

Allergens

The table represents the allergens contained in the dishes (identified with an X). Please note that all dishes may contain dairy, eggs, peanuts, tree nuts, soy, fish, shellfish, sesame, wheat or other gluten sources, mustard and sulphites. .

| Menu | Milk | Eggs | Peanuts | Nut | Soy | Fish, molluscs and crustaceans | Sesame | Wheat and other sources of gluten | Sulphites | Mustard |
|------------------------------------|------|------|---------|-----|-----|--------------------------------|--------|-----------------------------------|-----------|---------|
| Starterssauces not included | | | | | | | | | | |
| Chicken wings and raw vegetables | | | | | | | | | | |
| Cheese sticks and raw vegetables | X | | | | X | | | X | | |
| Chicken nachos | X | | | | X | X | | X | X | X |
| Crazy potatoes | X | X | | | X | | | X | X | X |
| Cheese bombs | X | | | | X | | | X | | |
| Mini burger duo plate | X | X | | | X | X | | X | X | X |
| Potato bombs | X | | | | X | | | | | |
| Soups | | | | | | | | | | |
| Cream of broccoli | X | | | | X | | | X | | |
| Celery cream | X | | | | X | | | X | | |
| Cream of mushroom | X | | | | X | | | X | | |
| Cauliflower cream | X | | | | X | | | X | | |
| Creamed spinach | X | | | | X | | | X | | |
| Leek cream | X | | | | X | | | X | | |
| Cream of Chicken Royale | X | | | | X | | | X | | |
| Lentil soup | X | | | | X | | | X | X | |
| Minestrone soup | X | | | | X | | | X | | |
| Pea soup | | | | | X | | | X | | |
| Chicken Noodle Soup | X | | | | X | | | X | | |
| Sauces | | | | | | | | | | |
| Sweet and sour | | | | | | | | | | |
| Chicken wings | | | | | X | X | | X | X | X |
| BBQ | | | | | X | | | X | | |
| Chimichurri | | | | | X | | | | X | |
| Ribs | | | | | X | X | | X | X | X |

| | | | | | | |
|--|---|---|---|---|---|---|
| Dijon | X | X | | | X | X |
| General Tao | | | X | X | X | |
| Chipotle mayonnaise | | X | | | | X |
| Honey and mustard | | X | | | | X |
| Piri-piri | | | X | | | |
| Pepper | X | | X | | X | |
| Tartar | | X | | | | X |
| Tomato (marinara) | | | | | | |
| Sriracha | | | X | | | |
| Accompaniments | | | | | | |
| Fries | | | X | | | |
| Vegetables | | | | | | |
| Toasted bread | | | X | | X | |
| Baked potato | | | | | | |
| All-dressed baked potato | X | | | | | |
| Mashed potatoes | X | | X | | | |
| Vegetable rice | X | | X | | | |
| Coleslaw | | X | | | | X |
| Mac'n'cheese | X | | | | X | |
| On the grill without support | | | | | | |
| Traditional chicken brochette | | | X | | | X |
| Traditional chicken brochette with vegetable rice | X | | X | | | X |
| Quebec-style chicken brochette | | | X | X | X | X |
| Quebec-style chicken brochette with vegetable rice | X | | X | X | X | X |
| General Tao brochette | | | X | X | X | X |
| General Tao brochette with vegetable rice | X | | X | X | X | X |
| Piri piri chicken brochette | X | | X | | | X |
| Main dishes | | | | | | |
| Chicken hunter | X | X | X | | X | X |
| Chicken hunter with vegetable rice | X | X | X | | X | X |
| Picanha Steak | | | | | | |
| Picanha Steak with sautéed mushrooms, pepper sauce and vegetables | X | | X | | X | X |
| Chicken fajitas | | | X | | X | X |
| Chicken fajitas with cheese, Pico de Gallo, guacamole and sour cream | X | | X | | X | X |
| Vegetable Fajitas | | | X | | X | |

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|--|---|---|---|---|---|
| Vegetable Fajitaswith cheese, Pico de Gallo, guacamole, sour cream | X | | X | | X |
| Fish & chips | | | X | X | X |
| Fish & chipswith tartar sauce | | X | X | X | X |
| Salmon on cedar plankwith vegetable rice | X | | | X | |
| Linguine a la King | X | | X | | X |
| Chicken tenders without sauce | X | X | | X | |
| Poutines, Sandwiches and Burgers | | | | | |
| Chicken Poutine | X | | X | | X |
| Classic Poutine | X | | X | | X |
| General Tao Poutine | X | X | X | X | X |
| Club sandwich | X | | X | | X |
| Club sandwichwith mayonnaise | X | X | X | | X |
| Hot chickenwith green peas and sauce | | | X | | X |
| Chipotle Chicken Wrap | X | X | X | X | X |
| Chipotle Chicken Wrap with mayonnaise | X | X | X | X | X |
| Chicken and Bacon Caesar Wrap | X | X | X | X | X |
| Decadent burger | | X | X | X | X |
| BLT beef burger | | X | | X | X |
| Chipotle Burger | X | X | X | | X |
| Roast chickenwithout support | | | | | |
| Roasted chicken leg | | | X | | |
| Roasted chicken breast | | | X | | |
| Portuguese chicken plate with a grilled tortilla (without piri-piri sauce) | | | X | X | X |
| Combos and ribs without support | | | | | |
| Ribs | | | X | X | X |
| Quarter leg and half ribs | | | X | X | X |
| Quarter breast and half ribs | | | X | X | X |
| Portuguese quarter leg and half ribs | | | X | X | X |
| Portuguese quarter brisket and half ribs | | | X | X | X |
| Chicken tenders and half ribs | X | X | X | X | X |
| Lunch desserts | | | | | |
| Carrot Avalanche | X | X | X | | X |
| Lemon-Lime Crisp | X | X | X | X | X |
| Crunchy yogurt and fruit | X | X | X | | X |
| Apple sweetness | X | X | X | X | X |

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|--|---|---|---|---|---|
| Chocolate duo | X | X | X | X | X |
| Cappuccino cake | X | X | X | X | |
| Children's menu without support | | | | | |
| Side of fries | | | X | | |
| Side of honey | | | X | | |

Side of cherry sauce

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|-----------------------------|---|---|---|---|
| Celebration Cookies | X | | X | X |
| Burger with chicken tenders | X | X | X | X |
| Kool-Aid | | | | |
| Chocolate milk | X | | X | |
| Mac and cheese | X | X | X | X |
| Mini grilled cheese | X | | | X |
| Mini pogo | X | | X | X |
| Chicken nuggets | | | | X |

Salad bar - Salads

| | | | | |
|---|---|---|---|---|
| Iceberg lettuce | | | | |
| Romaine lettuce | | | | |
| Asian Thai salad and snow peas | X | | X | X |
| Coleslaw | | | | |
| Napa cabbage salad | | X | X | X |
| Roasted cauliflower and turmeric salad | | | | |
| Red cabbage salad and grilled Asian flank steak | | X | X | X |
| Fennel and poppy salad | | | | |
| Pollock and egg salad | X | | X | X |
| Green bean and shrimp salad with tarator sauce | | | X | X |
| Kale and citrus salad | X | | X | |
| Chickpea salad | | | | |
| Creamy Potato Salad | X | | | |
| Chicken piri-piri and orzo salad | X | | X | |
| Red quinoa salad | | | | |
| Red quinoa and sweet potato salad | | | | |

Salad bar - Vinaigrettes

Olive oil

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|-----------------------------|---|---|---|---|---|
| Dijon dip | X | X | | X | X |
| Balsamic vinegar | | | | X | |
| Balsamic vinaigrette | | | | X | X |
| Caesar Dressing | | X | | X | X |
| Greek dressing | X | | | | |
| Italian dressing | | | | | |
| Italian dressing light | | | X | | |
| Homemade vinaigrette | | | X | | X |
| Honey & mustard vinaigrette | | X | | | X |
| Ranch dressing | X | X | | | |

Salad bar - Vegetables

| | | | | | |
|-----------------|--|--|---|--|--|
| Broccoli | | | | | |
| Carrot | | | | | |
| Celery | | | | | |
| Red cabbage | | | | | |
| Mushrooms | | | | | |
| Cucumber | | | | | |
| Zucchini | | | | | |
| Edamame | | | X | | |
| Bean sprouts | | | | | |
| Red onion | | | | | |
| Red bell pepper | | | | | |
| Radish | | | | | |
| Tomato | | | | | |

Salad bar - Fruits

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|------------|--|--|--|--|--|
| Pineapple | | | | | |
| Cantaloupe | | | | | |
| Clementine | | | | | |

| | | | |
|---|---|---|-----|
| Kiwi | | | |
| Mandarin | | | |
| Watermelon | | | |
| Honeydew melon | | | |
| Orange | | | |
| Pear | | | |
| Apple | | | |
| Plum | | | |
| Grapes | | | |
| Salad bar - Miscellaneous | | | |
| Saltine crackers | X | | X |
| Balsamic and Maple Marinated Mushrooms | | | X |
| Palm heart | | | |
| Pickles | | | X |
| Pita chips | | X | X |
| Nacho chips | | | |
| Croutons | X | | X X |
| Stuffed vine leaves | | X | |
| Blue cheese | X | | |
| Cheddar cheese | X | | |
| Cottage cheese | X | | |
| Nacho cheese | X | X | X X |
| Parmesan cheese | X | | |
| Guacamole | | | |
| Homemade hummus(without tahini) | | | |
| Homemade hummus with dried tomato pesto(with tahini) | X | | X |
| Pickled vegetables | | | X |
| Seed mix | | X | |

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|--------------------------|---|---|---|---|
| Bacon crumbs | | X | | |
| Fried noodles | X | | | X |
| Cooked egg | X | | | |
| Red marinated cooked egg | X | | | X |
| Kalamata olives | | | | |
| Black olives | | | | |
| Green olives | | | | |
| pico de gallo | | | | |
| Peperoncini pepper | | | | X |
| tzatziki | X | | | |
| Desserts | | | | |
| Warm donuts (5) | X | X | X | X |
| Chocolate cake | X | X | X | X |
| Carrot Cheesecake | X | X | X | X |
| Molten lava cake | X | X | X | X |
| Poudding chomeur | X | X | | X |
| Beverages | | | | |
| Soft drink(Pepsi) | | | | |
| Soft drink(Diet Pepsi) | | | | |
| Vegetable juice | | | | |
| Tomato juice | | | | |
| Milk 2% | X | | | |
| Orange juice | | | | |
| Apple juice | | | | |