

Local Allergen Guide
March 27 2023
*may - cross contaminated from deep fry oil
may - processed in same plant, no procedures to prevent cross contamination, cannot guarantee
may: garlic & onion - Contains "spices" in the ingredient list.
Gluten - wheat, rye, barley & most oats, soy sauce (GF Soy stores exempt)

LOCAL Allergen Guide

Brunch	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Beef Hash	egg may - mole beef *may -hash browns	may - mole beef *may -hash browns	may - mole beef *may -hash browns	may - mole beef	may - mole beef	may - mole beef	mole beef may - Mama Lil's peppers *may - hash browns	may - mole beef	may - mole beef *may - hash browns	may - mole beef *may - hash browns	mole beef caramelized onions	may - mole beef	Mole beef Scallion oil	Mole beef Mama Lil's peppers Scallion oil	colour (mole beef)
Eggs Benedict & Hash Browns - Canada & US	Whirl Eggs Hollandaise	Hollandaise - anchovy		Hollandaise may - muffin, back bacon		may - muffin	whirl may - back bacon		muffin may - back bacon	whirl, muffin may - back bacon, Hollandaise (Worcestershire ≤586 ml Canada)	muffin may - Hollandaise	may - whirl	ketchup, Hollandaise	Hollandaise	Xanthan
Avocado Eggs Benedict & Hash Browns - Canada & US	whirl Eggs Hollandaise	Hollandaise - anchovy (Worcestershire 586 ml Canada)		Hollandaise may - muffin Back bacon		may - muffin	Whirl may - back bacon		Muffin may - back bacon	whirl muffin may - back bacon, Hollandaise (Worcestershire 586 ml Canada)	Muffin Pico de gallo may - Hollandaise	may - whirl	ketchup Hollandaise Pico de gallo	Hollandaise Pico de gallo	colour (pico de gallo)
Breakfast Sandwich & Fries	whirl Egg Bun Sexy Sauce *may - fries	*may - fries	*may - fries	Cheese Bun may - back bacon		*may - bun	*may - fries		*may - fries	*may - fries	*may - bun Sexy sauce	Sexy sauce may - whirl	*may - fries	may - sexy sauce	colour (cheese) Xanthan- Sauce
Chicken & Waffle	waffle *may - chicken	*may - chicken	Hollandaise - anchovy *may - chicken	Hollandaise			waffle *may - chicken		Chicken Waffle	Chicken Waffle may - Hollandaise (Worcestershire ≤586 ml Canada)	Lemon Dill Vin may -Hollandaise	Lemon Dill vin	Coleslaw mix Southern seasoning, Hollandaise *may - chicken	Southern Seasoning, Hollandaise	

Starters	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Pinche Beef Tacos	mayonnaise may - mole beef	may - mole beef	may - mole beef	feta may - mole beef	may - mole beef	may - mole beef	Mole beef	may - mole beef	may - mole beef	may - mole beef	Mole beef Pico de gallo	Mayonnaise may - mole beef	Pico de gallo Mole beef may - Mayonnaise	Pico de gallo Mole beef may - Mayonnaise	colour (mole beef, pico de gallo)
Nachos	*may - chips	*may - chips	*may - chips	Cheese sauce Cheese Sour cream Yogurt			salsa *may - chips		*may - chips	*may - chips	pico de gallo may - salsa		Green onion Salsa Pico de gallo Pickled red onion may - cheese sauce *may - chips	Salsa Pico de gallo Cheese sauce	colour (pico de gallo), Orange colour (cheese, cheese sauce)
Nachos with Nacho Beef	*may - chips	*may - chips	*may - chips	Cheese sauce Cheese Sour cream Yogurt			Salsa Mexi beef *may - chips		*may - chips	*may - chips	pico de gallo may - salsa may - mexi beef		Green onion Salsa Pico de gallo Pickled red onion may - cheese sauce *may - chips Mexi beef	Salsa Mexi beef Pico de gallo Cheese sauce	Colour (pico de gallo) Orange colour (cheese)
Hand-made Guacamole & Chips	*may - chips	*may - chips	*may - chips	may - chips			*may-chips		*may -chips	*may -chips	Pico de gallo		Pico de gallo	Pico de gallo	colour - pico de gallo
Hot Wings & Blue Cheese Dip	blue cheese dip *may - wings	*may - Fryer	*may - wings	Blue cheese dip			*may - wings		*may - wings	blue cheese dip *may - wings		blue cheese dip	Franks Hot Sauce *may - wings	blue cheese dip may - Franks hot sauce	
Yam Fries	*may - Fryer	*may - Fryer	*may - Fryer				*may - Fryer		*may - Fryer	*may - Fryer		Lemon mayo	may - Lemon mayo *may - Fryer	Lemon mayo	
Hand-Pressed Sliders (Med-Hat)	Bun 1000 Island Whirl			Cheese Bun		may - bun	Bun Whirl	may - bun	Bun	Bun Whirl	may - bun 1,000 Island	1,000 Island may - whirl	Onion 1000 Island may - pickle	1000 Island dressing may - pickle	orange colour (cheese)
Fully Loaded Crispy Yukon Potatoes	Parmesan Horseradish aioli *may - Fryer *May- bacon	*may - fryer *may- bacon	*may - fryer *may- bacon	Parmesan Horseradish aioli			Horseradish aioli *may - Fryer		*may - fryer *may- bacon	*may - fryer *may- bacon	Horseradish aioli Bacon	Horseradish aioli	Onion Horseradish aioli may - Valentina *may - potatoes *may- bacon	Horseradish aioli Valentina	Artificial flavour (horseradish aioli) Xanthan- Valentina
Chinatown Shrimp Dumplings	Korean mayo May - garlic chili May- sesame seeds	may - Dumplings	Dumplings	may - garlic chili may - sesame seeds	may - garlic chili may - sesame seeds	sesame seeds Garlic chili sauce Dumplings	Korean mayo Garlic chili sauce Dumplings may - sesame seeds	may - garlic chili may - sesame seeds	Korean mayo Dumplings may - sesame seeds	Korean mayo Dumplings may - sesame seeds	Garlic chili sauce	may - Korean mayo	Green Onion Dumplings	Korean mayo Garlic chili sauce Dumplings	
Starters	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Tortilla Chips & Salsa	*may - chips	*may - chips	*may - chips	may - chips			salsa *may - chips		*may - chips	*may - chips	may - salsa		salsa *may - chips	salsa	
Perogies				Butter Sour cream Yogurt Perogies					perogies	perogies	caramelized onion		caramelized onion, green onion, perogies	perogies	orange colour (perogies, cheese)
LOCAL Fried Chicken	may - chicken *may - chicken	*may - chicken	*may - chicken	may - chicken		*may - chicken	fried chicken		fried chicken	fried chicken			*may - chicken	fried chicken	
Dragon Glaze					peanuts	dragon glaze	dragon glaze, peanuts		dragon glaze, crispy onions	dragon glaze, crispy onions	dragon glaze		crispy onions, green onions, dragon glaze	dragon glaze	MSG (dragon glaze)
Hot Honey													southern seasoning may - pickles	southern seasoning may - pickles	
Local Roti and Curry	roti			roti	may - coconut curry sauce	chili oil	chili oil	May contain - chili oil	roti, chili oil	roti, chili oil	coconut curry sauce		coconut curry sauce	coconut curry sauce, chili oil	MSG (coconut curry sauce, chili oil)
Roasted Beet Hummus				feta may - cumin spice mix, beet hummus	may - cumin spice mix, beet hummus	cumin spice mix, beet hummus	may - cumin spice mix, beet hummus	may - cumin spice mix, beet hummus	may - cumin spice mix, beet hummus	may - cumin spice mix, beet hummus			pickled red onion	beet hummus	
Messy Fries	truffle ranch *may - fries	*may - fries	*may - fries	truffle ranch, cheese, cheese sauce			truffle ranch *may - fries		*may - fries	*may - fries		truffle ranch	truffle ranch may - cheese sauce *may - fries	truffle ranch, cheese sauce	
Spicy Garlic Edamame	may - smoky garlic chili glaze *may - edamame	*may - edamame	*may - edamame	may - smoky garlic chili glaze	may - smoky garlic chili glaze	smoky garlic chili glaze	edamame, smoky garlic chili glaze	may - smoky garlic chili glaze	smoky garlic chili glaze *may - edamame	smoky garlic chili glaze *may - edamame			*may - edamame	smoky garlic chili glaze	

Late Night Snacks	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Smash Burger	Miso mayo may - bun			Cheese may - bun, Miso mayo	may - Miso mayo	Bun, Miso mayo	Bun, Miso mayo	may - bun, Miso mayo	Bun may - Miso mayo	Bun may - Miso mayo	Bun, Miso mayo	Miso mayo, Mustard	may - Miso mayo, Pickle	Miso mayo, Mustard may - Pickle	MSG - Miso mayo
Biang Biang Noodles	egg may - ramen noodle			may - Biang biang sauce	peanuts may - Biang biang sauce	Biang biang sauce	Biang biang sauce, peanuts	may - Biang biang sauce	Biang biang sauce, ramen noodle	Biang biang sauce, ramen noodle	Biang biang sauce		green onion	Biang biang sauce	caramel and MSG - Biang biang sauce
Red Hot Crackling	Blue cheese dip *may - pork crackling	*may - pork crackling	*may - pork crackling	Blue cheese dip			*may - pork crackling		*may - pork crackling	Blue cheese dip *may - pork crackling		blue cheese dip	may - pork crackling *may - pork crackling	Blue cheese dip, pork crackling	
Salads	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Calabrian Caesar Salad	Caesar Dressing, Grana Padano, Parm crumbs *may - capers, bacon bits	anchovy (Caesar Dressing) *may - capers, bacon bits	*may - capers, bacon bits	Grana Padano Parm crumbs Caesar Dressing			Parm Crumbs *may - capers, bacon bits		Parm Crumbs *may - capers, bacon bits	Parm Crumbs *may - capers, bacon bits	Caesar Dressing	Caesar Dressing	Caesar Dressing *may - capers, bacon bits	Caesar Dressing	
Calabrian Caesar Salad w/ Chicken	Caesar Dressing, Grana Padano, Parm crumbs *may - capers, bacon bits	anchovy (Caesar Dressing) *may - capers, bacon bits	*may - capers, bacon bits	Grana Padano Parm crumbs Caesar Dressing			Parm Crumbs *may - capers, bacon bits		Parm Crumbs *may - capers, bacon bits	Parm Crumbs *may - capers, bacon bits	Caesar Dressing	Caesar Dressing Blackening spice	Caesar Dressing may - Blackening Spice *may - capers, bacon bits	Caesar Dressing Chicken Marinade may - Blackening spice	
Calabrian Caesar Salad w/ Steak	Caesar Dressing, Grana Padano, Parm crumbs *may - capers, bacon bits	anchovy (Caesar Dressing) *may - capers, bacon bits	*may - capers, bacon bits	Grana Padano Parm crumbs Caesar Dressing			Parm Crumbs *may - capers, bacon bits		Parm Crumbs *may - capers, bacon bits	Parm Crumbs *may - capers, bacon bits	Caesar Dressing	Caesar Dressing Blackening spice	Caesar Dressing may - Blackening Spice *may - capers, bacon bits	Caesar Dressing may - Blackening spice	
Thai Noodle Salad	may - ramen noodles	anchovy (chili lime dressing)			peanut sauce, Peanut garnish		peanut sauce, peanuts	may - peanut sauce	ramen noodles	ramen noodles	chili lime dressing		peanut sauce, coleslaw	peanut sauce, chili lime dressing	
LPE Greens	honey Dijon vinaigrette			cheese	may - spiced pumpkin seeds			may - spiced pumpkin seeds			honey Dijon vinaigrette	blackening spice, honey Dijon vinaigrette, spiced pumpkin seeds	may - blackening spice, spiced pumpkin seeds	marinated chicken, honey Dijon vinaigrette may - blackening spice, spiced pumpkin seeds	
Chicken BLT Salad	smoky lemon dressing may - bread			may - bread		may - bread	may - bread	may - bread	bread	bread	semi dry tomatoes may - bread	smoky lemon dressing	green onions may - smoky lemon dressing	smoky lemon dressing	
Grilled Chicken Market Salad	smoky lemon dressing *may - tortilla strips	*may - tortilla strips	*may - tortilla strips				*may - tortilla strips		*may - tortilla strips	*may - tortilla strips	dried tomatoes	smoky lemon dressing	scallion may - smoky lemon dressing *may - tortilla strips	smoky lemon dressing	

Sandwiches & Burgers	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Crispy Chicken Sandwich & Fries	Whirl Miso mayo may - bun *may - fries, chicken	Dill dressing *may - fries, chicken	*may - fries, chicken	may - bun		may - bun	Bun *may - fries, chicken	may - bun	Chicken Bun *may - fries	Whirl Chicken Bun *may - fries	Dill Vinaigrette may - bun	BBQ mustard sauce Mayo Dill vinaigrette may - whirl	Pickle BBQ mustard *may - fries, chicken	BBQ mustard Dill vinaigrette may - mayo Pickle Ketchup	Xanthan
The Deluxe Impossible Burger & Fries	Whirl Miso mayo may - Bun *may - fries	*may - fries	*may - fries	Cheese may - Bun may - Miso mayo	may - Miso mayo	Bun Miso mayo	Impossible Burger Bun Miso mayo *may - fries	may - Miso mayo, bun	Bun may - Miso mayo *may - fries	Whirl Bun may - Miso mayo *may - fries	Miso mayo bun	Miso mayo Mustard may - whirl	Onion Ketchup may - Miso mayo Dill pickle *may - fries	Miso mayo Mustard may - ketchup Dill pickle	MSG (Miso mayo)
Protein Style Impossible Burger	Miso mayo			may - Miso mayo	may - Miso mayo	Miso mayo	Impossible Burger Miso mayo	may - Miso mayo	may - Miso mayo	may - Miso mayo	Miso mayo	Miso mayo Mustard	Onion Dill pickle may - Miso mayo	Miso mayo Mustard may - dill pickle	MSG (Miso mayo), Xanthan
Diablo Impossible Burger & Fries	Whirl, Miso mayo may - bun *may - fries	*may - fries	*may - fries	Cheese mix may - Miso mayo, bun	may - Miso mayo	Bun Miso mayo	Impossible Burger Bun Miso mayo *may - fries	may - Miso mayo, bun	Bun may - Miso mayo *may - fries	Whirl Bun may - Miso mayo *may - fries	Miso mayo bun Pickled red onion	Miso mayo may - whirl	Pickled red onion Ketchup Valentina sauce may - Miso mayo *may - fries	Miso mayo Valentina sauce may - ketchup	MSG (Miso mayo) colour (jalapeno) Xanthan
Local Burger & Fries	Whirl may - bun Sexy sauce *may - fries	*may - fries	*may - fries	Cheese may - bun		may - bun	Bun *may - fries	may - bun	Bun *may - fries	Whirl Bun *may - fries	Southern onions may - bun	Sexy sauce may - whirl	Sexy sauce Southern Onions may - pickles *may - fries	Southern Onions Sexy sauce Pickles *may - fries	Orange colour (American cheese)
House-made Veggie Burger	Whirl Miso mayo may - burger, bun *may - fries	*may - fries	*may - fries	may - bun, burger	may - burger, Miso mayo	Bun Miso mayo may - burger	Patty Miso mayo Burger bun *may - fries	Miso mayo may - bun, burger	Burger Bun may - Miso mayo *may - fries	Bun Burger Whirl may - Miso mayo *may - fries	Miso mayo bun may - burger	Miso mayo may - whirl may - burger	Onion burger Ketchup Pickle may - Miso mayo *may - fries	burger Miso mayo Ketchup Pickle	MSG (Miso mayo) may - colour (cheese)
Press Burger & Fries	Whirl Bun Miso mayo *may - fries	*may - fries	*may - fries	Bun Sesame seeds may - Miso mayo	may - sesame seeds, Miso mayo	Miso mayo	Burger Miso mayo bun *may - fries	may - sesame seeds, Miso mayo	Bun may - Miso mayo *may - fries	Whirl Bun may - Miso mayo *may - fries	Miso mayo may - bun	Miso mayo Mustard may - whirl	Onion Pickles Ketchup may - Miso mayo *may - fries	Miso mayo Mustard Dill pickle Ketchup	MSG (Miso mayo)
Press with Cheddar & Fries	Whirl Bun Miso mayo *may - fries	*may - fries	*may - fries	Bun Sesame seeds Cheddar cheese may - Miso mayo	may - sesame seeds, Miso mayo	Bun Miso mayo	Patty Miso mayo bun *may - fries	may - sesame seed, Miso mayo	Bun may - Miso mayo *may - fries	Whirl Bun may - Miso mayo *may - fries	Miso mayo may - bun	Miso mayo Mustard may - whirl	Onion Pickle Ketchup may - Miso mayo *may - fries	Miso mayo Mustard Pickle Ketchup	MSG (Miso mayo), orange colour (cheese)
Blackened Chicken Sandwich	Whirl Garlic Aioli may - bun *may - fries	*may - bacon *may - fries	*may - fries *may - bacon	Cheese may - bun		may - bun	Bun *may - fries, bacon	may - bun	Bun *may - bacon *may - fries	Whirl Chicken Bun *may - fries *may - bacon	Garlic Aioli Pickled Onions may - bun	Blackening spice may - whirl	Pickled onion may - chicken *may - fries, bacon	Chicken Marinade Garlic aioli may - blackening spice	Artificial flavour (garlic aioli)
Truffle Burger	Whirl Bun Miso mayo *may - fries	*may - fries	*may - fries	Cheese Bun may - Miso mayo	may - Miso mayo	Bun Miso mayo	Miso mayo Mush onion jam Bun *may - fries	may - Miso mayo	Mush onion jam Bun may - Miso mayo *may - fries	Mush onion jam Bun may - Miso mayo *may - fries	Mush onion jam Miso mayo may - bun	Miso mayo may - whirl	Onion Mush onion jam may - Miso mayo *may - fries	Miso mayo Mush onion jam	MSG (Miso mayo) Mush onion jam
Gluten Free Bun	Bun - Egg White, tapioca														Xanthan Maltodextrin
Sonoran Hot Dog	bun, mayonnaise *may - fries, hot dog and bacon	*may - fries, hot dog and bacon	*may - fries, hot dog and bacon	bun, butter, feta, avocado cream		may - bun	bun *may - fries, hot dog and bacon	may - bun	bun *may - fries, hot dog and bacon	bun *may - fries, hot dog and bacon	caramelized onions may - bun, avocado cream	mayonnaise	caramelized onions, refried beans may - hot dog, Valentina sauce, mayonnaise *may - fries, hot dog	refried beans, pickles may - hot dog, Valentina sauce, mayonnaise	

Pizzas	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Add on Egg	Egg			*may - Griddle		*may - Griddle	*may - Griddle		*may - Griddle	*may - Griddle			*may - Griddle	*may - Griddle	
Wood Fired Pizza (Jasper Ave) Brunch Pie	egg, Hollandaise	Hollandaise - anchovy		cheese, cream cheese spread, Hollandaise					crust	crust may - Hollandaise (Worcestershire ≤586 ml Canada)	caramelized onions may - Hollandaise		caramelized onions, Hollandaise	cream cheese spread, Hollandaise	
Wood Fired Pizza (Jasper Ave) The 5-0				cheese					crust	crust			red onion, green onion may - capocollo	capocollo	
Wood Fired Pizza (Jasper Ave) Shrimp & Pesto	parmesan, pesto mayo		shrimp	cheese, parmesan, pesto mayo, cream cheese spread					crust	crust		pesto mayo	may - pesto mayo	pesto mayo, cream cheese spread	
Wood Fired Pizza (Jasper Ave) Sweet Heat				cheese					crust	crust		may - salami	may - salami	may - salami	
Wood Fired Pizza (Jasper Ave) The Carnivore				cheese					crust	crust		may - salami	may - salami	sausage may - salami	
Wood Fired Pizza (Jasper Ave) The Lovely 'Rita				cheese					crust	crust				garlic oil	
Mortadella & Pistachio Pizza				bechamel sauce, cheese may - pistachios	may - pistachios		may - pistachios	pistachios	crust, bechamel sauce may - pistachios	crust, bechamel sauce may - pistachios			red onion may - mortadella	bechamel fennel sausage may - mortadella	
Quattro Formaggio Pizza	parmesan			cheese, parmesan					crust	crust					

Mains	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
The Macro Bowl separate fryer to avoid cross contamination from egg, fish, shellfish and dairy	may - veggie fritter			may - veggie fritter	Peanut sauce may - veggie fritter	Garlic chili sauce may - veggie fritter	Panko breaded tofu, edamame, Korean chili sauce Garlic Chili sauce, Peanut Sauce, Veggie fritter	may - veggie fritter, Peanut sauce	Crispy onions Panko breaded tofu, Korean chili sauce, Peanut sauce, Veggie fritter	Crispy onions Panko breaded tofu, Korean chili sauce, Peanut sauce, Veggie fritter	Garlic chili sauce Korean chili sauce may - veggie fritter	may - veggie fritter	Crispy onions, pickled red onion, green onion, Peanut sauce, Veggie fritter *may - panko breaded tofu	White rice Garlic chili sauce, Korean chili sauce, Peanut sauce, Veggie fritter	may - colour (veggie fritter)
Ahi Tuna Poke Bowl	Miso mayo Panko breaded tofu may - sesame seeds may - crispy wonton *may - wonton	Tuna Poke *may - crispy wonton, panko breaded tofu	*may - crispy wonton, panko breaded tofu	may - sesame seeds *may - crispy wonton, panko breaded tofu	may - sesame seeds, Miso mayo	Sesame seeds Garlic chili sauce may - Miso mayo	Miso mayo Crispy wonton Panko breaded tofu, edamame, Korean chili sauce Garlic Chili sauce may - sesame seeds	may - sesame seeds	Crispy onions Miso mayo Crispy wonton, Panko breaded tofu, Korean chili sauce may - sesame seeds	Crispy onions Miso mayo Crispy wonton, Panko breaded tofu, Korean chili sauce may - sesame seeds	Garlic chili sauce Korean chili sauce, Miso mayo may - sesame seeds	Miso mayo	Crispy onions, Green onion may - Miso mayo *may - crispy wonton, *may - panko breaded tofu	White rice Miso mayo, Garlic chili sauce, Korean chili sauce	MSG (Miso mayo)
BBQ Rice Bowl	Egg, Korean mayo may - sesame seeds			may - sesame seeds	may - sesame seeds	sesame seeds, Korean BBQ marinade	Korean BBQ marinade, Korean mayo, ginger scallion sauce may - sesame seeds	may - sesame seeds	Korean mayo may - sesame seeds	Korean mayo may - sesame seeds	Korean mayo may - sesame seeds	Korean mayo	pickled red onion, Korean BBQ marinade, ginger scallion sauce	Korean BBQ marinade, Korean mayo, rice	
Kids Chicken Strips & Fries	may - chicken *may - fries, chicken	*may - chicken *may - fries	*may - chicken *may - fries	Chicken			Chicken *may - fries	*may - chicken *may - fries	Chicken *may - fries	Chicken *may - fries			*may - chicken *may - fries	Chicken, sweet chili sauce	
Kids Grilled Cheese Sandwich	whirl may - bun *may - fries	*may fries	*may fries	cheese, whirl may - bun		may - bun	whirl *may fries	may - bun *may fries	bun *may fries	whirl, bun *may fries	may - bun		*may fries		colour (cheese)
The Lil' Local Burger	whirl may - bun *may - fries	*may fries	*may fries	cheese, whirl may - bun		may - bun	whirl *may fries	may - bun *may fries	bun *may fries	whirl, bun *may fries	may - bun		*may fries		colour (cheese)
Enchiladas - Vegetarian	enchilada portion	*may - enchilada portion	*may - enchilada portion	enchilada portion cheese blend feta avocado cream			may - enchilada portion red enchilada sauce	*may - enchilada portion	*may - enchilada portion	*may - enchilada portion	may - enchilada portion, avocado cream	enchilada portion	enchilada portion, green enchilada sauce, red enchilada sauce	enchilada portion, red enchilada sauce	
Enchiladas - Steak	enchilada portion	*may - enchilada portion	*may - enchilada portion	enchilada portion, cheese blend, feta, avocado cream			may - enchilada portion, red enchilada sauce	*may - enchilada portion	*may - enchilada portion	*may - enchilada portion	may - enchilada portion, avocado cream	enchilada portion, blackening spice	enchilada portion, green enchilada sauce, red enchilada sauce may - blackening spice	enchilada portion, red enchilada sauce may - blackening spice	
Enchiladas -Blackened Chicken	enchilada portion	*may - enchilada portion	*may - enchilada portion	enchilada portion, cheese blend, feta, avocado cream			may - enchilada portion, red enchilada sauce	*may - enchilada portion	*may - enchilada portion	*may - enchilada portion	may - enchilada portion, avocado cream	enchilada portion, blackening spice	enchilada portion, green enchilada sauce, red enchilada sauce may - blackening spice	enchilada portion, red enchilada sauce may - blackening spice	
Mole Beef	enchilada portion may - mole beef	may - mole beef *may - enchilada portion	may - mole beef *may - enchilada portion	enchilada portion, cheese blend, feta, avocado cream, mole beef	may - mole beef	may - mole beef	mole beef may - enchilada portion, red enchilada sauce	may - mole beef *may - enchilada portion	may - mole beef *may - enchilada portion	may - mole beef *may - enchilada portion	mole beef may - enchilada portion, avocado cream	enchilada portion may - mole beef	enchilada portion, green enchilada sauce, red enchilada sauce, mole beef	enchilada portion, red enchilada sauce, mole beef	colour (mole beef)

Mains	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Grilled Chicken Taco Plate & Fries	Chipotle aioli *may - fries	*may - fries	*may - fries				*may - fries		Tortilla *may - fries	Tortilla *may - fries	Pico de gallo may - chipotle aioli	Chipotle aioli	pico de gallo Roti spice (chicken) Ketchup may - chipotle aioli may - Valentina sauce *may - fries	Chipotle aioli Pico de gallo Roti spice (chicken) Sulphites (pico de gallo) Ketchup	Maltodextrin (chicken, roti) colour (pico de gallo) Sulphites (pico de gallo) may - tartrazine (roti spice, chicken)
Fish Taco Plate & Fries (Basa)	aioli *may - Basa *may - fries	Basa *may - fries	*may - Basa *may - fries				*may - Basa *may - fries		Basa, tortilla *may - fries	Basa, tortilla *may - fries	Pico de gallo, basa may - aioli	Aioli	pico de gallo ketchup may - aioli *may - Basa *may - fries	Aioli Pico de gallo may - Ketchup	Colour (pico de gallo) Sulphites - pico
Fish Taco Plate & Fries (Cod)	aioli *may - cod *may - fries	Cod *may - fries	*may - Cod *may - fries				*may - Cod *may - fries		Cod, tortilla *may - fries	Cod, tortilla *may - fries	Pico de gallo, cod may - aioli	Aioli	pico de gallo ketchup may - aioli *may - Cod *may - fries	Aioli Pico de gallo may - Ketchup	Colour (pico de gallo) Sulphites - pico
Fried Chicken Ramen	egg, ramen noodle may - chicken, sesame seeds *may - chicken	*may - chicken	*may - chicken	may - chicken, sesame seeds, umami	may - sesame seeds, umami	sesame oil, sesame seeds, umami	umami may - sesame seeds	may - umami, sesame seeds	ramen noodle, chicken, umami may - sesame seeds	ramen noodle, chicken, umami may - sesame seeds	umami	may - umami	green onion, southern seasoning may - umami *may - chicken	garlic oil, southern seasoning, umami	MSG (umami)
Malaysian Curry Rice Bowl				r	may - curry sauce		crispy chili oil				coconut curry sauce	blackening spice	Coconut curry sauce, crispy chili oil may - blackening spice	Rice, Coconut curry sauce may - blackening spice	MSG (coconut curry sauce, crispy chili oil)
Steak & Fries	*may fries	Dijon peppercorn sauce (anchovies) *may - fries	*may - fries	Dijon peppercorn sauce Garlic herb butter			*may - fries		*may - fries	*may - fries	Dijon peppercorn sauce	Dijon peppercorn sauce	Dijon Peppercorn sauce *may - fries	Dijon peppercorn sauce Garlic herb butter	Sulphites
Fish & Chips (Cod)	Tartar Sauce Cider slaw dressing *may - fries, fish	Cod *may - fries	*may- fries *may - fish				*may- fries *may - fish		Fish Batter *may- fries	Fish Batter *may- fries	Fish batter	cider slaw dressing, tartar sauce	Tartar Sauce, coleslaw mix *may - fries, fish	Tartar Sauce	
Sides	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Add Shrooms															
Coleslaw	dressing			dressing							dressing	dressing	coleslaw	dressing	
Fries - regular and yam	*may	*may	*may				may *may		*may	*may			*may		
Ketchup												may	yes	may	
Hollandaise	Hollandaise	anchovy (Worcestershire)		Cream						(Worcestershire s586 ml Canada)	may		yes	yes	
Bacon															
Tomato Soup				tomato soup									scallion oil, tomato soup	scallion oil	
Cauliflower Rice															
LPE Greens	honey Dijon vinaigrette			cheese	may - spiced pumpkin seeds			may - spiced pumpkin seeds			honey Dijon vinaigrette	honey Dijon vinaigrette, spiced pumpkin seeds	may - spiced pumpkin seeds	honey Dijon vinaigrette may - spiced pumpkin seeds	
Dessert	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Ice Cream Sandwich - Canada & US	ice cream			ice cream, dulce de leche, chocolate sauce, Skor	may - ice cream	may - ice cream	chocolate sauce, waffle, Skor may - ice cream	almonds (Skor) may - ice cream	waffle may - ice cream	waffle may - ice cream	may - ice cream	may - ice cream			yellow and orange colour (ice cream)
Chocolate Peanut Butter Mousse	chocolate mousse layer, ice cream			chocolate mousse layer, peanut butter layer, Oreo crumble, caramel sauce, ice cream	peanut butter layer, peanuts may - ice cream	may - ice cream	chocolate mousse layer, Oreo crumble, caramel sauce, peanuts may - ice cream	may - peanut butter layer, ice cream	Oreo crumble may - ice cream	Oreo crumble may - ice cream	may - ice cream				colour (caramel sauce)