

SALTLIK Allergen Guide
September 2022
*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)

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	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 ginger puree, 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 may - sesame seeds *may - tortilla chips		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			lobster	tarragon butter, sour cream, potatoes							tarragon butter	tarragon butter	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	
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	scallops	garlic butter,			truffle vinaigrette		gnocchi, truffle	gnocchi, truffle			fried shallots,	garlic butter,	
	*may - fried	shallots	*may - fried	truffle vinaigrette			*may - fried		vinaigrette	vinaigrette			truffle vinaigrette	truffle vinaigrette	
	shallots, roasted		shallots, roasted				shallots, roasted		*may - fried	*may - fried			*may - fried	*may - fried	
	carrots		carrots				carrots		shallots, roasted	shallots, roasted			shallots, roasted	shallots, roasted	
	carrots								carrots	carrots			carrots	carrots	
Grilled Salmon + Ravioli	ravioli	salmon	*may - fried	butter, garlic			*may - fried		ravioli	ravioli	semi dry tomatoes, truffle		truffle beurre	garlic butter	
	*may - fried	*may - fried	shallots	butter, truffle			shallots		*may - fried	*may - fried shallots	truffle beurre	blanc	blanc, ravioli, fried	*may - fried	
	shallots	shallots		beurre blanc, ravioli					shallots		blanc		shallots	shallots	
Hunter Chicken	*may - potatoes	*may - potatoes	*may - potatoes	red wine sauce			red wine sauce		red wine sauce	red wine sauce	red wine sauce		red wine sauce	*may - potatoes	
							*may - potatoes		*may - potatoes	*may - potatoes			*may - potatoes		
Prawn Spaghetтини			prawns	garlic butter, garlic					spaghetti, garlic	spaghetti, garlic	smoky tomato			smoky tomato	
				crostini					crostini	crostini	sauce, white wine			sauce, garlic	
														butter, garlic	
				crostini										crostini	
Cacio E Pepe				cheese, cacio					spaghetti	spaghetti					
				sauce											
Angus Beef Pressed Burger	bun, roasted garlic	*may -fries	*may -fries	bun, whirl, cheese		may - bun	whirl, bun	*may - fries	bun	bun, *whirl (barley)	may - bun	mustard, roasted	onion, burger	roasted garlic aioli,	
	aioli, whirl						*may - fries		*may - fries	*may - fries		garlic aioli	sauce, ketchup	mustard	
	*may - fries											may - whirl	may - pickle	may - pickle,	
													*may - fries	ketchup	
Premium Steak Sandwich	may - garlic bread	*may -fries,	*may -fries,	garlic butter, garlic		may - garlic bread	may - garlic bread		garlic bread	garlic bread	may - garlic bread	steak spice	caramelized	caramelized	
	*may -fries,	caramelized	caramelized	bread			*may -fries,		*may -fries,	*may -fries,			onions, ketchup	onions, garlic	
	caramelized	onions	onions				onions		caramelized	caramelized onions			*may - fries	butter, garlic bread	
	onions								onions					may - ketchup	
														*may -fries,	
														caramelized	
Spicy Grilled Chicken Sandwich	whirl, spicy aioli,	anchovies (spicy	*may - fries	whirl, cheese, bun		may- bun	bun, whirl		bun	whirl, bun	spicy aioli, pickled	blackening spice,	pickled onion,	chicken, spicy aioli	
	bun	aioli)					*may - fries		*may - fries	*may - fries	onions	spicy aioli	ketchup	may - blackening	
	*may - fries	*may - fries									may - bun	may - whirl	may - chicken,	spice, ketchup	
													blackening spice	*may - fries	
													*may - fries		
Smoky Grilled BBQ Ribs	coleslaw dressing	*may -fries	*may -fries	coleslaw dressing			*may -fries		*may -fries	*may -fries	coleslaw dressing	coleslaw dressing,	coleslaw, ketchup	coleslaw dressing,	
	*may - fries										ribs, sauce	ribs, sauce	may - coleslaw	ribs, sauce	
													dressing, ribs,	may - ketchup	
													sauce	*may - fries	
													*may - fries		
Steaks - sirloin, tenderloin, New York												steak spice			
Ribeye steak				garlic butter								steak spice		garlic butter	
Steak Additions	Egg	Fish	Shellfish	Dairy	Peanuts	Sesame	Soy	Tree Nuts	Wheat	Gluten	Sulphites	Mustard	Onion	Garlic	Other

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			