

Local Allergen Guide
April 18 2025
*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
Mole Pork Pave Hash	egg *may - potato pave	*may - potato pave	*may - potato pave	*may - potato pave			may - Hungarian peppers *may - potato pave		*may - potato pave	*may - potato pave			southern seasoning, scallion oil, green onion, caramelized onions, mole pork *may - potato pave	southern seasoning, scallion oil, Hungarian peppers, mole pork	
Eggs Benedict & Potato Pave	Eggs Hollandaise may - sourdough *may - potato pave	Hollandaise - anchovy *may - potato pave	*may - potato pave	Hollandaise may - sourdough *may - potato pave	may - sourdough	may - sourdough	*may - potato pave		sourdough *may - potato pave	sourdough *may - potato pave	Hollandaise	may - sourdough	ketchup, Hollandaise, southern seasoning, green onion *may - potato pave	Hollandaise, southern seasoning may - ketchup	
Avocado Eggs Benedict & Potato Pave	Eggs Hollandaise may - sourdough *may - potato pave	Hollandaise - anchovy *may - potato pave	*may - potato pave	Hollandaise may - sourdough *may - potato pave	may - sourdough	may - sourdough	*may - potato pave		sourdough *may - potato pave	sourdough *may - potato pave	Hollandaise, pico de gallo	may - sourdough	ketchup, Hollandaise, southern seasoning, green onion, pico de gallo *may - potato pave	Hollandaise, southern seasoning, pico de gallo may - ketchup	colour (pico de gallo)
Breakfast Sandwich & Fries - Gastown	Egg Smokey ranch dressing may - bun *may - fries, onion ring	Smokey ranch dressing - anchovy *may - fries, onion ring	*may - fries, onion ring	Cheese Smokey ranch dressing Onion ring may - bun *may - fries		may - bun	Smokey ranch dressing may - bun *may - fries, onion ring	may - bun	bun onion ring *may - fries	bun onion ring *may - fries	may - bun	may - whirl	caramelized onions onion ring Smokey ranch dressing may - Valentina sauce *may - fries	Smokey ranch dressing may - Valentina sauce	xanthan - Smokey ranch dressing
Chicken & Waffle	waffle *may - chicken	Hollandaise - anchovy *may - chicken	*may - chicken	Hollandaise *may - chicken			waffle *may - chicken		Chicken Waffle	Chicken Waffle	Lemon Dill Vinegar	Lemon Dill vinegar	Coleslaw mix Southern seasoning, Hollandaise *may - chicken	Southern Seasoning, Hollandaise	
Dutch Baby Pancake	pancake			butter					pancake	pancake					
Huevos Rancheros	eggs *may - chips	*may - chips	*may - chips	sour cream/ yogurt, cheese *may - chips			may - salsa *may - chips		*may - chips	*may - chips	may - salsa		salsa, refried beans *may - chips	salsa, black beans, refried beans	
Farmer's Breakfast	egg may - sourdough bread *may - potato pave	*may - potato pave	*may - potato pave	may - sourdough bread *may - potato pave	may - sourdough bread	may - sourdough bread	*may - potato pave		sourdough bread *may - potato pave	sourdough bread *may - potato pave		may - sourdough bread	southern seasoning, green onion, ketchup *may - potato pave	southern seasoning may - ketchup	
Side Pave Potatoes	*may - potato pave	*may - potato pave	*may - potato pave	*may - potato pave			*may - potato pave		*may - potato pave	*may - potato pave			southern seasoning, green onion *may - potato pave	southern seasoning	

Starters	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Pinche Pork Tacos	mayonnaise			feta	may - pumpkin seeds			may - pumpkin seeds			Pico de gallo		Pico de gallo, mole pork may - Mayonnaise	Pico de gallo, mole pork may - Mayonnaise	colour (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)
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, Mexi beef		Green onion Salsa Pico de gallo Pickled red onion Refried beans may - cheese sauce *may - chips Mexi beef	Salsa Mexi beef Pico de gallo Cheese sauce Refried beans	Colour (pico de gallo)
Nachos TEST	*may - chips	*may - chips	may - barbacoa beef *may - chips	Cheese sauce Cheese feta Sour cream Yogurt, barbacoa beef			barbacoa beef *may - chips		barbacoa beef *may - chips	barbacoa beef *may - chips	pico de gallo, barbacoa beef		Salsa refried beans Pico de gallo Pickled red onion, barbacoa beef may - cheese sauce *may - chips	Salsa refried beans Pico de gallo barbacoa beef Cheese sauce	colour (pico de gallo, barbacoa beef))
Hand-made Guacamole & Chips	*may - 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	*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	*may - Fryer			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	
Fully Loaded Crispy Potato Pave	Horseradish aioli *may - potato pave, bacon	*may - potato pave, bacon	*may - potato pave, bacon	Parmesan Horseradish aioli *may - potato pave, bacon			Horseradish aioli *may - potato pave, bacon		*may - potato pave, bacon	*may - potato pave, bacon	Horseradish aioli Bacon	Horseradish aioli	Onion Horseradish aioli southern seasoning may - Valentina *may - potato pave, bacon	Horseradish aioli southern seasoning may - Valentina	Artificial flavour (horseradish aioli)
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, garlic chili sauce	Korean mayo Dumplings may - sesame seeds, garlic chili sauce			Green Onion Dumplings Korean mayo	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 *may - chips			*may - chips		*may - chips	*may - chips			salsa *may - chips	salsa	
Perogies				Butter Sour cream Yogurt Perogies					perogies	perogies			caramelized onion, green onion, perogies	perogies	
LOCAL Fried Chicken	may - chicken *may - chicken	*may - chicken	*may - chicken	may - chicken *may - chicken		*may - chicken	may - chicken *may chicken		fried chicken	fried chicken			*may - chicken	fried chicken	
Dragon Glaze				may - dragon glaze	peanuts may - dragon glaze	dragon glaze	dragon glaze, peanuts	may - dragon glaze	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	
Hummus - Gastown TEST	may - sourdough			may - cumin spice mix, sourdough	may - cumin spice mix, sourdough	cumin spice mix , smooth hummus may - sourdough	may - cumin spice mix	may - cumin spice mix	sourdough may - cumin spice mix	sourdough may - cumin spice mix	may - giardiniera	may - sourdough	giardiniera	smooth hummus may - giardiniera	
Spicy Edamame	*may - edamame	*may - edamame	*may - edamame	may - smoky dragon glaze *may - edamame	may - smoky dragon glaze	smoky dragon glaze	edamame, smoky dragon glaze	may - smoky dragon glaze	smoky dragon glaze *may - edamame	smoky dragon glaze *may - edamame			*may - edamame	smoky dragon glaze	MSG (smoky dragon 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			*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	hot wings	fish tacos 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 - hot mess	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 may - shrimp dumplings	may - snack burger shrimp dumplings	snack burger hot mess fries shrimp dumplings	MSG, colour (snack burger)
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		green onion, smoked trout dip, chips	smoked trout dip, chips	
Tempura Shrimp	shrimp, sambal aioli	may - shrimp *may - shrimp	shrimp	may - shrimp *may - shrimp		shrimp	yuzu soy glaze may - shrimp *may - shrimp		may - shrimp *may - shrimp	may - shrimp *may - shrimp	sambal aioli	may - shrimp	may - sambal aioli *may - shrimp	sambal aioli	
Kimchi Fried Rice TEST	egg may - sesame seeds			may - garlic chili sauce, sesame seeds	may - sesame seeds, garlic chili sauce	garlic chili sauce, sesame seeds, tteobokki sauce	garlic chili sauce, edamame, kimchi may - sesame seeds	may - garlic chili sauce, sesame seeds	tteobokki sauce, kimchi may - garlic chili sauce, sesame seeds	tteobokki sauce, kimchi may - garlic chili sauce, sesame seeds			tteobokki sauce	green onion, kimchi	garlic chili sauce, kimchi
Steak & Dumplings TEST	gochujang mayo may - sesame seeds		shrimp (dumplings)	may - garlic chili sauce, sesame seeds	may - sesame seeds, garlic chili sauce	garlic chili sauce, sesame seeds, dumplings	garlic chili sauce, dumplings, gochujang mayo may - sesame seeds	may - garlic chili sauce, sesame seeds	dumplings, gochujang mayo may - garlic chili sauce, sesame seeds	dumplings, gochujang mayo may - garlic chili sauce, sesame seeds			green onion, dumplings, gochujang mayo	garlic chili sauce, dumplings, gochujang mayo	



Sandwiches & Burgers	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Fresno Crispy Chicken Sandwich & Fries	smokey ranch dressing, cider slaw dressing may - bun *may - fries, chicken	anchovies (smokey ranch dressing) *may - fries, chicken	*may - fries, chicken	smokey ranch dressing may - bun *may - fries, chicken		may - bun	chicken may - bun *may - fries	may - bun	Chicken Bun *may - fries	Chicken Bun *may - fries	may - bun	pickle	red onion, deadly dust, smokey ranch dressing, ketchup may - pickle *may - fries, chicken	pickle, chicken, deadly dust, Fresno honey gastrique, smokey ranch dressing may - Ketchup	
The Deluxe Impossible Burger & Fries	Whirl Miso mayo may - Bun *may - fries	*may - fries	*may - fries	Cheese may - Bun may - Miso mayo *may - fries	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	Mustard pickle may - whirl	Onion Ketchup may - Miso mayo pickle *may - fries	Miso mayo Mustard Pickle may - ketchup	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	Mustard Pickle	Onion may - Miso mayo, pickle	Miso mayo Mustard 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 - fries	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	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 - fries		may - bun	may - bun *may - fries	may - bun	Bun *may - fries	Bun *may - fries	Southern onions may - bun	Pickle	Secret sauce Southern Onions may - pickles *may - fries	Southern Onions Sexy sauce Pickles *may - fries	
House-made Veggie Burger	Miso mayo may - burger, bun *may - fries	may - burger *may - fries	may - burger *may - fries	may - bun, burger *may - fries	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	Pickle may - burger	Onion burger ketchup may - Miso mayo, pickle *may - fries	burger Miso mayo Pickle may - Ketchup,	MSG (Miso mayo)
Diablo Burger & Fries	Miso mayo may - bun *may - fries	*may - fries	*may - fries	Cheese mix may - Miso mayo, bun *may - fries	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		Pickled onion Ketchup may - Miso mayo *may - fries	Miso mayo may - Ketchup	MSG (Miso mayo), colour (pickled jalapeno)
Deluxe Burger & Fries	Miso mayo may - bun *may - fries	*may - fries	*may - fries	Cheddar cheese may - Miso mayo, bun *may - fries	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	Mustard Pickle	Onion Ketchup may - Miso mayo, pickle *may - fries	Miso mayo Mustard Pickle may - Ketchup	MSG (Miso mayo), orange colour (cheese)

Sandwiches & Burgers	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
<b>Brooklyn Burger</b>	Onion rings Dijon & honey vinaigrette Horseradish garlic aioli may - bun, red pepper relish *may - fries, onion	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 - fries, onion rings	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, horseradish garlic aioli	Artificial flavour (Dijon & honey vinaigrette, horseradish garlic aioli)
<b>Trophy Burger - Gastown TEST</b>	Trophy sauce may - bun *may - fries	*may - fries	*may - fries	Cheese Trophy sauce may - bun *may - fries	may - Trophy sauce	Bun Trophy sauce	Trophy sauce may - bun *may - fries	may - bun, Trophy sauce	Bun may - Trophy sauce *may - fries	Bun Trophy sauce *may - fries	may - bun	Pickles	Caramelized Onions Red onion Trophy sauce may - pickles *may - fries	Trophy sauce Pickles *may - fries	
<b>Blackened Chicken Sandwich</b>	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	Bun *may - fries *may -bacon	Garlic Aioli may - bun	Blackening spice	Pickled onion may - chicken, blackening spice, garlic aioli *may - fries, bacon	Chicken Marinade Garlic aioli may - blackening spice	Artificial flavour (garlic aioli)
<b>Truffle Burger</b>	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	may - whirl	Onion Truffle jam may - Miso mayo *may - fries	Miso mayo Truffle jam	MSG (Miso mayo) caramel colour (Truffle jam)
<b>Gluten Free Bun</b>	Bun - Egg White, tapioca														Xanthan Maltodextrin

Pizzas	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Gluten Free Pizza Crust	yes														
Add on Egg	Egg			*may - Griddle		*may - Griddle	*may - Griddle		*may - Griddle	*may - Griddle			*may - Griddle	*may - Griddle	
Wood Fired Pizza (Jasper Ave) Brunch Pizza	egg, brown butter hollandaise	brown butter hollandaise - anchovy		white sauce, brown butter hollandaise					crust	crust	brown butter Hollandaise		caramelized onions and garlic, brown butter hollandaise	white sauce, brown butter hollandaise, caramelized onions and garlic	color (pickled jalapenos)
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			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	
Mortazza Pizza				white sauce, cheese, mortadella may - pistachios	may - pistachios		may - pistachios	pistachios	crust may - pistachios	crust may - pistachios			red onion may - mortadella	white sauce fennel sausage may - mortadella	
Regular Pie	parmesan			cheese, parmesan					crust	crust				garlic oil	
Quattro Formaggio Pizza	parmesan			cheese, parmesan					crust	crust					

Pizzas	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
The Pepperoni Supremo (Jasper)	parmesan			cheese, parmesan					crust	crust		pepperoni	red onion		Colour (pickled jalapenos)
Shrimp and Pesto Pizza	pesto		shrimp	mozzarella, feta pesto	may - pesto		may - pesto	pine nuts (pesto) may - other nuts	crust may - pesto	crust may - pesto				pesto, garlic oil	
Capocollo and Gorgonzola Pizza				mozzarella, gorgonzola					crust	crust			red onion may - capocollo, spianata sausage	garlic oil may - capocollo, spianata sausage	
Portobello Pizza				creamed ricotta, mozzarella, parmesan, pecorino					crust	crust			caramelized onion and garlic	caramelized onion and garlic	
Spicy Salami				pecorino and mozzarella cheese					crust	crust			may - spianata sausage	may - spianata sausage	
Tandoori Chicken Pizza	may - Brinjal chutney			mozzarella, soyo may - Brinjal pickle	may - Brinjal chutney	may - Brinjal chutney	may - Brinjal chutney	may - Brinjal chutney	crust may - Brinjal pickle	crust may - Brinjal pickle	may - Brinjal chutney	yes - Brinjal chutney	Brinjal chutney red onion may - chicken	yes - Brinjal chutney may - chicken	
Barbecue Chicken Pizza	truffle ranch sauce			mozzarella cheese, truffle ranch sauce					crust	crust		chicken, smokey bianco sauce	red onion, pickled red onion, truffle ranch sauce may - smokey bianco sauce, chicken	truffle ranch sauce may - smokey bianco sauce, chicken	caramel colour (smokey bianco sauce, chicken)
Chipotle Aioli Dip	yes												may	yes	
Truffle Ranch Dip	yes			yes									yes	yes	
Garlic Aioli and Parmesan Dip	yes			yes									may	yes	



Mains	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Ahi Tuna Poke Bowl	Miso mayo 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, Spicy chili sauce Garlic Chili sauce may - sesame seeds	may - sesame seeds	Crispy onions Miso mayo Crispy wonton, Panko breaded tofu may - sesame seeds, garlic chili sauce	Crispy onions Miso mayo Crispy wonton, Panko breaded tofu, Spicy chili sauce may - sesame seeds, garlic chili sauce	Korean chili sauce, Miso mayo may - sesame seeds		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 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		pickled red onion, Korean BBQ marinade, ginger scallion sauce, Korean mayo	Korean BBQ marinade, Korean mayo, rice	
Kids Chicken Strips & Fries	may - chicken *may - fries, chicken	*may - chicken *may - fries	*may - chicken *may - fries	Chicken *may - fries			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 - fries		may - bun	may - bun *may fries	may - bun *may fries	bun *may fries	bun *may fries	may - bun		*may fries		
The Lil' Local Burger	may - bun *may - fries	*may fries	*may fries	cheese may - bun *may - fries		may - bun	may - bun *may fries	may - bun *may fries	bun *may fries	bun *may fries	may - bun		*may fries		

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			*may - fries		Tortilla *may - fries	Tortilla *may - fries	Pico de gallo may - 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 - fries, basa			*may - Basa *may - fries		Basa, tortilla *may - fries	Basa, tortilla *may - fries	Pico de gallo, basa may - 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 - fries, cod			*may - Cod *may - fries		Cod, tortilla *may - fries	Cod, tortilla *may - fries	Pico de gallo, cod may - 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 - chicken	may - sesame seeds, umami	sesame oil, sesame seeds, umami	umami, ramen noodle may - sesame seeds *may - chicken	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)
Blackened Chicken Curry Bowl					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	*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, cod			*may- fries *may - fish		Fish Batter *may- fries	Fish Batter *may- fries	Fish batter	may - tartar sauce	Tartar Sauce, coleslaw mix *may - fries, fish	Tartar Sauce	

Mains	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
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 - fried tortilla strips	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 honey Dijon vinaigrette, spiced pumpkin seeds (LPE Greens)	chicken quesadilla mix, honey Dijon vinaigrette 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	ribs, Bourbon BBQ sauce, green onion, horseradish aioli, coleslaw mix may - Valentina sauce *may - Yukon potato	ribs, horseradish aioli 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 may - pasta			mozzarella, parmesan, BBQ alfredo sauce					pasta	pasta		BBQ alfredo sauce	pulled pork, pickled red onion may - BBQ alfredo sauce	pulled pork, BBQ alfredo sauce	caramel colour (BBQ alfredo sauce)
Drunken Chicken	may - sesame seeds *may - chicken	*may - chicken	*may - chicken	may - sesame seeds *may - chicken	may - sesame sauce, sesame seeds	black and white sesame seeds, sesame sauce	sesame sauce may - sesame seeds *may - chicken	may - sesame seeds	sesame sauce (no for GF sesame sauce) may - sesame seeds *may - chicken	sesame sauce (no for GF sesame sauce) may - sesame seeds *may - chicken			green onion, red onion *may - chicken	garlic puree, sesame sauce	
Black Bean Enchilada optional - steak or chicken				cheese, enchiladas, chipotle crema					enchilada, chipotle crema	enchilada, chipotle crema			salsa verde may - chipotle crema, enchilada	chipotle crema, enchilada, salsa verde optional - chicken	

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			*may		
Ketchup															
Hollandaise	Hollandaise	anchovy (Worcestershire) may - fish (Canada)		Cream			may (Canada)		may (Canada)		may	may (Canada)	yes yes	may 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	honey Dijon vinaigrette may -spiced pumpkin seeds	honey Dijon vinaigrette may - spiced pumpkin seeds	
LPE Greens 2.0 TEST				cheese	may - candied sunflower seeds			may - candied sunflower seeds			white balsamic vinaigrette	white balsamic vinaigrette	white balsamic vinaigrette		
Dessert	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other
Peanut Butter & Chocolate Cup	chocolate mousse layer, ice cream			chocolate mousse layer, peanut butter layer, chocolate crumble, caramel sauce, ice cream	peanut butter layer, peanuts may - ice cream	may - ice cream	chocolate mousse layer, chocolate crumble, caramel sauce, peanuts may - ice cream	may - peanut butter layer, ice cream	chocolate crumble may - ice cream	chocolate crumble may - ice cream	may - ice cream				colour (caramel sauce)
Apple Cobbler	cobbler, ice cream, egg yolk			cobbler, ice cream, caramel sauce may - walnuts	may - ice cream, cobbler, walnuts	may - ice cream, walnuts	caramel sauce may - ice cream	walnuts (cobbler) may - ice cream, cobbler other nuts	cobbler may - ice cream, walnuts	cobbler may - ice cream, walnuts	may - ice cream, walnuts				yellow and orange colour (caramel sauce), artificial flavour