



ALLERGY GUIDE

	Eggs	Milk	Mustard	Peanuts	Seafood (fish, crustaceans & shellfish)	Sesame	Soy	Soybean oil	Sulphites	Tree Nuts	Wheat & other gluten sources
2 PIECE FISH (Only) *tartar sauce contains eggs, mustard & soybean oil					YES						YES
APPLE PIE *ice cream may contain traces of peanuts		YES		TRACE			YES			TRACE	YES
AVOCADO IMPOSSIBLE™ BURGER *gluten-friendly without the bun	YES	YES	YES			TRACE	YES		YES		YES
BABY BACK RIBS (Only, no sauce)											
Sauce - BULLEIT™ BOURBON BBQ SAUCE			YES				YES	YES			
BACON CHEDDAR BIGGER BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
CHARRED TOMATO & GARLIC PRAWN SPAGHETTI (without bread) *gluten-friendly with GF pasta		YES			YES				YES		YES
BC CHICKEN BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
BC SUNNY START (Only)	YES	YES	YES			TRACE	YES	YES	YES		YES
BUTTERMILK CHICKEN (Add on to wrap or salads)	TRACE	YES					TRACE		TRACE		YES
BUTTERMILK CHICKEN COBB SALAD	YES	YES	YES			TRACE	YES	YES	TRACE		YES
CAESAR SALAD *gluten friendly without croutons	YES	YES	YES		YES			YES	YES		YES
BIG DENVER OMLETTE (no toast) *back bacon may contain traces of wheat	YES	YES					YES				YES
CHEESESTEAK HASH (no toast)	YES	YES					YES		YES		
CHEESY BACON PEROGIES	YES	YES	YES				YES				YES

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CHICKEN BROCCOLI & CHEESE (Only)	YES	YES					YES		YES		YES
CHICKEN CAESAR WRAP (Only)	YES	YES	YES		YES			YES	YES		YES
CHICKEN & MUSHROOM FETTUCCINE ALFREDO (without bread) *gluten-friendly with GF pasta		YES						YES	YES		YES
CHICKEN WINGS (Salt & Pepper or Hot Sauce)							YES				
COLESLAW *contains sunflower seeds	YES		YES					YES			
CLASSIC EGGS BENEDICT	YES	YES				TRACE	YES		YES		YES
CRISPY COCONUT PRAWNS									YES		YES
CRISPY HUMBOLDT SQUID		YES			YES						YES
CRISPY DRY RIBS							YES				TRACE
DIPPIN' CHICKEN	TRACE	TRACE					YES	YES	TRACE		YES
DOUBLE DOUBLE (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
EGG WHITES	YES										
ENGLISH MUFFIN		TRACE					TRACE		TRACE		YES
FARRO POWER SALAD *gluten-friendly without farro	YES	YES	YES						YES	YES	YES
FRENCH FRIES *There may be trace amounts of gluten in deep fried items.									YES		

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GARLIC CIABATTA BREAD		YES									YES
GRAVY - BEEF							YES				
GRUYERE & MUSHROOM VEGGIE BURGER (Only)	YES	YES	TRACE			TRACE	YES		TRACE		YES
LEGENDARY BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
MASHED POTATOES		YES									
MILKSHAKE - BLUEBERRY		YES		TRACE			YES			TRACE	
MILKSHAKE - CHOCOLATE		YES		TRACE			YES			TRACE	
MILKSHAKE - STRAWBERRY		YES		TRACE			YES			TRACE	
MILKSHAKE - SALTED CARAMEL	YES	YES		TRACE			YES		YES	TRACE	YES
MILKSHAKE - PUMPKIN PIE	YES	YES		TRACE			YES			TRACE	YES
MILKSHAKE - VANILLA		YES		TRACE			YES			TRACE	
MONTY MUSHROOM BIGGER BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
MUSHROOM GRUYERE FLATBREAD	TRACE	YES				TRACE	TRACE				YES
NAAN BREAD	TRACE	TRACE				TRACE	TRACE				YES
NAT'S HEARTY TOAST (with white toast)	YES	TRACE				TRACE	TRACE		TRACE		YES
NAT'S ORIGINAL BEEF DIP		YES					YES	TRACE	YES		YES

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NAT'S LOADED BEEF DIP		YES					YES	TRACE	YES		YES
NEW YORK STEAK DINNER		YES						YES		YES	
NEW YORK STEAK FRITES		YES	YES				YES	YES	YES		
Add On - GARLIC MUSHROOMS		YES						YES			
OATMEAL & APPLE BRAISED FARRO											YES
ONION RINGS *zoo dip contains egg, mustard, milk & soybean oil		YES									YES
PINEAPPLE SAMBAL CHICKEN BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			YES	YES	YES	YES		YES
POUTINE - ORIGINAL *there may be trace amounts of gluten in deep fried items		YES					YES		YES		
PUMPKIN PIE	YES	YES									YES
SALTED CARAMEL BROWNIE *ice cream may contain traces of peanuts	YES	YES		TRACE			YES			TRACE	YES
SEAFOOD FETTUCCINE (without bread) *gluten-friendly with GF pasta		YES			YES			YES			YES
SIDE OF BACON											
SIDE OF BACK BACON		TRACE					YES				TRACE
SIDE OF SAUSAGE											YES
SMASHBROWNS *There may be trace amounts of gluten in deep fried items.											
SOUP - AUTUMN LENTIL *contains chicken		YES									

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SOUP - BUTTERNUT SQUASH *vegetarian		YES					YES		YES		YES
SOUP - CHICKEN COCONUT CURRY		YES									
SOUP - CHICKEN NOODLE	YES						YES				YES
SOUP - CLAM CHOWDER *contains bacon		YES			YES		YES		YES		YES
SOUP - CREAM OF TOMATO BASIL *vegetarian		YES					YES				
SOUP - BISTRO MUSHROOM *contains chicken		YES									YES
SOUP - ROASTED CORN TORTILLA *contains chicken		YES					YES				
SOUP - RUSTIC POTATO *contains bacon		YES					YES				YES
SOUP - SPICY TOMATO LENTIL *vegan									YES		
SOUP - SWISS BROCCOLI BISQUE *contains chicken		YES					YES				YES
SOUP - VEGGIE BEEF		YES					YES				YES
SPAGHETTI BOLOGNESE (without bread) *gluten friendly with GF pasta	YES	YES							YES		YES
SPOT'S ZOO STICKS *contains chickpea flour *zoo dip contains egg, mustard, milk & soybean oil											YES
SWEET POTATO FRIES *chipotle mayo contains egg, mustard & soybean oil *There may be trace amount of gluten in deep fried items											

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SOUTHWEST CHICKEN QUESADILLA (Only)	YES	YES	YES					YES			YES
TERIYAKI CHICKEN DONBURI BOWL						YES	YES	YES	YES		
THE SPOT'S SALAD			YES						YES	YES	
TRADITIONAL TURKEY DINNER *gluten-friendly without stuffing	YES	YES					YES		YES		YES
TOAST - WHITE	TRACE	TRACE				TRACE	TRACE		TRACE		YES
TOAST - SOURDOUGH	TRACE	TRACE				TRACE	TRACE		TRACE		YES
TOAST - MULTIGRAIN	TRACE	TRACE				YES	YES		TRACE		YES
TOASTED SHRIMP SANDWICH (Only, on white)	YES	TRACE	YES		YES	TRACE	YES	YES	TRACE		YES
TURKEY & AVOCADO BREAKFAST WRAP	YES	YES	YES					YES			YES
WEST COAST SALMON BURGER (Only) *gluten-friendly without the bun	YES	YES	YES		YES	TRACE	YES	YES	YES		YES
WHITE SPOT BERRY CHEESECAKE	YES	YES				TRACE	YES		YES	TRACE	YES
WHITE SPOT CLUB (Only, on white)	YES	TRACE	YES			TRACE	YES	YES	TRACE		YES

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PIRATE PAKS

FOOD ALLERGY & SENSITIVITY INFORMATION

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PANCAKES	YES	YES									YES
WAFFLE	YES	YES									YES
SAUSAGE											YES
BACON											
FRUIT SALAD											
TOAST – white bread	TRACE	TRACE				TRACE	TRACE		TRACE		YES
TOAST – multigrain bread	TRACE	TRACE				YES	YES		TRACE		YES
TOAST – sourdough bread	TRACE	TRACE				TRACE	TRACE		TRACE	TRACE	YES
GRILLED CHEESE	TRACE	YES				TRACE	YES		TRACE	TRACE	YES
FISH					YES						YES
CHICKEN STRIPS	TRACE	TRACE					YES	YES	TRACE		YES
HAMBURGER	YES	YES	YES			TRACE	YES	YES	YES		YES
MACARONI & CHEESE		YES					YES				YES
PASTA	YES	YES						YES	YES		YES
FRIES									YES		
SWEET POTATO FRIES											
GRAPES											
APPLE SLICES											
BROCCOLI OR CARROTS, STEAMED WITH BUTTER		YES									
VEGGIES WITH ZOODIP	YES	YES	YES					YES			
CAESAR SALAD	YES	YES	YES		YES			YES	YES		YES
TOSSED SALAD	YES	YES	YES					YES		YES	
VANILLA BEAN ICE CREAM		YES		TRACE			YES			TRACE	
CHOCOLATE ICE CREAM		YES		TRACE			YES			TRACE	
STRAWBERRY ICE CREAM		YES		TRACE			YES			TRACE	
CHOCOLATE GOLD COIN		YES					YES				

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