

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 toher 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		
Super sharer (2 pers.)	X	X			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		
Chipotle Mayonnaise		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
Honey mustard		X								X
Piri-piri					X					
Pepper	X				X			X		
Tartar		X								X
Tomato (marinara)										
Sriracha					X					
Side dishes										
Fries					X					
Vegetables										
Grilled bread					X			X		
Baked potato										
Loaded baked potato	X									
Mashed potato	X				X					
Vegetable rice	X				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 vegetable 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
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

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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 chicken	X	X			X			X		X
Norwegian Cod "en papillote"						X				
Chicken Cacciatore and garlic linguine	X				X			X	X	X
Cedar plank salmon with vegetable rice	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		
Chicken avocado nanwich	X	X			X			X		X
Fried chicken waffle sandwich	X	X			X			X		
Chicken salad sandwich		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		

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General Tao poutine	X	X			X		X	X		
Lunch+ without side dishes										
Traditional chicken brochette					X					X
Traditional chicken brochette with vegetable rice	X				X					X
Half pound ribs					X	X		X	X	X
Grilled cheese gourmet	X				X			X		
Hot chicken with green peas and sauce					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		
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					

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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								
Piri-piri chicken and orzo salad		X			X			X		
Red quinoa salad										
Red quinoa and sweet potato 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

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Honey mustard dressing		X								X
Ranch dressing	X	X								

Salad bar - Vegetables

Brocoli
Carrots
Celery
Red cabbage
Mushrooms
Cucumbers
Zuchini
Edamame
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

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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									
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									

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Christmas promotion - 2020										
Roasted turkey meal	X	X			X			X	X	
Salted caramel mudpie	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		
Carrot cheesecake	X	X		X	X			X		
Chocolate-caramel molten cake	X	X			X			X		
Lemon pie	X	X			X			X		
Dutch apple pie	X	X						X		
Drinks										
Soda (Pepsi)										
Soda (Diet Pepsi)										
Vegetable juice										
Tomato juice										
Milk 2 %	X									
Orange juice										
Apple juice										