

Allergens

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

Menu	Milk	Eggs	Peanuts	Nuts	Soya	Fish, shellfish and crustaceans	Sesame	Wheat and other sources of gluten	Sulphites	Mustard
Appetizers (sauces not included)										
Chicken wings and vegetables										
Cheese sticks and raw vegetables	X				X			X		
Crispy chicken tenders	X	X			X			X		
Mini-burgers	X	X			X			X		
Onion rings					X			X		
Chicken noodle soup	X				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		
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
Honey and Mustard		X								X

Menu	Milk	Eggs	Peanuts	Nuts	Soya	Fish, shellfish and crustaceans	Sesame	Wheat and other sources of gluten	Sulfites	Mustard
Piri-piri					X					
Pepper	X				X			X		
Tartar		X								X
Tomato (marinara)										
Sriracha					X					
Sides										
French fries					X					
Vegetables										
Toasted bread					X			X		
Baked potato										
Baked potato (with toppings)	X									
Mashed potatoes	X				X					
Scores rice	X				X					
Coleslaw		X								X
From the Grill without sides										
Traditional chicken brochette					X					X
Traditional chicken brochette with vegetable rice	X				X					X
Chicken brochette "Quebecoise"					X	X		X	X	X
Quebec chicken brochette with vegetable rice	X				X	X		X	X	X
General Tao Chicken brochette					X		X	X		X
General Tao brochette with 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
Beef flank steak										
Beef flank steak with sautéed mushrooms, pepper sauce and vegetables	X				X			X		X
Chef's discoveries										
Chicken Fajitas					X			X		X
Chicken Fajitas with cheese, Pico de Gallo, guacamole and sour cream (1 person)	X				X			X		X
Vegetable Fajitas					X			X		
Vegetable Fajitas with cheese, Pico de Gallo, guacamole, sour cream (1 person)	X				X			X		
Fish & French fries					X	X		X		
Fish & French fries with tartar sauce		X			X	X		X		X
Linguini carbonara	X	X			X			X		X

Menu	Milk	Eggs	Peanuts	Nuts	Soya	Fish, shellfish and crustaceans	Sesame	Wheat and other sources of gluten	Sulfites	Mustard
Salmon on cedar plank <small>with rice</small>	X					X				
Guilty pleasures										
Chicken Poutine	X				X			X		
Classic Poutine	X				X			X		
General Tao Poutine	X	X			X		X	X		
Chicken tenders without sauce	X	X			X			X		
Roasted chicken <small>without sides</small>										
Quarter chicken (leg)					X					
Quarter chicken (breast)					X					
Portuguese chicken plate <small>with a grilled tortilla (without piri-piri sauce)</small>					X			X	X	
Combos and ribs <small>without sides</small>										
Ribs					X	X		X	X	X
Quarter leg and half rack ribs					X	X		X	X	X
Quarter breast and half rack ribs					X	X		X	X	X
Portuguese quarter leg and half ribs					X	X		X	X	X
Portuguese quarter breast and half ribs					X	X		X	X	X
Chicken tenders and half ribs	X	X			X	X		X	X	X
Burgers and Sandwiches <small>without sides</small>										
Club sandwich	X				X			X		
Club sandwich <small>with mayonnaise</small>	X	X			X			X		
Chicken and avocado nanwich	X	X			X			X		X
Hot chicken <small>with green peas and sauce</small>					X			X		
Beyond Meat burger	X				X		X	X	X	
Crispy chicken breast burger	X	X			X			X		
Meat Lover's Burger	X	X			X			X		X
Meal Salads										
Caesar salad with chicken leg	X	X			X	X		X	X	X
Caesar salad with chicken breast	X	X			X	X		X	X	X
Caesar salad with salmon	X	X			X	X		X	X	X
Oriental salad with beef flank steak		X			X		X	X		X
Oriental salad with chicken leg		X			X		X	X		X
Piri-piri salad with chicken leg		X			X				X	X
Piri-piri salad with chicken tenders	X	X			X			X		X

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Piri-piri salad with chicken breast		X			X				X	X
Lunch+ without sides										
Traditional chicken brochette					X					X
Traditional chicken brochette with rice	X				X					X
Half rack ribs					X	X		X	X	X
Hot chicken with green peas and sauce					X			X		
Linguini carbonara	X	X			X			X		X
Chicken Tenders	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 Caesar wrap	X	X			X	X		X	X	X
Desserts lunch										
Carrot cake	X	X			X			X		
Lemon-Lime Crisp	X	X			X			X	X	
Yogurt and Fruit Crisp	X	X			X			X	X	
Apple cake	X	X		X	X			X	X	
Chocolate Duo	X	X			X			X	X	
Cappuccino Cake	X	X			X			X		
Kids menu without sides										
Side of french fries					X					
Side of honey										
Side of cherry sauce										
Celebration Cookies	X				X			X		
Chicken Tender Burger	X	X			X			X		X
Chicken drumstick and rib combo					X	X		X	X	X
Roasted Chicken Leg					X					
Kool-Aid										
Chocolate Milk	X				X					
Mac & Cheese	X	X			X			X		X
Mini Burger	X	X			X			X		
Mini grilled cheese	X						X	X		
Mini pogo	X				X			X		
Penne with rosé sauce	X							X		

Menu	Milk	Eggs	Peanuts	Nuts	Soya	Fish, shellfish and crustaceans	Sesame	Wheat and other sources of gluten	Sulfites	Mustard
Chicken nuggets								X		
Salad bar - Salads										
Iceberg lettuce										
Romaine lettuce										
Asian Thai salad with snow peas		X			X		X	X		
Coleslaw										
Nappa Cabbage Salad					X		X	X		
Roasted Cauliflower and Turmeric Salad										
Red cabbage salad with grilled Asian flank steak					X		X	X		
Fennel and poppy seed salad										
Pollock and egg salad		X			X	X		X		
Green bean and shrimp salad with tarator sauce						X	X			
Kale and citrus salad		X			X					X
Chickpea salad										
Creamy potato salad		X								
Chicken piri-piri and orzo salad		X			X			X		
Red quinoa salad										
Red quinoa and sweet potato salad										
Salad bar - Dressings										
Olive oil										
Dijon dip	X	X							X	X
Balsamic vinegar									X	
Balsamic dressing									X	X
Caesar dressing		X				X		X	X	X
Greek dressing	X									
Italian dressing										
Light Italian dressing					X					
Homemade dressing					X					X
Honey & Mustard Dressing		X								X
Ranch Dressing	X	X								
Salad bar - Vegetables										
Broccoli										
Carrot										

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Celery										
Red cabbage										
Mushroom										
Cucumber										
Zucchini										
Edaname					X					
Sprouted beans										
Red onion										
Red bell pepper										
Radish										
Tomato										
Salad bar - Fruits										
Pineapple										
Cantaloupe										
Clementine										
Kiwi										
Mandarin orange										
Watermelon										
Honeydew Melon										
Orange										
Pear										
Apple										
Plum										
Grapes										
Salad bar - Various										
Soda crackers					X			X		
Balsamic and Maple Marinated Mushrooms									X	
Beef and Bean Chili										
Diced Chorizo	X									
Heart of Palm										
Pickles										X
Pita chips							X	X		
Nacho chips										

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Caesar Croutons	X						X	X		
Stuffed grape leaves					X					
Blue cheese	X									
Cheddar cheese	X									
2% cottage cheese	X									
Nacho cheese	X				X			X		X
Parmesan cheese	X									
Guacamole										
Homemade hummus (without tahini)										
Homemade hummus with sun-dried tomato pesto (with tahini)	X						X			
Pickled vegetables									X	
Mixed seeds					X					
Bacon bits					X					
Fried noodles		X						X		
Cooked egg		X								
Red marinated cooked egg		X							X	
Kalamata olives										
Black olives										
Green olives										
Pico de gallo										
Pepperoncini peppers									X	
Tzatziki	X									
Fall promo 2021										
Tao Chicken Tender Ribs Burger	X	X			X	X	X	X	X	X
Tao Ribs Burger		X			X	X	X	X	X	X
Tao Sauce Ribs Poutine	X				X	X	X	X	X	X
Tao Sauce Ribs Tacos		X			X	X	X	X	X	X
Desserts										
Hot doughnuts	X	X			X			X		
Decadent Brownie	X	X			X			X		
Fried ice cream	X	X								
Chocolate cake	X	X			X			X		
Carrot Cheesecake	X	X		X	X			X		

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Chocolate caramel fondant cake	X	X			X			X		
Chômeur Pudding	X	X						X		
Drinks										
Soft drink (Pepsi)										
Soft drink (Diet Pepsi)										
Vegetable juice										
Tomato juice										
Milk 2%	X									
Orange juice										
Apple juice										