

<b>SALTlik Allergen Guide</b>
March 27 2023
<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> (GF Soy stores exempt)

SALTlik Allergen Guide

To Start + Share	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
House Baked Focaccia				butter					focaccia	focaccia					
Roasted Beet Hummus	*may - tortilla chips	*may - tortilla chips	*may - tortilla chips	feta may - cumin spice mix	may - cumin spice mix	cumin spice mix, hummus	may - cumin spice mix *may - tortilla chips	may - cumin spice mix	may - cumin spice mix *may - tortilla chips	may - cumin spice mix *may - tortilla chips	pickled shallots		pickled shallots *may - tortilla chips	hummus *may - tortilla chips	
Tomato + Burrata Crostone	parmesan			burrata, parmesan					focaccia	focaccia	semi dry tomato, balsamic syrup				
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	spicy aioli	green onion, sriracha ketchup	spicy aioli, garlic sriracha ketchup *may - 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		green onion *may - tortilla chips	garlic chili sauce *may - tortilla chips	
Roasted Turmeric Cauliflower	may - sesame seeds			may - sesame seeds	may - sesame seeds	sesame seeds	may - sesame seeds, raisins		may - sesame seeds	may - sesame seeds	turmeric vinaigrette				
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	
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)
Kobe Fat Fries	*may - fries, garlic, rosemary	*may - fries, garlic, rosemary	*may - fries, garlic, rosemary				*may - fries, garlic, rosemary		*may - fries, garlic, rosemary	*may - fries, garlic, rosemary	mustard aioli	mustard aioli	ketchup *may - fries, garlic rosemary	fried garlic, mustard aioli may - ketchup *may - fries, garlic, rosemary	
Baking Powder Biscuits				butter, biscuits					biscuits	biscuits			biscuits		
Smoked Trout Dip	smoked trout dip *may - chips	trout, anchovy (smoked trout dip) *may - chips	*may - chips	smoked trout dip			may - chips *may - chips		*may - chips	*may - chips	may -smoked trout dip	smoked trout dip	chives, smoked trout dip *may - chips	smoked trout dip *may - chips	
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 - chips truffle ranch *may - broccoli	truffle ranch	
Soup + Salads	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
French Onion Soup				soup, cheese			soup		soup, focaccia croutons	soup, focaccia croutons	soup		soup		
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)
Grilled Chicken Salad	*may - tortilla strips	*may - tortilla strips	*may - tortilla strips		peanut sauce	honey lime dressing	peanut sauce *may - tortilla strips	may - peanut sauce	peanut sauce *may - tortilla strips	peanut sauce *may - tortilla strips	honey lime dressing	honey lime dressing	peanut sauce *may - tortilla strips	peanut sauce *may - tortilla strips	
Baby Kale & Radicchio Salad	egg, grana padano dressing *may - pork lardons	*may - pork lardons	*may - pork lardons	grana padano dressing, cheese			*may - pork lardons		focaccia croutons *may - pork lardons	focaccia croutons *may - pork lardons	grana padano dressing	grana padano dressing	grana padano dressing *may - pork lardons	grana padano dressing *may - pork lardons	

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 - fried shallots, 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, ravioli			*may - fried shallots		ravioli *may - fried shallots	ravioli *may - fried shallots	semi dry tomatoes, truffle beurre blanc	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	
Cacio E Pepe				cheese, cacio sauce					spaghetti	spaghetti					
Angus Beef Pressed Burger	bun, roasted garlic aioli, whirl *may - fries	*may - fries	*may - fries	bun, whirl, cheese		may - bun	whirl, bun *may - fries	*may - fries	bun *may - fries	bun, *whirl (barley) *may - fries	may - bun	mustard, roasted garlic aioli may - whirl	onion, burger sauce, ketchup may - pickle *may - fries	roasted garlic aioli, garlic butter, garlic bread may - pickle, ketchup *may - fries	
Table Burger	dijon crème fraiche may - bun *may - fries	*may - fries	*may - fries	smoked cheddar, dijon crème fraiche, bun		bun	bun *may - fries	*may - fries	bun *may - fries	bun *may - fries	dijon crème fraiche may - bun	dijon crème fraiche	shallots, bacon jam may - pickle *may - fries	dijon crème fraiche, bacon jam may - pickle *may - fries	
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 may - ketchup *may - fries, caramelized onions	
Spicy Grilled Chicken Sandwich	whirl, spicy aioli, bun *may - fries	anchovies (spicy aioli) *may - fries	*may - fries	whirl, cheese, bun		may- bun	bun, whirl *may - fries		bun *may - fries	whirl, bun *may - fries	spicy aioli, pickled onions may - bun	blackening spice, spicy aioli may - whirl	pickled onion, ketchup may - chicken, blackening spice *may - fries	chicken, spicy aioli may - blackening spice, ketchup *may - fries	
Crispy Chicken Sandwich	venter sauce, whirl, bun *may - chicken, fries	*may - chicken, fries	*may - chicken, fries	chicken may - bun, venter sauce	may - venter sauce	bun, venter sauce	bun, venter sauce *may - chicken, fries	may - bun, venter sauce *may - chicken, fries	bun, chicken may - venter sauce *may - fries	bun, chicken, venter sauce *may - fries	sambal mayo may - bun	venter sauce	red onion, chicken, venter sauce may - pickles *may - fries	chicken, venter sauce may - pickles	
Smoky Grilled BBQ Ribs	coleslaw dressing *may - fries	*may - fries	*may - fries	coleslaw dressing			*may - fries		*may - fries	*may - fries	coleslaw dressing	coleslaw dressing, ribs, sauce	coleslaw, ketchup may - coleslaw dressing, ribs, sauce *may - fries	coleslaw dressing, ribs, sauce may - ketchup *may - fries	
Steaks - sirloin, tenderloin, New York Ribeye steak				garlic butter								steak spice 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
Butter Cake	vanilla ice cream, cream cheese layer, cake may - raspberry puree			vanilla ice cream, cream cheese layer, cake may - raspberry puree	may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	cake, cream cheese layer may - raspberry puree, vanilla ice cream	cake, cream cheese layer may - raspberry puree, vanilla ice cream	may - raspberry puree, vanilla ice cream	may - raspberry puree			
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			