

Allergens

The table shows the allergens contained in the dishes (identified with an X). Dairy, eggs, peanuts, nuts, soy, fish, shellfish, crustaceans, sesame, wheat or other sources of gluten, mustard and sulphites.

Menu	Milk	Eggs	Peanuts	Nuts	Soy	Fish, shellfish and crustaceans	Sesame	Wheat or other sources of gluten Blé et autres sources de gluten	Sulphites	Mustard
Appetizers sauces not included										
Chicken wings with raw vegetables										
Cheese sticks and raw vegetables	X				X			X		
Scores combo	X	X			X		X	X		X
Classic combo	X	X			X			X		
Kapow! Shrimp						X		X		
Onion rings					X			X		
Soups										
Cream of broccoli	X				X			X		
Cream of celery	X				X			X		
Cream of mushroom	X				X			X		
Cream of cauliflower	X				X			X		
Cream of spinach	X				X			X		
Cream of leek	X				X			X		
Cream of chicken royale	X				X			X		
Lentil soup	X				X			X	X	
Minestrone soup	X				X			X		
Split pea soup					X			X		
Chicken noodle soup	X				X			X		
Sauces										
Sweet and sour										
Chicken wings					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		

Menu	Milk	Eggs	Peanuts	Nuts	Soy	Fish, shellfish and crustaceans	Sesame	Wheat or toher sources of glutenBlé et autres sources de gluten	Sulphites	Mustard
Chipotle Mayonnaise		X								X
Honey mustard		X								X
Piri-piri					X					
Pepper	X				X			X		
Tartar		X								X
Tomato (marinara)										
Sriracha					X					
Side dishes										
Fries					X					
Parmesan and garlic fries	X				X					
Vegetables										
Grilled bread					X			X		
Baked potato										
Loaded baked potato	X									
Mashed potato	X				X					
Vegetable rice	X				X					
Basmati rice	X									
Coleslaw		X								X
Off the grill without side dishes										
Traditional chicken brochette					X					X
Traditional chicken brochette with vegetable rice	X				X					X
Chicken brochette "À la Québécoise"					X	X		X	X	X
Chicken brochette "À la Québécoise" with vegetable rice	X				X	X		X	X	X
General Tao brochette					X		X	X		X
General Tao brochette with basmati rice	X				X		X	X		X
Montreal smoked meat brochette		X			X			X		X
Montreal smoked meat brochette with basmati rice	X	X			X			X		X
Hunter's chicken	X	X			X			X	X	X
Hunter's chicken with vegetable rice	X	X			X			X	X	X
Swiss cheese and bacon chicken	X				X	X		X	X	X
Swiss cheese and bacon chicken with vegetable rice	X				X	X		X	X	X

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Delights from here and abroad										
Portuguese chicken plate with a grilled tortilla (without piri-piri sauce)					X			X	X	
Bavette steak (8oz)										
Bavette steak(8oz) with sauted mushrooms, pepper sauce and vegetables	X				X			X		X
Fajitas - Chicken (1 person)					X			X		X
Fajitas - Chicken with cheese, Pico de Gallo, guacamole and sour cream (1 person)	X				X			X		X
Fajitas - Shrimp (1 person)					X	X		X	X	
Fajitas - Shrimp with cheese, Pico de Gallo, guacamole and sour cream (1 person)	X				X	X		X	X	
Fajitas - Vegetables (1 person)					X			X		
Fajitas - vegetabes with cheese, Pico de Gallo, guacamole and sour cream (1 person)	X				X			X		
Fish & chips					X	X		X		
Fish & chips with tartar sauce		X			X	X		X		X
Linguini carbonara with shrimp and chicken	X	X			X	X		X	X	X
Norwegian Cod "en papillote"						X				
Shrimp Pad Thai		X			X	X	X	X	X	
Chicken Cacciatore and garlic linguine	X				X			X	X	X
Shrimp satay with basmati rice and garlic butter	X				X	X			X	
Cedar plank salmon with basmati rice	X					X				
Fish tacos		X			X	X		X		
Crispy chicken breast fillets without sauce	X	X			X			X		
Roasted chicken without side dishes										
Quarter chicken (leg)					X					
Quarter chicken (breast)					X					
Ribs without side dishes										
Ribs					X	X		X	X	X
Quarter chicken (leg) with half pound ribs					X	X		X	X	X
Quarter chicken (breast) with half pound ribs					X	X		X	X	X
Crispy chicken breast fillets and half pound ribs	X	X			X	X		X	X	X
Sensational sandwiches without side dishes										
Club sandwich	X				X			X		
Club sandwich with mayonnaise	X	X			X			X		

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Chicken avocado nanwich	X	X			X			X		X
Grilled chicken flatbread	X	X			X			X	X	X
Fried chicken waffle sandwich	X	X			X			X		
Burgers and poutines without side dishes										
Beyond Meat burger	X				X		X	X	X	
Beef patty burger	X	X			X			X		X
Crispy chicken breast fillets burger	X	X			X			X		
The Gourmet burger	X	X			X			X		
Chicken poutine	X				X			X		
Classic poutine	X				X			X		
General Tao poutine	X	X			X		X	X		
Montreal smoked meat poutine	X	X			X			X		X
Lunch+ without side dishes										
Traditional chicken brochette					X					X
Traditional chicken brochette with basmati rice	X				X					X
Half pound ribs					X	X		X	X	X
Fish & chips					X	X		X		
Fish & chips with tartar sauce		X			X	X		X		X
Grilled cheese gourmet	X				X			X		
Hot chicken with green peas and sauce					X			X		
Linguine with rosé sauce and butterfly shrimp	X				X	X		X	X	
Ribs poutine	X				X	X		X	X	X
Quarter chicken (leg)					X					
Quarter chicken (breast)					X					
Crispy chicken breast fillets (3)	X	X			X			X		
Chicken salad sandwich		X			X			X		X
Chipotle chicken wrap	X	X			X			X		X
Chipotle chicken wrap with mayonnaise	X	X			X			X		X
Chicken and bacon cesar wrap	X	X			X	X		X	X	X
Desserts - lunch										
Carrot avalanche	X	X			X			X		

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Lemon-Lime crumble	X	X			X			X	X	
Fruits and yogurt crumble	X	X			X			X	X	
Apple delight	X	X		X	X			X	X	
Chocolate duo	X	X			X			X	X	
Cappuccino cake	X	X			X			X		
Kids menu without side dishes										
Side of fries					X					
Side of honey										
Side of cherry sauce										
Crispy chicken breast fillets burger	X	X			X			X		X
Chicken drumstick and ribs combo					X	X		X	X	X
Roasted chicken leg					X					
Kool-Aid										
Chocolate milk	X				X					
Mini burger	X	X			X			X		
Penne with rosé sauce	X							X		
Chicken nuggets (5)								X		
Salad bar - Salads										
Iceberg lettuce										
Romaine lettuce										
Thai Asian salad with snow peas		X			X		X	X		
Coleslaw										
Nappa coleslaw					X		X	X		
Roasted cauliflower and tumeric salad										
Red cabbage and grilled Asian bavette salad					X		X	X		
Fennel and poppy salad										
Egg and pollock salad		X			X	X		X		
Green beans and shrimp salad with tarator sauce						X	X			
Kale and citrus salad		X			X					X
Chickpea salad										
Creamy potato salad		X								

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Piri-piri chicken and orzo salad		X			X			X		
Red quinoa salad										
Red quinoa and sweet potato salad										
Salad bar - "seasonal" salads (offered for a limited time)										
Homemade hummus (chipotle)							X			
Kale salad with apples and cranberries		X			X					X
Extra-fine green beans salad with olive tapenade and feta cheese	X								X	
Chickpea and roasted cauliflower salad										
Red quinoa salad (with carrots, yellow bets and cranberries)										
Wild rice and multicolored carrot salad										
Salad bar - Dressings										
Olive oil										
Dijon mustard dip	X	X							X	X
Balsamic vinager									X	
Balsamic dressing									X	X
Cesar dressing		X				X			X	X
Greek dressing	X									
Italian dressing										
Italian dressing light					X					
House dressing					X					X
Honey mustard dressing		X								X
Ranch dressing	X	X								
Salad bar - Vegetables										
Brocoli										
Carrots										
Celery										
Red cabbage										
Mushrooms										
Cucumbers										
Zuchini										
Edamame					X					

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Bean sprouts										
Red onions										
Red peppers										
Radish (4 radishes)										
Tomato										
Salad bar - Fruits										
Pineapple										
Cantaloupe										
Clementine										
Kiwi										
Mandarin										
Watermelon										
Honeydew										
Orange										
Pear										
Apple										
Prune										
Grapes										
Salad bar - Various										
Soda crackers					X			X		
Balsamic and maple marinated mushrooms									X	
Beef and bean chili										
Diced Chorizo	X									
Palm heart										
Pickles										X
Pita chips							X	X		
Nacho chips										
Cesar croutons	X						X	X		
Stuffed vine leaves					X					
Blue cheese	X									
Cheddar cheese	X									

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Cottage cheese 2%	X									
Nacho cheese	X				X			X		X
Parmesan cheese	X									
Guacamole										
Homemade hummus (without tahini)										
Homemade sundried tomato pesto hummus (with tahini)	X						X			
Marinated vegetable									X	
Seed mix					X					
Bacon bits					X					
Fried noodles		X						X		
Boiled egg		X								
Marinated red boiled egg		X							X	
Kalamata olives										
Black olives										
Green olives										
Pico de gallo										
Peperoncini pepper									X	
Tzatziki	X									
Salad bar - Proteins without side dishes										
Grilled chicken breast					X					X
Thai grilled chicken breast					X					X
Promotion Fall 2019										
Swiss cheese and ribs casserole (without side dish)	X				X	X		X	X	X
Chicken bacon macaroni and cheese	X	X			X			X		X
Chicken pot pie	X				X			X		X
Apple spring rolls	X				X			X		
Desserts										
Warm donuts (5)	X	X			X			X		
Decadent brownie	X	X			X			X		
Ice cream sundae	X				X					
Chocolate cake	X	X			X			X		

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Carrot cheesecake	X	X		X	X			X		
Chocolate-caramel molten cake	X	X			X			X		
Lemon pie	X	X			X			X		
Drinks										
Soda (Coke)										
Soda (Diet Coke)										
Vegetable juice										
Tomato juice										
Milk 2 %	X									
Orange juice										
Apple juice										
Banana orange smoothie	X									
Fruit and spinach smoothie				X						
Strawberry avocado smoothie	X			X						