

<b>SALTLIK Allergen Guide</b>
<b>April 4 2025</b>
<b>*may</b> - cross contaminated from deep fry oil
<b>may</b> - processed in same plant, no procedures to prevent cross contamination, cannot guarantee
<b>may:</b> <b>garlic &amp; onion</b> - Contains "spices" in the ingredient list.
<b>Gluten</b> - wheat, rye, barley & most oats, <b>soy sauce</b> <b>(GF Soy stores exempt)</b>

SALTLIK Allergen Guide

To Start + Share	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Wagyu Carpaccio	parmesan, mustard aioli *may - fried capers	*may - fried capers	*may - fried capers	parmesan, butter			*may - fried capers		focaccia *may - fried capers	focaccia *may - fried capers	semi dry tomato, mustard aioli, pickled shallots	mustard aioli	pickled shallots *may - fried capers	*may - fried capers	
Wok-Fried Calamari	spicy aioli *may - calamari	anchovies (spicy aioli) *may - calamari	calamari *may - others				*may - calamari		*may - calamari	*may - calamari	spicy aioli, sriracha ketchup		green onion, sriracha ketchup	spicy aioli, garlic ginger puree, sriracha ketchup *mav - calamari	
Ahi Tuna Tartare	may - garlic chili sauce, sesame seeds *may - tortilla chips	tuna *may - tortilla chips	*may - tortilla chips	may - garlic chili sauce, sesame seeds	may - garlic chili sauce, sesame seeds	garlic chili sauce, sesame seeds	garlic chili sauce may - sesame seeds *may - tortilla chips	may - garlic chili sauce, sesame seeds	garlic chili sauce may - sesame seeds *may - tortilla chips	garlic chili sauce may - sesame seeds *may - tortilla chips	garlic chili sauce may - sesame seeds *may - tortilla chips		green onion *may - tortilla chips	garlic chili sauce *may - tortilla chips	
Lobster Mashed Potatoes for Two			lobster	tarragon butter, sour cream, potatoes							tarragon butter	tarragon butter	chives may - potatoes	tarragon butter may - potatoes	artificial flavour (potatoes)
Buttermilk Biscuits				butter, biscuits					biscuits	biscuits			biscuits		
French Onion Soup				soup, cheese			soup		soup, focaccia croutons	soup, focaccia croutons	soup		soup		
Meatballs and Ricotta	parmesan, meatballs may - bread *may - fried rosemary	may - meatballs *may - meatballs, fried rosemary	may - meatballs *may - meatballs, fried rosemary	parmesan, whipped ricotta, meatballs may - bread	may - meatballs, bread	may - meatballs, bread	meatballs *may - fried rosemary	may - meatballs	bread, meatballs *may - fried rosemary	bread, meatballs *may - fried rosemary		may - bread	amatriciana sauce *may - meatballs, fried rosemary	meatballs *may - fried rosemary	

Salads + Veggies	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Farmhouse Greens	honey dijon vinaigrette *may - spiced pumpkin seeds	*may - spiced pumpkin seeds	*may - spiced pumpkin seeds				honey dijon vinaigrette *may - spiced pumpkin seeds		*may - spiced pumpkin seeds	*may - spiced pumpkin seeds	honey dijon vinaigrette	honey dijon vinaigrette, spiced pumpkin seeds	honey dijon vinaigrette *may - spiced pumpkin seeds	may - honey dijon vinaigrette *may - spiced pumpkin seeds	artificial flavour (honey dijon vinaigrette)
Baby Gem Caesar Salad	grano padano, caesar dressing, crispy parm crumbs *may - pork lardons	anchovies (caesar dressing) *may - pork lardons	*may - pork lardons	grano padano, crispy parm crumbs			crispy parm crumbs *may - pork lardons		crispy parm crumbs *may - pork lardons	crispy parm crumbs *may - pork lardons	caesar dressing	caesar dressing	caesar dressing *may - pork lardons	caesar dressing *may - pork lardons	
Vinnie's Broccoli	grana padano, truffle ranch *may - broccoli	*may - broccoli	*may - broccoli	grana padano, truffle ranch			truffle ranch *may - broccoli		*may - broccoli	*may - broccoli	may - Tabasco		truffle ranch *may - broccoli	truffle ranch	
Maple Mustard Brussels Sprouts	*may - Brussels sprouts	*may - Brussels sprouts	*may - Brussels sprouts				*may - Brussels sprouts		*may - Brussels sprouts	*may - Brussels sprouts	maple mustard sauce	maple mustard sauce	*may - Brussels sprouts	*may - Brussels sprouts	
Roasted Mushroom Salad	fried egg, parmesan	*may - fried egg	*may - fried egg	parmesan *may - fried egg	may - hazelnuts		fried egg	hazelnuts may - others	fried egg	fried egg	French vinaigrette, roasted mushrooms	French vinaigrette	French vinaigrette may - semi-dried tomato *may - fried egg	French vinaigrette may - semi-dried tomato	
Added Protein	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Grilled Steak												blackening spice	may - blackening spice	may - blackening spice	
Grilled Salmon		salmon		butter											
Rare Seared Ahi Tuna		tuna													
Grilled Chicken Breast												blackening spice	may - blackening spice	chicken may - blackening spice	

Mains	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Scallops + Gnocchi	gnocchi *may - fried shallots, roasted carrots	*may - fried shallots	scallops *may - fried shallots, roasted carrots	garlic butter, truffle vinaigrette			truffle vinaigrette *may - fried shallots, roasted carrots		gnocchi, truffle vinaigrette *may - fried shallots, roasted carrots	gnocchi, truffle vinaigrette *may - fried shallots, roasted carrots			fried shallots, truffle vinaigrette *may - roasted carrots	garlic butter, truffle vinaigrette *may - fried shallots, roasted carrots	
Grilled Salmon + Ravioli	ravioli *may - fried shallots	salmon *may - fried shallots	*may - fried shallots	butter, garlic butter, truffle beurre blanc,			*may - fried shallots		ravioli *may - fried shallots	ravioli *may - fried shallots	semi dry tomatoes, truffle beurre blanc		truffle beurre blanc, ravioli, fried shallots	garlic butter *may - fried shallots	
Hunter Chicken	*may - potatoes	*may - potatoes	*may - potatoes	red wine sauce			red wine sauce *may - potatoes		red wine sauce *may - potatoes	red wine sauce *may - potatoes	red wine sauce		red wine sauce *may - potatoes	*may - potatoes	
Prawn Spaghettini			prawns	garlic butter					spaghetti	spaghetti	smoky tomato sauce, white wine			smoky tomato sauce, garlic butter	
Saltlik Burger	roasted garlic aioli, bun *may - fries	*may -fries	*may -fries	cheese, bun		may - bun	may - bun *may - fries	may - bun	bun *may - fries	bun *may - fries	roasted garlic aioli may - bun	roasted garlic aioli	onion, ketchup may - pickle *may - fries	roasted garlic aioli may - pickle, ketchup *may - fries	colour (cheese)
Premium Steak Sandwich	may - garlic bread *may -fries, caramelized onions	*may -fries, caramelized onions	*may -fries, caramelized onions	garlic butter, garlic bread		may - garlic bread	may - garlic bread *may -fries, caramelized onions		garlic bread *may -fries, caramelized onions	garlic bread *may -fries, caramelized onions	may - garlic bread	steak spice	caramelized onions, ketchup *may - fries	caramelized onions, garlic butter, garlic bread	
Steak Sandwich NEW	horseradish garlic aioli may - garlic bread *may -fries	anchovies (red wine jus) *may -fries	*may -fries	garlic butter, garlic bread, red wine jus, horseradish garlic aioli, cheese	may - garlic bread	may - garlic bread	red wine jus, horseradish aioli *may -fries		garlic bread, red wine jus *may -fries	garlic bread, red wine jus *may -fries	red wine jus, horseradish garlic aioli, roasted mushrooms	steak spice, horseradish garlic aioli may - bread	red wine jus, caramelized onions, ketchup, horseradish garlic aioli *may - fries	caramelized onions, garlic butter, garlic bread, horseradish garlic aioli may - ketchup, red	caramel (red wine jus), artificial flavour (horseradish garlic aioli)
Spicy Blackened Chicken Sandwich	whirl, spicy aioli may - bun *may - fries	anchovies (spicy aioli) *may - fries	*may - fries	whirl, cheese may - bun		may - bun	whirl may - bun *may - fries	may - bun	bun *may - fries	whirl, bun *may - fries	spicy aioli, pickled onions may - bun	blackening spice may - whirl	pickled onion, ketchup may - chicken,	chicken, spicy aioli may - blackening spice, ketchup	
Crispy Chicken Sandwich	venter sauce, whirl may - chicken, bun *may - chicken, fries	*may - chicken, fries	*may - chicken, fries	chicken may - bun, venter sauce	may - venter sauce	bun, venter sauce, chicken	bun, venter sauce may - chicken *may - chicken, fries	may - bun, venter sauce, chicken	bun, chicken may - venter sauce *may - fries	bun, chicken, venter sauce *may - fries	sambal mayo, bun		red onion, chicken, venter sauce may - pickles *may - fries	chicken, venter sauce may - pickles	
Blackened Salmon	green goddess sauce *may - potato	salmon, anchovy (green goddess sauce)	*may - potato pave	butter, green goddess sauce			*may - potato pave		*may - potato pave	*may - potato pave	green goddess sauce, sundried tomatoes	blackening spice, green goddess sauce	pickled red onion may - blackening spice, green	green goddess sauce may - blackening	

Mains	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Pork Chop Milanese	pork chop	may - pork chop *may pork chop	*may - pork chop	brown butter sauce, potatoes may - pork chop			pork chop, potatoes		pork chop	pork chop	brown butter sauce, pickled shallots	brown butter sauce may - pork chop	pickled shallots may - potatoes *may - pork chop	may - potatoes *may - pork chop	artificial flavour (potatoes)
Mezzi Rigatoni Amatriciana	parmesan			parmesan, pecorino, guanciale			guanciale		pasta	pasta, guanciale	white wine, guanciale		amatriciana sauce		
Shortribs	*may - fried lardon, shallots	anchovies (short ribs, balsamic jus) *may - fried lardon, shallots	*may - fried lardon, shallots	garlic butter, roasted mushrooms, mashed potatoes, short ribs			balsamic jus, short ribs, mashed potatoes *may - fried lardon, shallots		balsamic jus, short ribs *may - fried lardon, shallots	balsamic jus, short ribs *may - fried lardon, shallots	balsamic jus, short ribs		balsamic jus, roasted mushrooms, short ribs, fried shallots may - mashed potatoes *may - fried lardon	garlic butter, roasted mushrooms may - mashed potatoes, short ribs, balsamic jus *may - fried lardon, shallots	artificial flavour (mashed potatoes)
Calabrian Grilled Chicken	*may - potato pave	*may - potato pave	*may - potato pave	garlic butter			*may - potato pave		*may - potato pave	*may - potato pave	calabrian chili sauce	may - artichokes	calabrian chili sauce *may - potato	chicken, garlic butter, artichokes, calabrian chili	
Rotolo + Meatballs	rotolo, bechamel sauce, crispy parm crumbs, meatballs	may - meatballs *may - meatballs	may - meatballs *may - meatballs	rotolo, bechamel sauce, crispy parm crumbs, meatballs	may - meatballs *may - meatballs	may - meatballs	meatballs	may - meatballs	rotolo, meatballs	rotolo, meatballs			rotolo, bechamel sauce, amatriciana sauce *may - meatballs	rotolo, bechamel sauce, meatballs	

Steaks	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Steaks - sirloin, tenderloin, New York												steak spice			
Ribeye steak				garlic butter								steak spice		garlic butter	
Steak Additions	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Lobster Mashed Potatoes			lobster	tarragon butter, sour cream, potatoes			potatoes				tarragon butter	tarragon butter	may - potatoes	tarragon butter may - potatoes	artificial flavour (potatoes)
Peppercorn Sauce		yes - anchovies		yes							yes	yes	yes	may	
Bearnaise Sauce	yes	yes - anchovies		yes							may		yes	yes	
Sauteed Mushrooms				garlic butter											garlic butter
Red Wine Sauce				yes			yes		yes	yes	yes		yes		
To End	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Handmade Apple Pie	vanilla ice cream may - topping (almond)			topping, caramel sauce, vanilla ice cream may - apples	may - ice cream, topping (almond)	may - apples, ice cream, topping (almond)	pastry, caramel sauce may - vanilla ice cream, apples, topping (almond)	almond - topping may - vanilla ice cream, topping (others)	pastry, topping may - vanilla ice cream, apples	pastry, topping may - vanilla ice cream, apples	may - apples, pastry, ice cream, topping (almond)	may - apples	may - apples		artificial colour, artificial flavour
Sticky Toffee Pudding	toffee pudding, vanilla ice cream			toffee pudding, toffee sauce, vanilla ice cream may - dates	may - vanilla ice cream may - dates	may - vanilla ice cream	may - vanilla ice cream, dates	may - vanilla ice cream, dates	toffee pudding, brandy snap may - vanilla ice cream, dates	toffee pudding, brandy snap may - vanilla ice cream, dates	may - vanilla ice cream, dates				
Molten Chocolate Cake	cake, vanilla ice cream may - raspberry puree			cake, vanilla ice cream may - raspberry puree	may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	cake may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	may - raspberry puree			
Gluten Free Chocolate Cake	vanilla ice cream, chocolate cake			vanilla ice cream, chocolate cake, salted caramel chocolate sauce	may - vanilla ice cream, salted caramel chocolate sauce	may - vanilla ice cream	salted caramel chocolate sauce may - vanilla ice cream	may - vanilla ice cream, salted caramel chocolate sauce	may - vanilla ice cream, salted caramel chocolate sauce	may - vanilla ice cream, salted caramel chocolate sauce	may - vanilla ice cream				
Espresso Martini Tiramisu	tiramisu, tiramisu foam, amaretto cookies	may - tiramisu, tiramisu foam		tiramisu, tiramisu foam may - amaretto cookies			may - tiramisu, tiramisu foam, amaretto cookies	may - almonds (amaretto cookies)	amaretto cookies, tiramisu, tiramisu foam	amaretto cookies, tiramisu, tiramisu foam		may - tiramisu, tiramisu foam			
Basque Cheesecake	cheesecake may - tropical compote	may - tropical compote	may - tropical compote	cheesecake may - tropical compote	may - tropical compote	may - tropical compote	may - tropical compote	may - tropical compote	may - tropical compote	may - tropical compote	coconut may - tropical compote	may - tropical compote			