujang Glaze:** Korean BBQ Sauce (Ketchup, Gochujang Paste (Corn Syrup, Rice, Water, Chili Powder, Salt, Alcohol, Garlic, Yeast Extract, Onion, Fermented Soybean Powder (Soybean, Water, Salt), Thiamine, Koji Seeds), Honey, Sugar, Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Sesame Oil, Lime Juice, Cilantro) **Kimchi Aioli – WEST restaurants:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Kimchi – WEST (Napa Cabbage, Radish, Red Pepper Powder, Garlic, Sweet Rice, Green Onion, Onion, Salt, Anchovy Extract (Fish), Salted Shrimp (Crustacean), Ginger, Water, Sugar – not vegetarian), Ginger, Roasted Garlic (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Cilantro **Kimchi Aioli – EAST restaurants:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Kimchi – EAST (Napa Cabbage, Sugar, Salt, Chilli Powder, Fresh Ginger, Soy Sauce (Soybean, Water, Wheat, Salt, Fructose, Ethyl Alcohol, Yeast Extract, Enzymatically Modified Stevia, Glucosyl Stevia, Licorice Extract, Seed Malt, Ethyl Parahydroxybenzoate), Green Onion, Carrot, Fresh Garlic), Ginger, Roasted Garlic (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Cilantro **Asian Slaw:** Red Onion, Yellow Pepper, Red Pepper, Carrot, Savoy Cabbage, Purple Cabbage, Baby Bok Choy, Cilantro **Pickles:** Cucumbers, Water, Vinegar, Salt, Dehydrated Garlic, Spices (Mustard), Calcium Chloride
Taco Duo UPDATED **Contains: Milk, Egg, Wheat, Soy, Fish, Crustacean Shellfish, Mustard, Sulphites**	**Flour Tortillas:** 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) **Asian Slaw:** Red Onion, Yellow Pepper, Red Pepper, Carrot, Savoy Cabbage, Purple Cabbage, Baby Bok Choy, Cilantro **Cilantro Lime Vinaigrette:** White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel Colour, Sulphur Dioxide), Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Green Onion, Lime Juice, Garlic, Cilantro **Chili Avocado Aioli:** Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice, Calcium Disodium EDTA), Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper **Cilantro Pepita Crema:** Soybean Oil, Water, Tomatillo, Pepita Seeds, Cilantro, White Wine Vinegar, Egg Yolk, Sugar, Calcium Disodium EDTA, Dehydrated Red Bell Peppers, FD&C Blue #1, FD&C Red #40, FD&C Yellow #5, Garlic, Lactic Acid, Lime Juice Concentrate, Natural Flavour, Polysorbate 60, Salt, Sodium Benzoate, Potassium Sorbate, Spices (Mustard), Xanthan Gum **Fresh Cut Salsa:** Roma Tomatoes, Red Chili Flakes, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil **Protein – Fried Basa:** Marinated Basa, Chili Flour (Wheat) **Protein – Chili Lime Chicken:** Chicken Thighs, Nola Spice (Spices, Salt, Granulated Garlic, Paprika, Granulated Onion, Tricalcium Phosphate), Lime Juice, Sweet & Spicy Tabasco (Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices) **Protein – Tofu (VG):** Extra Firm Tofu (Water, Soybeans, Magnesium Chloride, Calcium Sulphate), Sweet Chili Sauce (Thai Chili Sauce (Sugar, Water, Chili Purée (Water, Red Pepper, Citric Acid), Garlic, Vinegar, Modified Corn Starch, Salt, Cayenne Pepper, Extractives of Paprika, Citric Acid, Xanthan Gum, Sodium Benzoate)) **Protein – Lobster & Shrimp:** Lobster Meat, Poached 31/40 Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Chimichurri Butter (Butter (Milk), Olive Oil, Garlic, Salt, Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Soy Lecithin)) **Garnish: Avocado, Cilantro, Lime Wedge**

Handhelds (side not included – see Sides) – National October 2026	
1989 Burger UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Sesame, Mustard, Sulphites, Gluten (barley/rye)** **May contain:** Tree Nuts	**Burger Bun (Sesame):** 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. May contain: Walnuts, Almonds, other Tree Nuts **Burger Patty (Chuck/Brisket):** Ground Chuck/Brisket, Salt, Black Pepper **Burger Sauce:** Mayonnaise (Canola Oil, Water, Liquid Whole Egg, Salt, Vinegar, Sugar, Spices, Calcium Disodium EDTA), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Onion, Acetic Acid), Capers (Water, Salt, Vinegar), Garlic, Red Onion, Green Onions, Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Lemon Juice, Salt, Black Pepper **Cheddar Cheese:** Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto **Smoked Bacon:** Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke **GF Burger Bun (option):** Water, Tapioca Starch, Brown Rice Flour, Canola Oil, Corn Starch, Dried Egg Whites, Sugar Cane Syrup, Tapioca Maltodextrin, Potato Flour, Cane Sugar, Tapioca Syrup, Yeast, Powdered Cellulose, Salt, Xanthan Gum, Sodium Alginate, Guar Gum, Cultured Corn Syrup Solids, Corn Syrup Solids, Citric Acid, Calcium Sulfate, Alpha Amylase. Contains: Eggs **Garnish: Iceberg Lettuce, Red Onion, Red Vine Tomato**
Double Smash Burger UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Sesame, Mustard, Sulphites, Gluten (barley/rye)** **May contain:** Tree Nuts	**Burger Bun (Sesame):** 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. May contain: Walnuts, Almonds, other Tree Nuts **Smash Patties:** Ground Chuck, Stockton Steak Spice **Cheddar Cheese:** Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto **Smoked Gouda:** Pasteurized Milk, Modified Milk Ingredients, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Annatto **Bacon Onion Jam:** Smoked Bacon (Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke), Maple Syrup, Ancho Chili Powder, Red Chili Flakes, Red Onions, Garlic, Thyme, JP Wiser's Whisky **Red Onion Strings (Crisp):** Red Onion, Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Chili Flour (Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts, Corn Starch) **Pickles:** Cucumbers, Water, Vinegar, Salt, Dehydrated Garlic, Spices (Mustard), Calcium Chloride **Burger Sauce:** Mayonnaise (Canola Oil, Water, Liquid Whole Egg, Salt, Vinegar, Sugar, Spices, Calcium Disodium EDTA), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Onion, Acetic Acid), Capers (Water, Salt, Vinegar), Garlic, Red Onion, Green Onions, Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Lemon Juice, Salt, Black Pepper **Sweet & Spicy Sauce:** Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices **Garnish: Iceberg Lettuce**
Garden Burger V UNCHANGED **Contains: Egg, Wheat, Soy, Sesame, Mustard, Sulphites, Gluten (barley/rye)** **May contain:** Tree Nuts	**Burger Bun (Sesame):** 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. May contain: Walnuts, Almonds, other Tree Nuts **Harvest Plant-Based Patty:** 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) **Red Pepper Relish:** Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Red Onions, Garlic, Lemon Juice, White Wine (Sulphites), Sugar, Salt, Black Pepper, Chili Flakes, Ginger **Burger Sauce:** Mayonnaise (Canola Oil, Water, Liquid Whole Egg, Salt, Vinegar, Sugar, Spices, Calcium Disodium EDTA), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Onion, Acetic Acid), Capers (Water, Salt, Vinegar), Garlic, Red Onion, Green Onions, Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Lemon Juice, Salt, Black Pepper **Garnish: Avocado, Iceberg Lettuce, Red Vine Tomato, Red Onion**
Balsamic Chicken Club (+ Lunch Trio) UPDATED **Contains: Milk, Egg, Wheat, Soy, Mustard, Sulphites, Gluten (barley/rye)** **May contain:** Tree Nuts, Sesame	**Chicken Breast:** Chicken, Water, Sugars (Concentrated Pineapple Juice), Vegetable Oil, Vinegar, Salt, Sodium Phosphate, Garlic (Garlic Water), Citric Acid, Flavour, Spice, Spice Extracts **Balsamic Reduction:** Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum **Smoked Bacon:** Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke **Scallion Wasabi Aioli:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme), Garlic, Cilantro, Green Onions, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Lime Juice, Rice Wine Vinegar, Salt, Black Pepper, Chili Salts **Mozzarella/Provolone Blend:** Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin **Schiacciata Bread:** Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs & Spices, Salt, Malted Barley Flour, Yeast, Ascorbic Acid, Rice Flour. May contain: Almonds, Pecans, Tree Nuts, Sesame, Eggs, Milk **Garnish: Iceberg Lettuce, Red Vine Tomato, Red Onion, Avocado, Salt, Pepper**

Steaks – Cuts, Styles & Sides – National October 2026	
Sirloin 6 oz / 9 oz (Signature Grill) GF UPDATED **Contains: Milk, Soy**	**Marinated Sirloin Steak:** Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns) **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Stockton Steak Spice:** Salt, Black Pepper, Szechuan Peppercorn, Pink Peppercorn, Tellicherry Peppercorn, White Pepper **Seasonal Vegetables:** Green Beans, Roasted Carrot (Carrot, Garlic Oil Blend, Salt, Black Pepper), Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Butter (Milk), Salt, Black Pepper **Garnish: Parsley**
Filet Mignon 6 oz (Signature Grill) GF UPDATED **Contains: Milk, Soy**	**Marinated Filet Steak:** Filet Mignon, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns) **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Stockton Steak Spice:** Salt, Black Pepper, Szechuan Peppercorn, Pink Peppercorn, Tellicherry Peppercorn, White Pepper **Seasonal Vegetables:** Green Beans, Roasted Carrot (Carrot, Garlic Oil Blend, Salt, Black Pepper), Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Butter (Milk), Salt, Black Pepper **Garnish: Parsley**
NY Striploin 12 oz (Signature Grill) GF UNCHANGED **Contains: Milk, Soy**	**Marinated NY Striploin:** NY Striploin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns) **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Stockton Steak Spice:** Salt, Black Pepper, Szechuan Peppercorn, Pink Peppercorn, Tellicherry Peppercorn, White Pepper **Seasonal Vegetables:** Green Beans, Roasted Carrot (Carrot, Garlic Oil Blend, Salt, Black Pepper), Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Butter (Milk), Salt, Black Pepper **Garnish: Parsley**
Style: Mushroom Marsala UPDATED **Contains: Milk, Egg, Wheat, Soy, Sulphites, Gluten (barley/rye)**	**Roasted Mushrooms (Duo):** Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper **Marsala Wine:** Marsala Wine, Sugar, Alcohol, Egg Yolks, Natural and Artificial Flavours (Sulphites) **Peppercorn Sauce:** Vegetable Oil, Black Pepper Butter (JP Wiser's Whisky (Corn, Rye, Malted Barley), 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), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic), Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrots, Tomato Paste, Rosemary, Thyme, Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), JP Wiser's Whisky, Red Wine (Sulphites), 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), Water, Rice Wine Vinegar **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
Style: Cognac Peppercorn NEW **Contains: Milk, Wheat, Soy, Sulphites, Gluten (barley/rye)**	**Roasted Garlic Marinade:** 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 **Cognac Infused Pepper:** Coarse Black Pepper, Cognac **Peppercorn Sauce:** Vegetable Oil, Black Pepper Butter (JP Wiser's Whisky (Corn, Rye, Malted Barley), 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), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic), Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrots, Tomato Paste, Rosemary, Thyme, Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), JP Wiser's Whisky, Red Wine (Sulphites), 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), Water, Rice Wine Vinegar **Butter:** Butter (Milk)
Style: Balsamic Onions & Red Wine Demi GF NEW **Contains: Milk, Soy, Sulphites, Gluten (barley/rye)**	**Balsamic Pearl Onions:** White Pearl Onions, Canola Oil, Salt, Black Pepper, Balsamic Vinegar (Wine Vinegar, Grape Must (Sulphites)) **Red Wine Demi:** Red Wine Demi-Glace (Water, Red Cooking Wine (Red Wine, Sodium), Tomato Paste (Tomatoes), Onions, Gelatin, Beef Broth (Beef Stock, Natural Flavour, Salt, Beef Fat), Liquid Vegetable Broth Concentrate (Vegetable Juices (Tomato, Mushroom, Onion, Carrot, Celery), Sugar, Maltodextrin, Salt, Yeast Extract, Natural Flavour), Beef Ramen Base (Gelatin, Salt, Yeast Extract, Flavour, Sugars (Molasses Powder, Maltodextrin), Silicon Dioxide), Carrots, Butter (Cream, Salt), Spices, Modified Corn Starch, Gluten Free Flour (White Rice Flour, Potato Starch, Tapioca Starch, Whole Sorghum Flour, Brown Rice Flour, Whole Quinoa), Filtered Beef Tallow, Water, Malt Vinegar (Barley), Sugars (Sugar, Dextrose, Blackstrap Molasses), Salt, Hydrolyzed Soy Protein, Caramel Colour, Spices, Onion Powder, Sodium Benzoate, Potassium Sorbate, Garlic Powder, Natural Flavour, Sodium Propionate, Disodium Inosinate and Guanylate, Black Pepper), Water **Butter:** Butter (Milk) **Garnish: Parsley**

Steaks – Cuts, Styles & Sides – National October 2026	
Style: Creole Seafood NEW **Contains: Milk, Wheat, Soy, Crustacean Shellfish, Shellfish (mollusc), Sulphites**	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Seafood:** 31/40 Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Bay Scallops **Roasted Mushrooms (Duo):** Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper **Aromatics:** Garlic, Green Onions, White Wine (Sulphites) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **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 **Gremolata:** Parsley, Lemon Zest
Style: Surf & Turf GF UPDATED **Contains: Milk, Soy, Crustacean Shellfish**	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Lobster Tail:** Lobster, Water, Salt **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Clarified Butter:** Butter (Milk) **Gremolata:** Parsley, Lemon Zest

Sides & Add-Ons – National October 2026	
Fries / Cajun Fries V UNCHANGED **Contains:** Soy	**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) **Table Salt:** Salt, Calcium Silicate, Sugar, Potassium Iodide **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Cajun option:** Nola Cajun Spice
Sweet Potato Fries V UNCHANGED **Contains:** Egg, Soy, Mustard, Sulphites	**Sweet Potato Fries:** 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 **Chili Salts:** Salt, Red Pepper Flakes **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, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper
Garlic Parmesan Fries V UNCHANGED **Contains:** Milk, Egg, Soy, Mustard, Sulphites	**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) **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Chili Salts:** Salt, Red Pepper Flakes **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Gremolata:** Parsley, Lemon Zest **Scallion Wasabi Aioli:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme), Garlic, Cilantro, Green Onions, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-Fructose, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Lime Juice, Rice Wine Vinegar, Salt, Black Pepper, Chili Salts
Garlic Mashed Potatoes GF UNCHANGED **Contains:** Milk	**Garlic Mashed Potatoes:** Resers Mashed Potatoes (Yukon Gold Potatoes, Water, Whole Milk, Butter, Sweet Cream, Salt, Natural Flavour, Nisin), Roasted Garlic (Garlic, Canola Oil), Parsley, Salt, White Pepper **Garnish: Parsley**
Warm Potato Salad V UPDATED **Contains:** Milk, Egg, Soy, Mustard, Sulphites	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Baked Potato Pack:** Yukon Gold Potato, Canola Oil, Salt **Potato Salad Dressing:** Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium EDTA, Spices), Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme), Lemon Juice, Dill, Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Red Onion, Green Onion, Celery, Stockton Steak Spice, Salt **Garnish: Parsley**
Jasmine Rice GF UNCHANGED **Contains:** None of the priority allergens	**Jasmine Rice:** Jasmine Rice, Water, Salt, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Garnish: Parsley**
Seasonal Vegetables GF NEW **Contains:** Milk	**Seasonal Vegetables:** Green Beans, Roasted Carrot (Carrot, Garlic Oil Blend, Salt, Black Pepper), Roasted Red Onion (Red Onion, Canola Oil, Salt, Black Pepper), Butter (Milk), Salt, Black Pepper
Sautéed Mushrooms UNCHANGED **Contains:** Milk, Soy, Gluten (barley/rye)	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Side Mushrooms:** Button, Portobello & Shiitake Mushrooms **Chicken Stock:** Water, Broth Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)) **Black Pepper Bourbon Butter:** JP Wiser's Whisky (Corn, Rye, Malted Barley), Unsalted 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), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil) **Garnish: Green Onion, Salt, Black Pepper, Parsley**

Sides & Add-Ons – National October 2026	
Sautéed Onions NEW **Contains:** Milk, Soy	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Onions:** White Onions **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Garnish: Green Onion, Salt, Black Pepper, Parsley**
Chimichurri Butter GF UNCHANGED **Contains:** Milk, Soy	**Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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)
Black Pepper Bourbon Butter UNCHANGED **Contains:** Milk, Soy, Gluten (barley/rye)	**Black Pepper Bourbon Butter:** JP Wiser's Whisky (Corn, Rye, Malted Barley), Unsalted 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), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)
Peppercorn Sauce UNCHANGED **Contains:** Milk, Wheat, Soy, Sulphites, Gluten (barley/rye)	**Peppercorn Sauce:** Vegetable Oil, Black Pepper Butter (JP Wiser's Whisky (Corn, Rye, Malted Barley), 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), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic), Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrots, Tomato Paste, Rosemary, Thyme, Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), JP Wiser's Whisky, Red Wine (Sulphites), 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), Water, Rice Wine Vinegar **Finish:** Water, Stockton Steak Spice
Gravy UNCHANGED **Contains:** Milk, Wheat, Soy, Sulphites	**Gravy:** Water, Beef Gravy Mix (Wheat Flour, Modified Corn Starch, Hydrolyzed Soy and Corn Protein, Canola and/or Palm and/or Palm Kernel Oil Shortening, Corn Maltodextrin (Sulphites), Modified Milk Ingredients, Salt, Potato Starch, Sugar, Silicon Dioxide (MFG AID), Flavour (hydrolyzed Corn and Soy Protein, Autolyzed Yeast Extract), Caramel Colour, Autolyzed Yeast Extract, Onion Powder, Beef Fat, Spices, Sulphites)
Garlic Focaccia / Table Bread UPDATED **Contains:** Milk, Wheat, Soy, Gluten (barley/rye) **May contain:** Egg, Tree Nuts, Sesame	**Focaccia Bread:** Rosemary Focaccia (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Salt, Cultured Wheat Flour, Rosemary, Sea Salt, Yeast, Malted Barley Flour, Ground Wheat, Lactic Acid (from Bacterial Culture), Enzymes, Rice Flour. Contains: Wheat, Barley. May contain: Almonds, Eggs, Milk, Pecans, Sesame Seeds, Soy, Walnuts) **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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)
Chicken Breast (Grilled) / Blackened Cajun Chicken Breast GF UNCHANGED **Contains:** Milk, Soy	**Chicken Breast:** Chicken, Water, Sugars (Concentrated Pineapple Juice), Vegetable Oil, Vinegar, Salt, Sodium Phosphate, Garlic (Garlic Water), Citric Acid, Flavour, Spice, Spice Extracts **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Seasoning:** Salt & Pepper OR Nola Cajun Spice (Spices, Salt, Garlic, Onion) **Garnish: Parsley**
Jumbo Shrimp Skewer GF UNCHANGED **Contains:** Milk, Soy, Crustacean Shellfish, Sulphites	**Jumbo Shrimp 13/15 (Garlic Marinated):** Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic Marinade (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, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Gremolata:** Parsley, Lemon Zest **Seasoning:** Salt, Black Pepper
Grilled Salmon GF UNCHANGED **Contains:** Milk, Soy, Fish	**Salmon:** Atlantic Salmon **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Gremolata:** Parsley, Lemon Zest **Seasoning:** Salt, Black Pepper
Sautéed Tofu VG GF NEW **Contains:** Soy	**Crispy Tofu:** Extra Firm Tofu (Water, Soybeans (Non-GMO), Magnesium Chloride, Calcium Sulphate) **Seasoning:** Salt, Black Pepper

Sides & Add-Ons – National October 2026	
Seared Sesame Ahi Tuna (add) GF NEW **Contains: Fish, Sesame, Sulphites**	**Sesame Crusted Ahi Tuna:** Yellowfin Tuna Steak, Roasted Garlic Marinade (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), Black & White Sesame Seeds
6 oz Sirloin (add) UNCHANGED **Contains: Milk, Soy**	**Marinated Sirloin Steak:** Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns) **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Stockton Steak Spice:** Salt, Black Pepper, Szechuan Peppercorn, Pink Peppercorn, Tellicherry Peppercorn, White Pepper **Garnish: Parsley**
Lobster Tail (add) NEW **Contains: Milk, Soy, Crustacean Shellfish**	**Lobster Tail:** Lobster, Water, Salt **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Clarified Butter:** Butter (Milk) **Garnish: Salt, Pepper, Parsley**

Desserts – National October 2026	
White Chocolate Cheesecake UNCHANGED **Contains:** Milk, Egg, Soy **May contain:** Peanut, Tree Nuts, Wheat, Sulphites	**White Chocolate Cheesecake:** 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. **Espresso Crème Anglaise:** 2% Milk, Whipping Cream, Egg Yolk, Sugar, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Revv Coffee Concentrate / Espresso **Vanilla Whipped Cream:** Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream (from Milk), Modified Milk Ingredients, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts (Colour) **Chocolate Shavings:** Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Soy Lecithin, Natural Vanilla Extract **Icing Sugar:** Sugar, Corn Starch **Garnish: Strawberry, Mint**
The Ultimate Cookie UNCHANGED **Contains:** Milk, Egg, Wheat, Soy	**Double Chocolate Chunk Cookie:** 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 **French Vanilla Ice Cream:** Sugars (Sugar, Glucose), Cream, Modified Milk Ingredients, French Vanilla Base (Sugars (Glucose, Fructose), Water, Natural and Artificial Flavour, Potassium Sorbate, Tartrazine, Sunset Yellow, Ice Cream Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Polysorbate 80, Locust Bean Gum, Carrageenan, Silicon Dioxide), Artificial Flavour, Tartrazine, Sunset Yellow FCF) **Chocolate Sauce:** Sugar (Glucose, Fructose), Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder (Processed with Alkali), Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour **Caramel Sauce:** Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour **Vanilla Whipped Cream:** Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream (from Milk), Modified Milk Ingredients, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts (Colour) **Chocolate Shavings:** Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Soy Lecithin, Natural Vanilla Extract **Icing Sugar:** Sugar, Corn Starch **Garnish: Mint**
OMG Carrot Cake UNCHANGED **Contains:** Milk, Egg, Tree Nuts, Wheat, Soy, Sulphites **May contain:** Peanut	**Carrot Cake:** 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 Hazelnuts (Hazelnut, Sugar), Sodium Bicarbonate, Baking Powder, Spice, Salt, Flavour, Lemon Juice (Concentrated Lemon Juice, Water, Sulphites, Lemon Oil), Soy Lecithin **Icing Sugar:** Sugar, Corn Starch **Garnish: Strawberry, Mint**
Key Lime Pie UNCHANGED **Contains:** Milk, Egg, Wheat, Sulphites **May contain:** Tree Nuts, Soy	**Key Lime Pie:** 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 (Modified 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, Lactylic Esters of Fatty Acids, Sodium Stearoyl-2-Lactylate, Dipotassium Phosphate, Salt, Mono and Diglycerides, Xanthan 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 Benzoate, 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 **Icing Sugar:** Sugar, Corn Starch **Garnish: Strawberry, Mint**
Six Layer Chocolate Cake (to share) NEW **Contains:** Milk, Egg, Wheat, Soy, Gluten (barley/rye)	**Six Layer Chocolate Cake:** Sugar, Chocolate [Unsweetened Chocolate (Processed with Alkali), Sugar, Cocoa Butter, Milk Fat, Soy Lecithin, Vanilla], Water, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Buttermilk [Cultured Milk, Salt, Sodium Citrate], Cream, Soybean Oil, Milk, Cocoa [Processed with Alkali], Glucose, Eggs, Butter [Cream, Lactic Acid], Cream Cheese [Milk, Cream, Salt, Cheese Cultures], Evaporated Milk [Milk, Vitamin D3], Margarine [Soybean Oil, Palm Oil, Water, Salt, Mono & Diglycerides, Nonfat Dry Milk, Sunflower Lecithin, Natural Flavor, Vitamin A Palmitate, Beta Carotene], Wheat Flour, Sour Cream [Grade A Cultured Cream], Coffee, Coconut Oil, Baking Soda, Modified Corn Starch, Skim Milk [Nonfat Milk, Vitamin A Palmitate, Vitamin D3], Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate], Salt, Whey Protein, Palm Oil, Maltitol, Natural Madagascar Vanilla, Sunflower Lecithin. Contains: Egg, Milk, Soy, Wheat **Chocolate Sauce:** Sugar (Glucose, Fructose), Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder (Processed with Alkali), Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour **Espresso Crème Anglaise:** 2% Milk, Whipping Cream, Egg Yolk, Sugar, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Revv Coffee Concentrate / Espresso **Icing Sugar:** Sugar, Corn Starch **Garnish: Raspberries, Mint**

Desserts – National October 2026	
Warm Apple Cobbler GF UPDATED **Contains: Milk, Tree Nuts, Soy** **May contain:** Egg, Peanut, Wheat, Sulphites	**Apple Cobbler:** Marinated apples (apple, brown sugar, gluten free flour, cinnamon), Sugars (brown sugar), Gluten free flour (white rice flour, corn starch, tapioca starch, xanthan gum), Palm and canola oil margarine, Oats (gluten free), Almonds, Soy lecithin. Contains: Almonds, Soy. May contain: Eggs, Milk, Sulphites, Tree nuts (Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pistachios and walnuts), Peanuts, Wheat (less than 20ppm gluten). **French Vanilla Ice Cream:** Sugars (Sugar, Glucose), Cream, Modified Milk Ingredients, French Vanilla Base (Sugars (Glucose, Fructose), Water, Natural and Artificial Flavour, Potassium Sorbate, Tartrazine, Sunset Yellow, Ice Cream Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Polysorbate 80, Locust Bean Gum, Carrageenan, Silicon Dioxide), Artificial Flavour, Tartrazine, Sunset Yellow FCF) **Caramel Sauce:** Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour **Spiced Pecans:** Pecans (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt **Icing Sugar:** Sugar, Corn Starch **Garnish: Mint**

Brunch (served daily until 3 pm) – National October 2026	
Fresh Fruit Bowl VG UNCHANGED **Contains:** None of the priority allergens	**Fruit Salad Mix:** Strawberries, Pineapple, Blueberries, Cane Syrup (Water, Raw Sugar, White Sugar) **Garnish: Fresh Mint**
French Toast Bites V NEW **Contains:** Milk, Egg, Wheat, Soy	**French Toast Bites:** Whole Wheat Bread (Whole Wheat and Enriched Wheat Flours, Water, Sugar, Yeast, Soybean Oil, Salt, Dough Conditioners), Whole Wheat Batter (Wheat, Cinnamon, Nutmeg, Egg, Skim Milk, Leavening), Coating Blend, Soybean Oil, Cinnamon Sugar. Contains: Wheat, Egg, Milk, Soy **Cinnamon Sugar:** Sugar, Cinnamon **Maple Syrup:** Maple Syrup **Espresso Crème Anglaise:** 2% Milk, Whipping Cream, Egg Yolk, Sugar, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Revv Coffee Concentrate / Espresso **Icing Sugar:** Sugar, Corn Starch **Garnish: Fresh Mint**
M Classic Breakfast UPDATED **Contains:** Milk, Egg, Wheat, Soy, Sulphites, Gluten (barley/rye)	**Butter Flavoured Oil:** Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene **Scrambled Eggs:** Liquid Whole Egg (Whole Egg, Citric Acid) **Choice of Meat:** Smoked Bacon (Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke) OR Andouille Sausage (Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices) **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Choice of Toast:** Sourdough: Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preparation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Ascorbic Acid OR Multigrain: Wheat Flour, Water, Brown Flax Seed, Cracked Soy, Honey, Organic Whole Grain Rye Flour, Ground Flax Seed, Organic Whole Grain Wheat Flour, Yeast, Millet Seeds, Yellow Flax Seeds, Sea Salt, Organic Whole Grain Rye Sourdough, **Butter:** Butter (Milk) **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Parsley**
M Classic Breakfast – Vegan VG UPDATED **Contains:** Wheat, Soy, Sulphites, Gluten (barley/rye) **May contain:** Milk, Egg, Tree Nuts, Sesame	**Canola Oil:** Canola Oil **Just Egg (Vegan):** Water, Mungbean Protein Isolate, Expeller Pressed Canola Oil, Sugars (Tapioca Syrup, Solids, Sugar), Soy Lecithin, Tetrasodium Pyrophosphate, Salt, Gellan Gum, Potassium Citrate, Carotene, Nisin, Transglutaminase, Maltodextrin, Natural Flavors, Dehydrated Onions, Turmeric **Smoked Apple Sage Sausage (Vegan):** Vital Wheat Gluten, Expeller Pressed Safflower Oil, Non-Sulphured Dried Apples, Yukon Gold Potatoes, Yeast Extract, Granulated Sugar, Pea Protein, Onion Powder, Barley Malt, Garlic, Natural Hickory Smoke Flavour with Torula Yeast, Spices, Cultured Cane Sugar, Vinegar, Sea Salt, Rubbed Sage. Vitamins and Minerals (Potassium Chloride, L-Lysine Monohydrochloride, Niacinamide, Reduced Iron, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Cyanocobalamin) **Roasted Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil, Salt, Pepper **Vegan 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 **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Schiacciata Bread:** Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs & Spices, Salt, Malted Barley Flour, Yeast, Ascorbic Acid, Rice Flour. May contain: Almonds, Pecans, Tree Nuts, Sesame, Eggs, Milk **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Salt, Pepper, Parsley**

Brunch (served daily until 3 pm) – National October 2026	
Ultimate M Classic Breakfast UPDATED **Contains: Milk, Egg, Wheat, Soy, Sulphites**	**Butter Flavoured Oil:** Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene **Eggs:** Liquid Whole Egg or 2 Fresh Eggs **Choice of Meat:** Smoked Bacon OR Andouille Sausage (Pork) **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Waffles:** 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 **Vanilla Whipped Cream:** Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream (from Milk), Modified Milk Ingredients, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts (Colour) **Maple Syrup:** Maple Syrup **Chocolate Shavings:** Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Soy Lecithin, Natural Vanilla Extract **Butter:** Butter (Milk) **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Parsley**
Chicken n' Waffles UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Sulphites**	**Waffles:** 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 **Butter:** Butter (Milk) **Chili Salts:** Salt, Red Pepper Flakes **Marinated Chicken Thigh:** Chicken Thigh, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Roasted Garlic (Garlic, Canola Oil), Ginger, Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Chicken Stock Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Xanthan Gum), Chili Seasoned Flour (Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts, Corn Starch) **Chili Flour:** Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch **Andouille Sausage Gravy:** Andouille Sausage (Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices), Canola Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), White Onions, Rosemary, Salt, Black Pepper, Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Stock (Water, Broth Concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate))), 2% Milk, 35% Cream **Honey Hot Sauce:** Honey, Red Chili Flakes **Butter Flavoured Oil:** Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene **Sunny Side Egg:** Egg **Gremolata:** Parsley, Lemon Zest **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum

Brunch (served daily until 3 pm) – National October 2026	
Steak & Eggs UPDATED **Contains: Milk, Egg, Wheat, Soy, Sulphites, Gluten (barley/rye)**	**Butter Flavoured Oil:** Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene **Eggs:** Liquid Whole Egg (Whole Egg, Citric Acid) **Marinated Sirloin Steak:** Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Salt, Peppercorns) **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Stockton Steak Spice:** Salt, Black Pepper, Szechuan Peppercorn, Pink Peppercorn, Tellicherry Peppercorn, White Pepper **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Choice of Toast:** Sourdough (Wheat, Barley, Rye) OR Multigrain (Wheat, Soy, Rye, Flax) **Butter:** Butter (Milk) **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Parsley**
Berries & Cream French Toast V NEW **Contains: Milk, Egg, Wheat, Soy**	**Butter Flavoured Oil:** Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene **Braided Brioche:** Wheat Flour, Starter (Wheat Flour, Water, Salt), Eggs, Sugar, Concentrated Butter (Milk), Rapeseed Oil, Yeast, Mono- and Diglycerides, Salt, Wheat Gluten, Carob Bean Gum, Water, Milk Proteins, Beta-Carotene, Artificial Orange Blossom Flavour **French Toast Batter:** Eggs, Cream (Milk), Cinnamon **Maple Syrup:** Maple Syrup **Vanilla Whipped Cream:** Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream (from Milk), Modified Milk Ingredients, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts (Colour) **Icing Sugar:** Sugar, Corn Starch **Garnish: Strawberries, Raspberries, Blueberries, Mint**
Santa Fe Breakfast Burrito NEW **Contains: Milk, Egg, Wheat, Soy, Sulphites**	**Sundried Tomato Flour Tortilla:** Wheat Flour, Water, Canola and Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Tomato, Baking Powder, Sundried Tomato (Sulphites), Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, CMC Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), Colour (Allura Red), L-Cysteine. Contains: Wheat, Gluten **Butter Flavoured Oil:** Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene **Scrambled Eggs:** Liquid Whole Egg (Whole Egg, Citric Acid) **Bacon:** Smoked Bacon (Pork) **Cheddar Cheese:** Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto **Mozzarella/Provolone Blend:** Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin **Avocado Edamame Mash:** Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Rice Wine Vinegar, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum) **Fresh Cut Salsa:** Roma Tomatoes, Red Chili Flakes, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil **Sour Cream:** Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Sodium Citrate, Bacterial Culture, Microbial Enzyme **Chili Avocado Aioli:** Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice, Calcium Disodium EDTA), Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper **Chili Salts:** Salt, Red Pepper Flakes **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Green Onion, Parsley**

Brunch (served daily until 3 pm) – National October 2026	
Avocado Toast V UPDATED **Contains: Milk, Egg, Wheat, Soy, Sulphites, Gluten (barley/rye)**	**Poached Eggs:** Whole Eggs, Water, Vinegar **Sourdough:** Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preparation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Ascorbic Acid **Avocado Edamame Mash:** Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Rice Wine Vinegar, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum) **Goat Cheese:** Pasteurized Goat's Milk, Sea Salt, Bacterial Culture, Microbial Enzyme **Dorati Tomatoes:** Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Lactic Acid **Roasted Red Onions:** Red Onions, Canola Oil, Salt, Black Pepper **Hollandaise:** Butter (Milk), Egg Yolk, White Wine (Sulphites), Water, Lemon Juice, Tabasco Sauce (Vinegar, Red Peppers, Salt), Salt, White Pepper **Sweet & Spicy Tabasco:** Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Garnish: Baby Arugula, Parsley**
Southwestern Omelette UNCHANGED **Contains: Milk, Egg, Wheat, Soy, Mustard, Sulphites, Gluten (barley/rye)**	**Butter Flavoured Oil:** Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene **Eggs:** Liquid Whole Egg (Whole Egg, Citric Acid) **Andouille Sausage:** Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices **Pepper & Onion Mix:** Garlic Oil Blend (Garlic, Canola Oil), Red Pepper, Yellow Pepper, Green Onion, Red Onion, Stockton Steak Spice **Fresh Cut Salsa:** Roma Tomatoes, Red Chili Flakes, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil **Cheddar Cheese:** Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto **Cilantro Pepita Crema:** Soybean Oil, Water, Tomatillo, Pepita Seeds, Cilantro, White Wine Vinegar, Egg Yolk, Sugar, Calcium Disodium EDTA, Dehydrated Red Bell Peppers, FD&C Blue #1, FD&C Red #40, FD&C Yellow #5, Garlic, Lactic Acid, Lime Juice Concentrate, Natural Flavour, Polysorbate 60, Salt, Sodium Benzoate, Potassium Sorbate, Spices (Mustard), Xanthan Gum **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Choice of Toast:** Sourdough (Wheat, Barley, Rye) OR Multigrain (Wheat, Soy, Rye, Flax) **Butter:** Butter (Milk) **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Avocado, Parsley**
Shakshuka NEW **Contains: Milk, Egg, Wheat, Soy, Sesame, Sulphites, Gluten (barley/rye)**	**Garlic Oil Blend:** Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil **Ground Chuck (Kalbi seasoned):** Ground Chuck, 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), Chili Salts **Roasted Mushrooms (Duo):** Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper **Roasted Red Onions:** Red Onions, Canola Oil, Salt, Black Pepper **Aromatics:** Garlic, Roasted Garlic, Diced Tomato **Spiced Tomato Pepper Sauce:** Tomato Sauce (Tomatoes, Tomato Purée (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Salt, Parsley **Eggs:** Poached Eggs **Goat Cheese:** Pasteurized Goat's Milk, Sea Salt, Bacterial Culture, Microbial Enzyme **Grilled Sourdough:** Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preparation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Ascorbic Acid, Butter (Milk) **Garnish: Arugula, Micro Sprouts, Parsley**

Brunch (served daily until 3 pm) – National October 2026	
Eggs Benedict – Classic UPDATED **Contains: Milk, Egg, Wheat, Soy, Sulphites**	**English Muffin:** Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Glucose- Fructose, Corn Flour, Salt, Vinegar, Cornmeal, Preservatives (calcium propionate, potassium sorbate, sorbic acid), Wheat Gluten, Soybean Oil, Leavening (Monocalcium Phosphate, Calcium Carbonate, Calcium Sulfate), Monoglycerides, Fumaric Acid, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Ammonium Sulfate, Calcium Silicate, Amylase, Pentosanase **Smoked Ham:** Pork; Water, Glucose Solids, Salt, Potassium Lactate, Flavour, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Smoke Flavour, Sodium Nitrite, Spices, Smoke. Coated with Collagen **Poached Eggs:** Whole Eggs, Water, Vinegar **Hollandaise:** Butter (Milk), Egg Yolk, White Wine (Sulphites), Water, Lemon Juice, Tabasco Sauce (Vinegar, Red Peppers, Salt), Salt, White Pepper **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Parsley**
Eggs Benedict – California UPDATED **Contains: Milk, Egg, Wheat, Soy, Crustacean Shellfish, Sulphites**	**English Muffin:** Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Glucose- Fructose, Corn Flour, Salt, Vinegar, Cornmeal, Preservatives (calcium propionate, potassium sorbate, sorbic acid), Wheat Gluten, Soybean Oil, Leavening (Monocalcium Phosphate, Calcium Carbonate, Calcium Sulfate), Monoglycerides, Fumaric Acid, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Ammonium Sulfate, Calcium Silicate, Amylase, Pentosanase **Avocado Edamame Mash:** Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Rice Wine Vinegar, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum) **Shrimp:** 31/40 Shrimp (Shrimp, Salt, Sodium Tripolyphosphate) **Smoked Bacon:** Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke **Poached Eggs:** Whole Eggs, Water, Vinegar **Hollandaise:** Butter (Milk), Egg Yolk, White Wine (Sulphites), Water, Lemon Juice, Tabasco Sauce (Vinegar, Red Peppers, Salt), Salt, White Pepper **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Parsley**

Brunch (served daily until 3 pm) – National October 2026	
Eggs Benedict – Seafood NEW **Contains: Milk, Egg, Wheat, Soy, Fish, Crustacean Shellfish, Shellfish (mollusc), Mustard, Sulphites**	**English Muffin:** Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Glucose- Fructose, Corn Flour, Salt, Vinegar, Cornmeal, Preservatives (calcium propionate, potassium sorbate, sorbic acid), Wheat Gluten, Soybean Oil, Leavening (Monocalcium Phosphate, Calcium Carbonate, Calcium Sulfate), Monoglycerides, Fumaric Acid, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Ammonium Sulfate, Calcium Silicate, Amylase, Pentosanase **Seafood Salad:** 31/40 Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Bay Scallops, Lobster Meat, Celery, Red Onion, Lobster Base (Cooked Lobster Meat (Includes Lobster Tomalley), Salt, Corn, Tapioca and Potato Maltodextrins, Sugar, Autolyzed Yeast Extract, Corn Oil, Milk Ingredient, Corn and Potato Starches, Tomato Paste, Onion Powder, Disodium Inosinate, Disodium Guanylate, Lobster Extracts, Cod Liver Oil, Garlic Powder, Lactic Acid, Spices, Flavour (Contains Soy & Celery). Contains: Soy, Milk, Cod, 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, Chili Salts (Salt, Red Pepper Flakes), Gremolata (Parsley, Lemon Zest) **Red Pepper Relish:** Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Red Onions, Garlic, Lemon Juice, White Wine (Sulphites), Sugar, Salt, Black Pepper, Chili Flakes, Ginger **Wilted Arugula:** Arugula, Salt **Roasted Red Onions:** Red Onions, Canola Oil, Salt, Black Pepper **Poached Eggs:** Whole Eggs, Water, Vinegar **Hollandaise:** Butter (Milk), Egg Yolk, White Wine (Sulphites), Water, Lemon Juice, Tabasco Sauce (Vinegar, Red Peppers, Salt), Salt, White Pepper **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices **Heritage Spring Mix:** Crisphead Lettuce, Red Leaf Lettuce **Lemon Vinaigrette:** Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphite, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum **Garnish: Ancho Chili Powder, Dill, Parsley**
Side: Brunch Potatoes UNCHANGED **Contains: Milk, Soy**	**Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Chimichurri Butter:** Butter (Milk), Olive Oil, Garlic, Roasted Garlic (Garlic, Canola Oil), 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) **Nola Cajun Spice:** Spices (Including Paprika for Colour), Salt, Garlic, Onion **Garnish: Parsley**
Side: Double Smoked Bacon GF UNCHANGED **Contains: None of the priority allergens**	**Smoked Bacon:** Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke
Side: Andouille Sausage UNCHANGED **Contains: None of the priority allergens**	**Andouille Sausage:** Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices **Garnish: Parsley**
Side: Vegan Apple Sage Sausage VG UNCHANGED **Contains: Wheat, Gluten (barley/rye)**	**Smoked Apple Sage Sausage (Vegan):** Vital Wheat Gluten, Expeller Pressed Safflower Oil, Non-Sulphured Dried Apples, Yukon Gold Potatoes, Yeast Extract, Granulated Sugar, Pea Protein, Onion Powder, Barley Malt, Garlic, Natural Hickory Smoke Flavour with Torula Yeast, Spices, Cultured Cane Sugar, Vinegar, Sea Salt, Rubbed Sage. Vitamins and Minerals (Potassium Chloride, L-Lysine Monohydrochloride, Niacinamide, Reduced Iron, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Cyanocobalamin) **Canola Oil:** Canola Oil **Garnish: Parsley**

Kids (12 & under) – National October 2026	
Kids Grilled Cheese V UNCHANGED **Contains:** Milk, Wheat, Soy	**White Bread:** 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 **Cheddar Cheese:** Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto **Butter:** Butter (Milk) **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) **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices
Kids Chicken Fingers UNCHANGED **Contains:** Milk, Egg, Wheat, Soy	**Chicken Fingers:** 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. **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) **Plum Sauce:** 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 **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices
Kids Grilled Chicken UNCHANGED **Contains:** Milk	**Chicken Breast:** Chicken, Water, Sugars (Concentrated Pineapple Juice), Vegetable Oil, Vinegar, Salt, Sodium Phosphate, Garlic (Garlic Water), Citric Acid, Flavour, Spice, Spice Extracts **Seasoning:** Salt, Black Pepper **Jasmine Rice:** Jasmine Rice, Water, Salt, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Seasonal Vegetables:** Green Beans, Butter (Milk), Water
Kids Burger UPDATED **Contains:** Milk, Egg, Wheat, Soy, Sesame, Gluten (barley/rye) **May contain:** Tree Nuts	**Burger Bun (Sesame):** 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. May contain: Walnuts, Almonds, other Tree Nuts **Kids Burger Patty (3.5 oz):** Ground Chuck, Salt, Black Pepper **Cheddar Cheese:** Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto **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) **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices
Kids Pasta – Creamy Cheese or Tomato V UPDATED **Contains:** Milk, Egg, Wheat	**Penne Pasta:** Penne (Wheat, Egg) **Cheese Sauce option:** 35% Whipping Cream (Cream, Milk, Carrageenan), Mozzarella/Provolone Blend (Milk) **Tomato Sauce option:** Tomatoes, Tomato Purée (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid **Grana Padano Cheese:** Raw Milk, Bacterial Culture, Salt, Lysozyme (Egg), Rennet **Seasoning:** Salt, Black Pepper
Kids Grilled Salmon UNCHANGED **Contains:** Milk, Soy, Fish	**Salmon:** Atlantic Salmon **Garlic Butter:** Butter (Milk), Garlic, Roasted Garlic (Garlic, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour, 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) **Seasoning:** Salt, Black Pepper **Jasmine Rice:** Jasmine Rice, Water, Salt, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar) **Seasonal Vegetables:** Green Beans, Butter (Milk), Water
Kids Breakfast UNCHANGED **Contains:** Egg, Wheat, Soy	**Butter Flavoured Oil:** Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene **Liquid Whole Egg:** Whole Egg, Citric Acid **Smoked Bacon:** Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke **Brunch Potatoes:** Yellow Flesh Potatoes, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Coarse Salt, Black Pepper **Toast:** White Bread: 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 OR Multigrain (Wheat, Soy) **Ketchup:** Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices

Kids (12 & under) – National October 2026	
Kids French Toast Bites (plain or strawberry) V NEW **Contains:** Milk, Egg, Wheat, Soy	**French Toast Bites:** Whole Wheat Bread (Whole Wheat and Enriched Wheat Flours, Water, Sugar, Yeast, Soybean Oil, Salt, Dough Conditioners), Whole Wheat Batter (Wheat, Cinnamon, Nutmeg, Egg, Skim Milk, Leavening), Coating Blend, Soybean Oil, Cinnamon Sugar. Contains: Wheat, Egg, Milk, Soy **Cinnamon Sugar:** Sugar, Cinnamon **Maple Syrup:** Maple Syrup **Vanilla Whipped Cream:** Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream (from Milk), Modified Milk Ingredients, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts (Colour) **Icing Sugar:** Sugar, Corn Starch **Strawberry option:** Fresh Strawberries
Kids Waffles (plain or strawberry) V UNCHANGED **Contains:** Milk, Egg, Wheat, Soy	**Waffles:** 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 **Vanilla Whipped Cream:** Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream (from Milk), Modified Milk Ingredients, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts (Colour) **Maple Syrup:** Maple Syrup **Icing Sugar:** Sugar, Corn Starch **Strawberry option:** Fresh Strawberries
Kids Dessert – Vanilla Ice Cream UNCHANGED **Contains:** Milk	**French Vanilla Ice Cream:** Sugars (Sugar, Glucose), Cream, Modified Milk Ingredients, French Vanilla Base (Sugars (Glucose, Fructose), Water, Natural and Artificial Flavour, Potassium Sorbate, Tartrazine, Sunset Yellow, Ice Cream Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Polysorbate 80, Locust Bean Gum, Carrageenan, Silicon Dioxide), Artificial Flavour, Tartrazine, Sunset Yellow FCF) **Chocolate or Caramel Sauce:** Sugar (Glucose, Fructose), Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder (Processed with Alkali), Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour / Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour
Kids Dessert – Chapman's Li'l Sammich (peanut-free) UNCHANGED **Contains:** Milk, Wheat, Soy	**Ice Cream Sandwich (Chapman's Li'l Sammich – peanut-free):** 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.