

<div><div>Local Allergen Guide</div><div>January 23 2024</div><div></div><div>*may - cross contaminated from deep fry oil</div><div>may - processed in same plant, no procedures to prevent cross contamination, cannot guarantee</div><div>may: garlic & onion - Contains "spices" in the ingredient list.</div><div>Gluten - wheat, rye, barley & most oats, soy sauce (GF Soy stores exempt)</div></div>															
<div><div></div><div>LOCAL Allergen Guide</div><div></div></div>															
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	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 may - fish (Hollandaise Canada)		Hollandaise may - muffin, back bacon		may - muffin	whirl may - back bacon, Hollandaise (Canada)		muffin may - back bacon, Hollandaise (Canada)	whirl, muffin may - back bacon, Hollandaise (Worcestershire ≤586 ml Canada)	muffin may - Hollandaise	may - whirl, Hollandaise (Canada)	ketchup, Hollandaise	Hollandaise	Xanthan
Avocado Eggs Benedict & Hash Browns - Canada & US	whirl Eggs Hollandaise	Hollandaise - anchovy (Worcestershire 586 ml Canada) may - fish (Hollandaise Canada)		Hollandaise may - muffin Back bacon		may - muffin	whirl may - back bacon, Hollandaise (Canada)		muffin may - back bacon, Hollandaise (Canada)	whirl muffin may - back bacon, Hollandaise (Worcestershire 586 ml Canada)	Muffin Pico de gallo may - Hollandaise	may - whirl, Hollandaise (Canada)	ketchup Hollandaise Pico de gallo	Hollandaise Pico de gallo	colour (pico de gallo)
Breakfast Sandwich & Fries	Egg Secret Sauce may - bun *may - fries	*may - fries	*may - fries	Cheese may - back bacon, bun		may - bun	may - bun *may - fries		bun *may - fries	bun *may - fries	may - bun Secret sauce	Sexy sauce may - whirl	*may - fries	may - secret sauce	colour (cheese) Xanthan- Sauce
Chicken & Waffle	waffle *may - chicken	*may - chicken	Hollandaise - anchovy may - Hollandaise (Canada) *may - chicken	Hollandaise			waffle may - Hollandaise (Canada) *may - chicken		Chicken Waffle may - Hollandaise (Canada)	Chicken Waffle may - Hollandaise (Worcestershire ≤586 ml Canada)	Lemon Dill Vinegar may -Hollandaise	Lemon Dill vinegar may - Hollandaise (Canada)	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	mole beef (US) may - mole beef (Canada)	mole beef (US) may - mole beef (Canada)	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			may - 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			may - 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 Dressing	blue cheese dressing *may - wings	*may - wings	*may - wings	Blue cheese dressing			*may - wings		*may - wings	*may - wings		blue cheese dressing	Franks Hot Sauce *may - wings	blue cheese dressing 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		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, 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			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 - 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	
Hot Mess Fries	truffle ranch *may - fries	*may - fries	*may - fries	truffle ranch, cheese, cheese sauce			*may - fries		*may - fries	*may - fries		truffle ranch	truffle ranch may - cheese sauce *may - fries	truffle ranch, cheese sauce	
Spicy 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	
Taco Snack Tower	fish tacos hot mess fries hot wings	fish tacos *may hot mess fries, hot wings	*may - fish tacos, hot mess fries, hot wings	hot mess fries hot wings			*may - fish tacos, hot mess fries, hot wings		fish tacos *may - hot mess fries, hot wings	fish tacos *may - hot mess fries, hot wings	fish tacos	fish tacos hot mess fries hot wings	fish tacos hot mess fries hot wings	fish tacos hot mess fries hot wings	Colour (fish tacos)
Burger Snack Tower	snack burger hot mess fries shrimp dumplings	may - shrimp dumplings *may - hot mess fries	shrimp dumplings *may - hot mess fries	snack burger hot mess fries may - shrimp dumplings	may - snack burger, shrimp dumplings	snack burger shrimp dumplings	snack burger shrimp dumplings *may - hot mess fries	may - snack burger, shrimp dumplings	snack burger *may - hot mess fries shrimp dumplings	snack burger *may - hot mess fries shrimp dumplings	snack burger may - shrimp dumplings	snack burger hot mess fries may - shrimp dumplings	may - snack burger hot mess fries shrimp dumplings	snack burger hot mess fries shrimp dumplings	MSG, colour (snack burger)
Smoked Trout Dip	smoked trout dip	trout, anchovy (smoked trout dip)		smoked trout dip					crackers	crackers	may -smoked trout dip	smoked trout dip	green onion, smoked trout dip	smoked trout dip	
Tempura Shrimp	shrimp, sambal aioli	may - shrimp *may - shrimp	shrimp	may - shrimp		shrimp	yuzu soy glaze may - shrimp *may - shrimp		yuzu soy glaze may - shrimp *may - shrimp	yuzu soy glaze may - shrimp *may - shrimp	sambal aioli	sambal aioli may - shrimp	may - sambal aioli *may - shrimp	sambal aioli	

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	
Peanut Satay Chicken Noodle Salad	ramen noodles	anchovy (chili lime dressing)			peanut sauce, Peanut garnish		peanut sauce, peanuts, ramen noodles	may - peanut sauce	ramen noodles	ramen noodles	chili lime dressing		peanut sauce, coleslaw	peanut sauce, chili lime dressing	tartrazine (ramen noodles)
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 Tortilla 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 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	sambal mayo may- bun *may - fries, chicken	*may - fries, chicken	*may - fries, chicken	may - bun		bun	bun, chicken *may - fries, chicken	may - bun	Chicken Bun *may - fries	Chicken Bun *may - fries	bun	sambal mayo, pickle	red onion may - sambal mayo, pickle *may - fries, chicken	sambal mayo, pickle, chicken may - Ketchup	
Crispy Chicken Sandwich & Fries	BBQ mustard mayo may- bun *may - fries, chicken	Dill dressing *may - fries, chicken	*may - fries, chicken	may - bun		may- bun	may - bun *may - fries, chicken	may - bun	Chicken Bun *may - fries	Chicken Bun *may - fries	Dill Vinaigrette may - bun	BBQ mustard mayo Dill vinaigrette	Pickle BBQ mustard mayo Coleslaw mix *may - fries, chicken	BBQ mustard mayo Dill vinaigrette may - Pickle Ketchup	caramel colour (BBQ mustard mayo)
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)
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)
Local Burger & Fries	Secret sauce may - bun *may - fries	*may - fries	*may - fries	Cheese may - bun		may - bun	may - bun *may - fries	may - bun	Bun *may - fries	Bun *may - fries	Southern onions may - bun	Secret sauce	Secret sauce Southern Onions may - pickles *may - fries	Southern Onions Sexy sauce Pickles *may- fries	Orange colour (American cheese)
House-made Veggie Burger	Miso mayo may - burger, bun *may - fries	may - burger *may - fries	may - burger *may - fries	may - bun, burger	may - burger, Miso mayo	Miso mayo Bun may - burger	burger Miso mayo Burger Bun *may - fries	burger (almonds) may - bun, miso mayo	Burger Bun may - Miso mayo *may - fries	Bun Burger may - Miso mayo *may - fries	Miso mayo Bun may - burger	Miso mayo may - burger	Onion burger Pickle may - Miso mayo *may - fries	burger Miso mayo Ketchup Pickle	MSG (Miso mayo)
Diablo Burger & Fries	Miso mayo may - bun *may - fries	*may - fries	*may - fries	Cheese mix may - Miso mayo, bun	may - Miso mayo	Miso mayo bun	Miso mayo Bun *may - fries	may - Miso mayo, bun	Bun may - Miso mayo *may - fries	Bun may - Miso mayo *may - fries	Miso mayo bun	Miso mayo	Pickled onion Ketchup may - Miso mayo *may - fries	Miso mayo Ketchup	MSG (Miso mayo), colour (pickled jalapeno, mixed cheese)
Deluxe Burger & Fries	Miso mayo may - bun *may - fries	*may - fries	*may - fries	Cheddar cheese may - Miso mayo, bun	may - Miso mayo	Miso mayo bun	Miso mayo Bun *may - fries	may - Miso mayo, bun	Bun may - Miso mayo *may - fries	Bun may - Miso mayo *may - fries	Miso mayo bun	Miso mayo Mustard	Onion Pickle Ketchup may - Miso mayo *may - fries	Miso mayo Mustard Pickle Ketchup	MSG (Miso mayo), orange colour (cheese)

Brooklyn Burger	Onion rings Dijon & honey vinaigrette Horseradish garlic aioli may - bun, red pepper relish *may - fries	may - red pepper relish *may - fries, onion rings	may - red pepper relish *may - fries, onion rings	Cheese Horseradish garlic aioli may - bun, red pepper relish	may - bun, red pepper relish	may - bun, red pepper relish	Dijon & honey vinaigrette Horseradish garlic aioli may - bun, red pepper relish *may - fries, onion rings	may - bun, red pepper relish	Bun Onion rings may - Red pepper relish *may - fries	Bun Onion rings may - Red pepper relish *may - fries	Dijon & honey vinaigrette Horseradish garlic aioli may - bun, red pepper relish	Dijon & honey vinaigrette Horseradish garlic aioli may - red pepper relish	Dijon & honey vinaigrette Onion rings Horseradish garlic aioli Red pepper relish *may - fries	Onion rings Dijon & honey vinaigrette, may - Horseradish garlic aioli	Artificial flavour (Dijon & honey vinaigrette, horseradish garlic aioli)
Patty Melt	Mayonnaise may - bread			Swiss & American cheese, mustard caramelized onions, garlic butter may - bread		may - bread	may - bread	may - bread	Bread	Bread	may - bread	Mustard caramelized onions, mayonnaise	Mustard caramelized onions may - mayonnaise	garlic butter, mustard caramelized onions may - mayonnaise	Colour (pickled jalapenos)
Blackened Chicken Sandwich	Garlic Aioli may - bun *may - fries	*may - bacon *may - fries	*may - fries *may -bacon	Cheese may - bun		may - bun	may - bun *may - fries, bacon	may - bun	Bun *may- bacon *may - fries	Chicken Bun *may - fries *may - bacon	Garlic Aioli may - bun	Blackening spice	Pickled onion may - chicken *may - fries, bacon	Chicken Marinade Garlic aioli may - blackening spice	Artificial flavour (garlic aioli)
Truffle Burger	Miso mayo may - bun *may - fries	*may - fries	*may - fries	Cheese may - Miso mayo, bun	may - Miso mayo	Miso mayo may - bun	Miso mayo Mush onion jam may - bun *may - fries	may - Miso mayo, bun	Truffle jam Bun may - Miso mayo *may - fries	Truffle jam Bun may - Miso mayo *may - fries	Truffle jam Miso mayo may - bun	Miso mayo may - whirl	Onion Truffle jam may - Miso mayo *may - fries	Miso mayo Truffle jam	MSG (Miso mayo) caramel colour (Truffle jam)
Gluten Free Bun	Bun - Egg White, tapioca														Xanthan Maltodextrin
Wagyu Hot Dog	Garlic Aioli may - bun *may - fries	*may - fries, hot dog and bacon	*may - fries, hot dog and bacon	butter, feta, avocado cream may - bun		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	may - bun, avocado cream	garlic aioli	caramelized onions, refried beans may - hot dog, Valentina sauce, garlic aioli *may - fries, hot dog and bacon	refried beans, pickles, garlic aioli may - hot dog, Valentina sauce	
Christmas Burger	garlic aioli may - sesame bun *may - crispy chicken	anchovy (black truffle butter gravy) *may - crispy chicken	*may - crispy chicken	smoked cheddar, black truffle butter gravy may - sesame bun	may - black truffle butter gravy	sesame bun, black truffle butter gravy	sesame bun, black truffle butter gravy, crispy chicken	may - sesame bun, black truffle butter gravy	sesame bun black truffle butter gravy, crispy chicken	sesame bun black truffle butter gravy, crispy chicken	cranberry sauce, black truffle butter gravy, sesame bun	garlic aioli may - black truffle butter gravy	caramelized onions, cranberry sauce, black truffle butter gravy may - garlic aioli *may - crispy chicken	garlic aioli, fennel sausage, black truffle butter gravy, crispy chicken	caramel, MSG, alcohol (black truffle butter gravy)

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 may - fish (Canada)		cheese, cream cheese spread, Hollandaise			may - Hollandaise (Canada)		crust may - Hollandaise (Canada)	crust may - Hollandaise (Worcestershire ≤586 ml Canada)	may - Hollandaise	may - Hollandaise (Canada)	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					
The Pepperoni Supremo (Jasper)	parmesan			cheese, parmesan					crust	crust		pepperoni	red onion		Colour (pickled jalapenos)

Pizzas	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Shrimp and Pesto Pizza	parmesan, chipotle mayo, pesto		shrimp	mozzarella, parmesan, pesto	may - pesto		may - pesto	may - other nuts	crust may - pesto	crust may - pesto		chipotle mayo		pesto, chipotle mayo	
Spicy Capocollo Pizza				mozzarella, gorgonzola					crust	crust			red onion may - capocollo	garlic oil may - capocollo	
Portobello Pizza				creamed ricotta, mozzarella, parmesan, pecorino					crust	crust			caramelized onion and garlic	caramelized onion and garlic	
Chipotle Aioli Dip	yes											yes	may	yes	
Truffle Ranch Dip	yes			yes								yes	yes	yes	
Garlic Aioli and Parmesan Dip	yes			yes								yes	may	yes	

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, Garlic chili sauce, Peanut sauce, Veggie fritter	Crispy onions Panko breaded tofu, Korean chili sauce, Garlic chili sauce, Peanut sauce, Veggie fritter	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	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)
Korean 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	may - bun *may - fries	*may fries	*may fries	cheese may - bun		may - bun	may - bun *may fries	may - bun *may fries	bun *may fries	bun *may fries	may - bun		*may fries		colour (cheese)
The Lil' Local Burger	may - bun *may - fries	*may fries	*may fries	cheese may - bun		may - bun	may - bun *may fries	may - bun *may fries	bun *may fries	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) may - Valentina 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)
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)
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, ramen noodle 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), tartrazine (ramen noodle)
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 butter			*may - fries		*may - fries	*may - fries	Dijon peppercorn sauce	Dijon peppercorn sauce	Dijon Peppercorn sauce *may - fries	Dijon peppercorn sauce Garlic butter	
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	
Al Pastor Quesadilla	Al Pastor quesadilla mix honey Dijon vinaigrette (LPE Greens) *may - fried tortilla strips	*may - fried tortilla strips	*may - fried tortilla strips	Al Pastor quesadilla mix cheese (LPE Greens)	may - Al Pastor quesadilla mix spiced pumpkin seeds (LPE Greens)	may - Al Pastor quesadilla mix	may - salsa, Al Pastor quesadilla mix *may - fried tortilla strips	may - Al Pastor quesadilla mix spiced pumpkin seeds (LPE Greens)	tortilla may - Al Pastor quesadilla mix *may - fried tortilla strips	tortilla may - Al Pastor quesadilla mix *may - fried tortilla strips	honey Dijon vinaigrette (LPE Greens) may - salsa	Al Pastor quesadilla mix honey Dijon vinaigrette, spiced pumpkin seeds (LPE Greens)	Al Pastor quesadilla mix, salsa may -spiced pumpkin seeds (LPE Greens) *may - fried tortilla strips	Al Pastor quesadilla mix, salsa honey Dijon vinaigrette may - spiced pumpkin seeds (LPE Greens)	FD&C Red Food Color #40 (Al Pastor quesadilla mix), colour (guacamole)

Chicken + Black Bean Quesadilla	chicken quesadilla mix chipotle aioli honey Dijon vinaigrette (LPE Greens) *may - fried tortilla strips	*may - fried tortilla strips	*may - fried tortilla strips	chicken quesadilla mix avocado cream cheese (LPE Greens)	may - spiced pumpkin seeds (LPE Greens)		*may - fried tortilla strips	may - spiced pumpkin seeds (LPE Greens)	tortilla *may - fried tortilla strips	tortilla *may - fried tortilla strips	honey Dijon vinaigrette (LPE Greens) may - avocado cream	chicken quesadilla mix chipotle aioli honey Dijon vinaigrette, spiced pumpkin seeds (LPE Greens) *may - fried tortilla strips	chicken quesadilla mix may - chipotle aioli spiced pumpkin seeds (LPE Greens) *may - fried tortilla strips	chicken quesadilla mix chipotle aioli honey Dijon vinaigrette may - spiced pumpkin seeds (LPE Greens)	colour (chicken quesadilla mix)
BBQ Ribs	horseradish aioli, cider slaw dressing *may - ribs, Yukon potato	*may - ribs, Yukon potato	*may - ribs, Yukon potato	horseradish aioli *may - ribs, Yukon potato			horseradish aioli *may - ribs, Yukon potato		*may - ribs, Yukon potato	*may - ribs, Yukon potato may - horseradish aioli	horseradish aioli	Bourbon BBQ sauce, horseradish aioli, cider slaw dressing	ribs, Bourbon BBQ sauce, green onion, horseradish aioli, coleslaw mix may -Valentina sauce *may - Yukon potato	ribs may - Bourbon BBQ sauce, Valentina sauce	caramel colour (Bourbon BBQ sauce), artificial flavour (horseradish aioli), alcohol (Bourbon BBQ sauce)
Pulled Pork Baked Pasta	parmesan, BBQ alfredo sauce			mozzarella, parmesan, BBQ alfredo sauce								BBQ alfredo sauce	pulled pork, pickled red onion may - BBQ alfredo sauce	pulled pork, BBQ alfredo sauce	caramel colour (BBQ alfredo 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) may - fish (Canada)		Cream			may (Canada)		may (Canada)	(Worcestershire ≤586 ml Canada)	may	may (Canada)	yes	yes	
Bacon															
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)
Apple Cobbler	cobbler, ice cream	may - cobbler		cobbler, ice cream, caramel sauce	may - ice cream, cobbler	may - ice cream, cobbler	caramel sauce may - ice cream, cobbler	walnuts (cobbler) may - ice cream, cobbler other nuts	cobbler may - ice cream	cobbler may - ice cream	may - ice cream, cobbler	may - cobbler			yellow and orange colour (caramel sauce)