

### Nutrition and Allergen Information

| STARTERS                                  | Nutrition Information |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      | Allergen Information |           |      |      |                      |     |     |        |                |         |          |  |  |
|---|-----------------------|--------|-----|------|---------------|-----------|-----------------------|---------------|-------|-------|--------|---------|--------|--------|---------|------|----------------------|-----------|------|------|----------------------|-----|-----|--------|----------------|---------|----------|--|--|
|   | Serving Size          | Energy | Fat | Fat  | Saturated Fat | Trans Fat | Saturated & Trans Fat | Carbohydrates | Fibre | Fibre | Sugars | Protein | Sodium | Sodium | Calcium | Iron | Peanuts              | Tree Nuts | Milk | Fish | Crustacean/Shellfish | Egg | Soy | Sesame | Wheat (gluten) | Mustard | Suphites |  |  |
| WARM SPINACH AND ARTICHOKE DIP            | g/ml                  | Cals   | g   | % DV | g             | g         | % DV                  | g             | g     | % DV  | g      | g       | mg     | % DV   | % DV    | % DV |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| SIGNATURE BLARNEY CHIPS                   | 386 g                 | 978    | 65  | 87   | 26            | 1.5       | 138                   | 75            | 9     | 32    | 7      | 21      | 2130   | 93     | 35      | 14   |                      |           | x    |      |                      |     |     |        | x              | x       |          |  |  |
| Beer Battered Shrimp                      | 761 g                 | 1280   | 70  | 93   | 22            | 1.5       | 118                   | 141           | 13    | 46    | 13     | 20      | 3830   | 167    | 19      | 14   |                      |           | x    | x    |                      |     | x   |        | x              | x       | x        |  |  |
| DRY RIBS                                  | 352 g                 | 490    | 22  | 34   | 2.5           | 1         | 13                    | 98            | 2     | 8     | 13     | 25      | 2360   | 98     | 20      | 30   |                      |           |      | x    |                      |     |     |        | x              | x       | x        |  |  |
| CRISPY CALAMARI                           | 300                   | 1320   | 42  | 48   | 12            | 62        | 0.4                   | 8             | 0     | 0     | 2      | 54      | 1240   | 54     | 8       | 12   |                      |           | x    | x    |                      |     | x   |        | x              | x       | x        |  |  |
| NACHOS                                    | 419 g                 | 690    | 13  | 17   | 2             | 0         | 26                    | 98            | 4     | 14    | 26     | 44      | 2360   | 103    | 13      | 39   |                      |           | x    |      | x                    |     |     | x      | x              |         |          |  |  |
| ADD TACO BEEF                             | 221 g                 | 1530   | 41  | 55   | 18            | 1         | 95                    | 55            | 5     | 18    | 3      | 26      | 1460   | 63     | 50      | 7    |                      |           | x    |      |                      |     |     |        | x              | x       | x        |  |  |
| ADD CAJUN CHICKEN                         | 170 g                 | 239    | 28  | 37   | 8             | 1         | 45                    | 10            | 1     | 4     | 2      | 22      | 690    | 30     | 2       | 17   |                      |           | x    |      |                      |     |     |        | x              | x       |          |  |  |
| ADD GUACAMOLE                             | 155 g                 | 210    | 15  | 20   | 1.5           | 0         | 8                     | 0             | 0     | 0     | 0      | 27      | 790    | 34     | 1       | 6    |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| ADD EXTRA CHEESE                          | 44 mL                 | 200    | 6   | 9    | 1             | 0         | 5                     | 5             | 3     | 11    | 0      | 2       | 200    | 9      | 0       | 0    |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| MINI YORKIES                              | 57 g                  | 240    | 17  | 23   | 11            | 0.5       | 58                    | 0             | 0     | 0     | 0      | 15      | 460    | 20     | 31      | 0    |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| CAULIFLOWER WINGS                         | 230 g                 | 365    | 14  | 19   | 4             | 0.1       | 21                    | 39            | 3     | 11    | 5      | 14      | 760    | 33     | 8       | 13   |                      |           |      |      |                      | x   |     |        | x              | x       | x        |  |  |
| CHICKEN QUESADILLAS                       | 309 g                 | 780    | 49  | 65   | 2             | 0.3       | 12                    | 99            | 7     | 25    | 15     | 8       | 2220   | 97     | 1       | 17   |                      |           | x    | x    |                      |     |     |        | x              | x       | x        |  |  |
| JAMESON HONEY GARLIC BITES                | 652 g                 | 1055   | 32  | 49   | 7             | 0.5       | 38                    | 15            | 24    | 5     | 5      | 23      | 1200   | 50     | 20      | 10   |                      |           |      |      | x                    |     |     |        | x              | x       | x        |  |  |
| TRIPLE D PICKLES                          | 353 g                 | 880    | 3   | 60   | 4             | 0.3       | 22                    | 90            | 4     | 16    | 48     | 46      | 1910   | 80     | 6       | 25   |                      |           | x    | x    |                      |     | x   |        | x              | x       | x        |  |  |
| FRENCH ONION SOUP BOWL                    | 220 g                 | 460    | 1.4 | 30   | 0.9           | 0.1       | 0.9                   | 40            | 1.2   | 4     | 3      | 4       | 1600   | 75     | 60      | 3    |                      |           |      |      |                      |     |     |        | x              | x       | x        |  |  |
| FRENCH ONION SOUP CUP                     | 598 g                 | 870    | 29  | 39   | 12            | 0.1       | 61                    | 55            | 5     | 18    | 8      | 26      | 2270   | 99     | 54      | 17   |                      |           | x    |      |                      |     |     |        | x              | x       | x        |  |  |
| CHICKEN WINGS- BUFF 10                    | 312 g                 | 330    | 14  | 19   | 6             | 0         | 30                    | 34            | 3     | 11    | 4      | 14      | 1190   | 52     | 27      | 11   |                      |           | x    |      |                      |     |     |        | x              | x       | x        |  |  |
| CHICKEN WINGS- BUFF 15                    | 416 g                 | 1160   | 67  | 89   | 14            | 0.4       | 72                    | 11            | 4     | 14    | 0      | 130     | 1120   | 49     | 4       | 17   |                      |           |      |      |                      |     |     |        | x              | x       | x        |  |  |
| CHICKEN WINGS- DUSTED 10                  | 832 g                 | 2310   | 134 | 179  | 28            | 0.5       | 143                   | 22            | 7     | 25    | 0      | 260     | 2250   | 98     | 8       | 33   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| CHICKEN WINGS- DUSTED 15                  | 390 g                 | 1300   | 80  | 107  | 14            | 0.5       | 73                    | 55            | 4     | 14    | 0      | 90      | 700    | 30     | 3       | 36   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| CHOICE OF: RANCH DRESSING                 | 780 g                 | 2590   | 161 | 215  | 29            | 1         | 150                   | 111           | 9     | 32    | 0      | 181     | 1400   | 61     | 6       | 75   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| CHOICE OF: BLUE CHEESE DRESSING           | 44 mL                 | 180    | 19  | 29   | 0             | 0         | 0                     | 3             | 0     | 0     | 0      | 1       | 380    | 17     | 0       | 2    |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| -MILD                                     | 44 mL                 | 150    | 15  | 20   | 3             | 0.3       | 17                    | 3             | 0     | 0     | 0      | 1       | 380    | 17     | 0       | 0    |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| -BUFFALO MEDIUM                           | 60 mL                 | 120    | 2.5 | 3    | 0.2           | 0         | 1                     | 25            | 1     | 4     | 23     | 1       | 670    | 29     | 1       | 2    |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| HOT                                       | 60 mL                 | 170    | 18  | 24   | 10            | 0.4       | 52                    | 1             | 1     | 4     | 0      | 1       | 1460   | 63     | 0       | 0    |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| -SALT & PEPPER                            | 60 mL                 | 15     | 0.3 | 1    | 0.1           | 0         | 1                     | 2             | 1     | 4     | 0      | 1       | 2420   | 105    | 0       | 0    |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| CAJUN SEASONING                           | 5 g                   | 3      | 0   | 0    | 0             | 0         | 1                     | 0             | 0     | 0     | 0      | 0       | 1520   | 66     | 1       | 1    |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| CAJUN SEASONING                           | 5 g                   | 20     | 0.5 | 1    | 0.5           | 0         | 3                     | 3             | 0     | 0     | 1      | 0.3     | 360    | 16     | 1       | 2    |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| HANDHELDS ARE ALL SERVED WITH SIDE CHOICE | Nutrition Information |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      | Allergen Information |           |      |      |                      |     |     |        |                |         |          |  |  |
| of side, side is not included             | Serving Size          | Energy | Fat | Fat  | Saturated Fat | Trans Fat | Saturated & Trans Fat | Carbohydrates | Fibre | Fibre | Sugars | Protein | Sodium | Sodium | Calcium | Iron | Peanuts              | Tree Nuts | Milk | Fish | Crustacean/Shellfish | Egg | Soy | Sesame | Wheat (gluten) | Mustard | Suphites |  |  |
| FISH TACOS                                | g/ml                  | Cals   | g   | % DV | g             | g         | % DV                  | g             | g     | % DV  | g      | g       | mg     | % DV   | % DV    | % DV |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| VEGGIE FISH TACOS                         | 365 g                 | 645    | 29  | 39   | 3.5           | 0.2       | 19                    | 78            | 7     | 25    | 15     | 27      | 1370   | 60     | 13      | 28   |                      |           | x    | x    |                      |     |     |        |                |         |          |  |  |
| CHICKEN BACON SANDWICH                    | 390 g                 | 760    | 31  | 41   | 2.5           | 0.1       | 13                    | 78            | 7     | 25    | 6      | 34      | 1740   | 76     | 13      | 33   |                      |           |      |      |                      | x   |     |        | x              | x       | x        |  |  |
| STACKED FRIED CHICKEN SANDWICH            | 409 g                 | 1020   | 40  | 53   | 13            | 0.4       | 67                    | 65            | 4     | 14    | 6      | 49      | 2910   | 127    | 23      | 28   |                      |           | x    | x    |                      |     |     |        | x              | x       | x        |  |  |
| MONTREAL SMOKED MEAT SANDWICH             | 435 g                 | 1100   | 60  | 80   | 10            | 0.2       | 51                    | 1100          | 5     | 18    | 18     | 52      | 2570   | 112    | 8       | 44   |                      |           | x    | x    |                      |     |     |        | x              | x       | x        |  |  |
| ADD ONS:                                  | 672 g                 | 1366   | 56  | 75   | 24            | 1         | 125                   | 71            | 6     | 21    | 8      | 48      | 3680   | 160    | 38      | 31   |                      |           | x    | x    |                      |     |     |        | x              | x       | x        |  |  |
| - PROVOLONE CHEESE                        | 28 g                  | 100    | 8   | 11   | 5             | 0         | 25                    | 1             | 0     | 0     | 0      | 7       | 250    | 11     | 17      | 1    |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| - MUSHROOMS                               | 69 g                  | 90     | 9   | 12   | 3.5           | 0.1       | 18                    | 2             | 1     | 4     | 1      | 2       | 610    | 27     | 0       | 2    |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| - RED WINE BRAISED ONIONS                 | 28.3 g                | 25     | 1.5 | 2    | 0.1           | 0         | 1                     | 2             | 0     | 0     | 1      | 0.4     | 140    | 6      | 1       | 1    |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| SALADS & POUTINES                         | Nutrition Information |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      | Allergen Information |           |      |      |                      |     |     |        |                |         |          |  |  |
| THE SHEPHERDS FRY                         | Serving Size          | Energy | Fat | Fat  | Saturated Fat | Trans Fat | Saturated & Trans Fat | Carbohydrates | Fibre | Fibre | Sugars | Protein | Sodium | Sodium | Calcium | Iron | Peanuts              | Tree Nuts | Milk | Fish | Crustacean/Shellfish | Egg | Soy | Sesame | Wheat (gluten) | Mustard | Suphites |  |  |
| THE ROCKIN REU-TINE                       | g/ml                  | Cals   | g   | % DV | g             | g         | % DV                  | g             | g     | % DV  | g      | g       | mg     | % DV   | % DV    | % DV |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| THE GREAT CANADIAN                        | 700 g                 | 1316   | 59  | 79   | 24            | 1.5       | 128                   | 99            | 11    | 39    | 1      | 82      | 2470   | 107    | 77      | 17   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| COBB SALAD                                | 560 g                 | 1464   | 62  | 83   | 25            | 1.8       | 135                   | 105           | 11    | 39    | 3      | 79      | 2800   | 120    | 77      | 22   |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| CHICKEN CAESAR SALAD WITH CHICKEN         | 574                   | 1070   | 59  | 72   | 24            | 1.3       | 118                   | 99            | 11    | 39    | 1      | 42      | 2470   | 107    | 77      | 17   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| VEGGIE POKE BOWL                          | 484 g                 | 720    | 46  | 61   | 15            | 0.5       | 78                    | 14            | 3     | 11    | 10     | 58      | 2630   | 114    | 27      | 19   |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| TUNA POKE BOWL                            | 391 g                 | 875    | 37  | 49   | 12            | 0.5       | 63                    | 12            | 2     | 7     | 4      | 49      | 1690   | 73     | 31      | 19   |                      |           |      | x    |                      |     |     |        |                |         |          |  |  |
| CAJUN SALMON BOWL                         | 582 g                 | 870    | 50  | 65   | 7             | 0         | 35                    | 76            | 7     | 25    | 12     | 20      | 1800   | 85     | 13      | 22   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| ADD ONS:                                  | 582 g                 | 907    | 60  | 80   | 7             | 0         | 35                    | 76            | 7     | 25    | 12     | 34      | 1600   | 72     | 13      | 22   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| GRILLED CHICKEN BREAST                    | 542 g                 | 923    | 40  | 53   | 7             | 0.1       | 36                    | 75            | 11    | 39    | 4      | 43      | 2350   | 102    | 10      | 17   |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| ATLANTIC SALMON                           | 121 g                 | 200    | 9   | 12   | 1             | 0         | 5                     | 0             | 0     | 0     | 0      | 29      | 1220   | 53     | 1       | 3    |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| GRILLED VEGAN CUTLET                      | 157 g                 | 370    | 24  | 32   | 3             | 0         | 15                    | 0             | 0     | 0     | 0      | 36      | 690    | 30     | 2       | 8    |                      |           | x    |      |                      |     |     |        |                |         |          |  |  |
| 7 OZ GRILLED STEAK                        | 111 g                 | 150    | 5   | 7    | 0             | 0         | 0                     | 5             | 2     | 7     | 0      | 22      | 1140   | 50     | 4       | 13   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| IRISH FAVES                               | Nutrition Information |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      | Allergen Information |           |      |      |                      |     |     |        |                |         |          |  |  |
| Signature Pies                            | Serving Size          | Energy | Fat | Fat  | Saturated Fat | Trans Fat | Saturated & Trans Fat | Carbohydrates | Fibre | Fibre | Sugars | Protein | Sodium | Sodium | Calcium | Iron | Peanuts              | Tree Nuts | Milk | Fish | Crustacean/Shellfish | Egg | Soy | Sesame | Wheat (gluten) | Mustard | Suphites |  |  |
| SHEPHERD'S PIE                            | g/ml                  | Cals   | g   | % DV | g             | g         | % DV                  | g             | g     | % DV  | g      | g       | mg     | % DV   | % DV    | % DV |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| GUINNESS STEAK AND MUSHROOM BOWL          | 758 g                 | 1250   | 18  | 24   | 8             | 0.5       | 43                    | 42            | 3     | 11    | 3      | 25      | 1320   | 57     | 4       | 13   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| CORNEED BEEF & CABBIE                     | 510 g                 | 540    | 27  | 36   | 11            | 0.3       | 57                    | 48            | 5     | 18    | 6      | 24      | 1640   | 71     | 6       | 17   |                      |           |      |      |                      |     |     |        |                |         |          |  |  |
| MAINS                                     | Nutrition Information |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      | Allergen Information |           |      |      |                      |     |     |        |                |         |          |  |  |
| FISH & CH                                 |                       |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      |                      |           |      |      |                      |     |     |        |                |         |          |  |  |

|   |        |      |    |     |    |     |     |    |   |    |    |    |      |     |    |    |   |   |  |   |   |  |   |   |   |
|---|--------|------|----|-----|----|-----|-----|----|---|----|----|----|------|-----|----|----|---|---|--|---|---|--|---|---|---|
| PUBS BACON CHEESEBURGER                 | 388 g  | 1310 | 79 | 105 | 30 | 2   | 160 | 44 | 2 | 7  | 10 | 62 | 2650 | 115 | 15 | 42 | x | x |  | x | x |  | x | x | x |
| CARMALIZED ONION & MUSHROOM MELT BURGER | 490 g  | 1260 | 29 | 130 | 29 | 2   | 150 | 55 | 5 | 14 | 7  | 47 | 1600 | 157 | 12 | 47 | x | x |  | x | x |  | x | x | x |
| FIONN'S CHEESY-BURGER                   | 435 g  | 1000 | 68 | 91  | 21 | 2   | 115 | 61 | 3 | 11 | 15 | 37 | 2730 | 119 | 27 | 39 | x | x |  | x | x |  | x | x | x |
| STRAIGHT UP BURGER                      | 432 g  | 900  | 49 | 65  | 19 | 1.5 | 103 | 52 | 4 | 14 | 10 | 65 | 2250 | 98  | 8  | 44 | x | x |  | x | x |  | x | x | x |
| HOLD THE MEAT BURGER                    | 345 g  | 610  | 29 | 39  | 6  | 0.2 | 31  | 62 | 8 | 29 | 11 | 28 | 2640 | 115 | 10 | 42 | x | x |  | x | x |  | x | x | x |
| ADD ONS:                                |        |      |    |     |    |     |     |    |   |    |    |    |      |     |    |    |   |   |  |   |   |  |   |   |   |
| CHEDDAR CHEESE                          | 28.3 g | 100  | 8  | 11  | 6  | 0.3 | 32  | 0  | 0 | 0  | 0  | 8  | 230  | 10  | 15 | 0  |   | x |  |   |   |  |   |   |   |
| DOUBLE SMOKED BACON                     | 45 g   | 240  | 21 | 32  | 8  | 0.1 | 41  | 2  | 0 | 0  | 1  | 12 | 810  | 35  | 1  | 2  |   |   |  |   |   |  |   |   |   |
| HALF AVOCADO                            | 101 g  | 160  | 15 | 20  | 2  | 0   | 10  | 9  | 7 | 25 | 1  | 2  | 5    | 1   | 1  | 3  |   |   |  |   |   |  |   |   |   |
| GUACAMOLE                               | 44 mL  | 90   | 6  | 8   | 1  | 0   | 5   | 5  | 3 | 11 | 0  | 2  | 200  | 9   | 0  | 0  |   |   |  |   |   |  |   |   |   |

| SIDES                           | Serving Size | Energy | Fat | Fat  | Saturated Fat | Trans Fat | Saturated & Trans Fat | Carbohydrates | Fibre | Fibre | Sugars | Protein | Sodium | Sodium | Calcium | Iron | Allergen Information |           |      |      |                      |     |     |        |                |         |
|---------------------------------|--------------|--------|-----|------|---------------|-----------|-----------------------|---------------|-------|-------|--------|---------|--------|--------|---------|------|----------------------|-----------|------|------|----------------------|-----|-----|--------|----------------|---------|
|                                 |              |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      | Peanuts              | Tree Nuts | Milk | Fish | Crustacean/Shellfish | Egg | Soy | Sesame | Wheat (gluten) | Mustard |
|                                 | g/ml         | Cals   | g   | % DV | g             | g         | % DV                  | g             | g     | % DV  | g      | g       | mg     | % DV   | % DV    | % DV |                      |           |      |      |                      |     |     |        |                |         |
| FRIES                           | 170 g        | 460    | 26  | 35   | 2.5           | 0.2       | 14                    | 53            | 6     | 21    | 0      | 6       | 35     | 2      | 2       | 7    |                      |           |      |      |                      |     |     |        |                |         |
| TORTILLA CHIPS WITH GUACAMOLE   | 101 g        | 370    | 18  | 24   | 2             | 0.1       | 11                    | 44            | 6     | 21    | 1      | 5       | 290    | 13     | 4       | 4    |                      |           |      |      |                      |     |     |        |                |         |
| HOUSE SALAD                     | 150 g        | 150    | 13  | 17   | 1             | 0.1       | 6                     | 7             | 2     | 7     | 3      | 2       | 240    | 10     | 6       | 8    |                      |           |      |      |                      |     |     |        |                |         |
| CAESAR SALAD                    | 133 g        | 370    | 16  | 21   | 8             | 0.5       | 43                    | 6             | 1     | 4     | 2      | 15      | 660    | 29     | 27      | 8    |                      |           |      |      |                      |     |     |        |                |         |
| MASHED POTATOES WITH GRAVY      | 279 g        | 270    | 13  | 17   | 7             | 0.3       | 37                    | 37            | 3     | 11    | 3      | 4       | 1130   | 49     | 4       | 4    |                      |           |      |      |                      |     |     |        |                |         |
| SEASONAL VEG                    | 71 g         | 25     | 0.4 | 1    | 0             | 0         | 0                     | 2             | 2     | 7     | 0      | 3       | 40     | 2      | 6       | 6    |                      |           |      |      |                      |     |     |        |                |         |
| CHIPPERS WITH CHIPOTLE MAYO DIP | 336 g        | 680    | 35  | 47   | 3.5           | 0.3       | 19                    | 84            | 8     | 29    | 3      | 7       | 2560   | 111    | 4       | 17   |                      |           |      |      |                      |     |     |        |                |         |
| POUTINE                         | 291 g        | 710    | 44  | 59   | 13            | 1         | 70                    | 61            | 8     | 29    | 0      | 21      | 1580   | 69     | 38      | 8    |                      |           |      |      |                      |     |     |        |                |         |
| SWEET POTATO FRIES              | 219 g        | 480    | 24  | 32   | 3.5           | 0.2       | 19                    | 63            | 5     | 18    | 18     | 3       | 2100   | 91     | 6       | 10   |                      |           |      |      |                      |     |     |        |                |         |

| KIDS                          | Serving Size | Energy | Fat | Fat  | Saturated Fat | Trans Fat | Saturated & Trans Fat | Carbohydrates | Fibre | Fibre | Sugars | Protein | Sodium | Sodium | Calcium | Iron | Allergen Information |           |      |      |                      |     |     |        |                |         |
|-------------------------------|--------------|--------|-----|------|---------------|-----------|-----------------------|---------------|-------|-------|--------|---------|--------|--------|---------|------|----------------------|-----------|------|------|----------------------|-----|-----|--------|----------------|---------|
|                               |              |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      | Peanuts              | Tree Nuts | Milk | Fish | Crustacean/Shellfish | Egg | Soy | Sesame | Wheat (gluten) | Mustard |
|                               | g/ml         | Cals   | g   | % DV | g             | g         | % DV                  | g             | g     | % DV  | g      | g       | mg     | % DV   | % DV    | % DV |                      |           |      |      |                      |     |     |        |                |         |
| Includes Fries                |              |        |     |      |               |           |                       |               |       |       |        |         |        |        |         |      |                      |           |      |      |                      |     |     |        |                |         |
| PINT SIZED PASTA TOMATO SAUCE | 345 g        | 670    | 8   | 12   | 3.5           | 0.1       | 18                    | 95            | 5     | 20    | 7      | 12      | 600    | 25     | 15      | 10   |                      |           |      |      |                      |     |     |        |                |         |
| PINT SIZED PASTA CREAM SAUCE  | 315 g        | 890    | 32  | 49   | 21            | 0.3       | 49                    | 89            | 4     | 16    | 1      | 15      | 490    | 20     | 25      | 6    |                      |           |      |      |                      |     |     |        |                |         |
| PINT SIZED BURGER             | 329 g        | 750    | 39  | 52   | 11            | 1         | 60                    | 69            | 6     | 21    | 3      | 35      | 820    | 36     | 4       | 31   |                      |           |      |      |                      |     |     |        |                |         |
| CHICKEN FINGERS               | 371 g        | 650    | 17  | 23   | 2             | 0.1       | 11                    | 89            | 5     | 18    | 18     | 36      | 1510   | 66     | 6       | 31   |                      |           |      |      |                      |     |     |        |                |         |
| PINT SIZED FISH & CHIPS       | 567 g        | 1100   | 49  | 65   | 6             | 0.3       | 32                    | 89            | 11    | 39    | 11     | 33      | 1570   | 68     | 8       | 19   |                      |           |      |      |                      |     |     |        |                |         |
| PINT SIZE QUESADILLAS         | 652 g        | 1055   | 32  | 49   | 7             | 0.5       | 38                    | 15            | 24    | 5     | 5      | 23      | 1200   | 50     | 20      | 10   |                      |           |      |      |                      |     |     |        |                |         |
| SHEPHERD'S PIE- ALBERTA       | 227 g        | 310    | 15  | 20   | 4             | 0.2       | 21                    | 33            | 3     | 11    | 2      | 9       | 1210   | 53     | 2       | 7    |                      |           |      |      |                      |     |     |        |                |         |

| DESSERTS   | Serving Size | Energy | Fat | Fat | Saturated Fat | Trans Fat | Saturated & Trans Fat | Carbohydrates | Fibre | Fibre | Sugars | Protein | Sodium | Sodium | Calcium | Iron | Allergen Information |           |      |      |                      |     |     |        |                |         |
|--|--------------|--------|-----|-----|---------------|-----------|-----------------------|---------------|-------|-------|--------|---------|--------|--------|---------|------|----------------------|-----------|------|------|----------------------|-----|-----|--------|----------------|---------|
|  |              |        |     |     |               |           |                       |               |       |       |        |         |        |        |         |      | Peanuts              | Tree Nuts | Milk | Fish | Crustacean/Shellfish | Egg | Soy | Sesame | Wheat (gluten) | Mustard |
|  |              |        |     |     |               |           |                       |               |       |       |        |         |        |        |         |      |                      |           |      |      |                      |     |     |        |                |         |
| STICKY TOFFEE PUDDING                              | 239 g        | 836    | 33  | 51  | 22            | 0.2       | 51                    | 123           | 2     | 8     | 83     | 8       | 530    | 22     | 10      | 50   |                      |           |      |      |                      |     |     |        |                |         |
| PUBS CINNAMON DONUTS                               | 362 g        | 980    | 37  | 49  | 14            | 0.4       | 72                    | 166           | 3     | 11    | 119    | 11      | 470    | 20     | 6       | 25   |                      |           |      |      |                      |     |     |        |                |         |
| FRENCH VANILLA ICE CREAM                           | 70 g         | 170    | 11  | 15  | 6             | 0.1       | 31                    | 18            | 0     | 0     | 11     | 1       | 45     | 2      | 4       | 0    |                      |           |      |      |                      |     |     |        |                |         |
| CHOCOLATE MUD FIGHT CAKE                           | 203 g        | 880    | 75  | 20  | 0.2           | 101       | 101                   | 77            | 0.8   | 11    | 39     | 14      | 300    | 16     | 15      | 31   |                      |           |      |      |                      |     |     |        |                |         |
| CARAMEL CARROT CHEESECAKE                          | 280 g        | 653    | 32  | 55  | 19            | 0.7       | 93                    | 100           | 1     | 2     | 38     | 3       | 380    | 19     | 14      | 2    |                      |           |      |      |                      |     |     |        |                |         |
| WHITE CHOCOLATE CHEESECAKE WITH CHOCOLATE SAUCE    | 239 g        | 850    | 59  | 79  | 29            | 1         | 150                   | 100           | 2     | 7     | 70     | 11      | 520    | 23     | 19      | 17   |                      |           |      |      |                      |     |     |        |                |         |
| WHITE CHOCOLATE CHEESECAKE WITH BUTTERSCOTCH SAUCE | 240 g        | 850    | 45  | 60  | 27            | 1         | 140                   | 103           | 1     | 4     | 78     | 10      | 510    | 22     | 17      | 13   |                      |           |      |      |                      |     |     |        |                |         |

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.

GLUTEN FRIENDLY ITEMS ARE MADE WITH GLUTEN FREE INGREDIENTS, HOWEVER, PLEASE BE ADVISED THAT CROSS CONTAMINATION WITH GLUTEN CONTAINING PRODUCTS MAY OCCUR IN OUR KITCHEN DURING PREPARATION. PLEASE ASK YOUR SERVER FOR DETAILS.

## Starters

### Blarney Chips

INGREDIENTS: **Fries: Potatoes**, Vegetable Oil (Canola, Palm, Soybean and/or Sunflower Oil), Modified Food Starch (Potato, Corn, Tapioca), Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum. **Cheese Sauce: Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard. **Parmesan Cheese** (Pasteurized Milk, Salt, Calcium Chloride, Microbial Enzyme, Bacterial Culture, Lipase, Cellulose, Natamycin), **Marble Cheddar Cheese Blend** [Pasteurized Milk, Modified Milk Ingredient, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto (Colour), Cellulose, Natamycin], Paprika (Paprika, Silicon Dioxide, Ethoxyquin). **Salsa:** Tomatoes, Water, Jalapeno Peppers, Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, White Vinegar, Salt, Dried Onions, Garlic, Natural Flavour. **Sour Cream:** Cream, Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture. **Jalapenos:** Jalapeno Peppers, Water, Salt, Acetic Acid, Citric Acid, Sodium Benzoate, Potassium Sorbate, Calcium Chloride, Sodium Metabisulphite (Sulphites), Curcumin. Green Onion. **Cajun Seasoning** (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour),

**ALLERGEN WARNING:** Contains Milk, Soy, Sulphites, Mustard, Gluten.

### Beer Battered Shrimp

**SHRIMP, BEER BATTER** (SODA WATER, AMBER LAGER, WHEAT FLOUR, MODIFIED CORN STARCH, PAPRIKA, BAKING POWDER, SALT), WHEAT FLOUR, SALT AND BLACK PEPPER. **FRIES:** POTATOES, VEGETABLE OIL (CONTAINS SOY), SODIUM ACID PHYROPHOSPHATE, DEXTROSE. **Coleslaw:** CABBAGE, CARROTS. **DUNGLOE SAUCE:** MAYO (SOYBEAN OIL, FROZEN EGG WHITE, WATER, OLEORESIN PAPRIKA, MUSTARD FLOUR, EGG YOLK FLAVOUR, BETA CAROTENE, CALCIUM DISODIUM EDTA, WHITE VINEGAR, SALT, LEMON JUICE CONCENTRATE, SUGAR, FOOD STARCH, XANTHAN GUM, POTASSIUM SORBATE), SOUR CREAM (MILK), PICKLES (CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, POTASSIUM SORBATE, SPICES, GARLIC, MUSTARD SEED. TURMERIC, POLYSORBATE 80), LEMON JUICE, CAPERS (CONTAIN WATER, SALT, VINEGAR), PREPARED HORSERADISH (HORSERADISH, WATER, WHITE VINEGAR, MODIFIED HYDROGENATED VEGETABLE OIL, SALT, SUGAR, XANTHAN GUM, COLOUR, POLYSORBATE 80, ARTIFICIAL OIL OF MUSTARD, SULPHITES), DIJON MUSTARD, SALT, BLACK PEPPER, PAPRIKA, TABASCO SAUCE (WHITE VINEGAR, RED PEPPERS, SALT), DILL, Seasoned Flour (Enriched Wheat Flour, Corn Starch Salt, Pepper), Lemon, Parsley **Hot and Honey:** Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Serrano Chili Pepper, Lemon Juice, Lime Juice, Canola Oil, Kosher Salt, Black Pepper. Honey, Egg

INGREDIENTS:

**ALLERGEN WARNING:** Contains Egg, Shelfish, Soy, Sulphites, Mustard, Gluten, Honey

## Cauliflower Wings

INGREDIENTS: **Tempura Cauliflower:** Cauliflower, Enriched Wheat Flour, Yellow Corn Flour, Wheat Starch, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Emulsifier, Water. Fried in Canola Oil. **Medium Sauce** Water, Sugar, Vinegar, Tomato Paste, Cayenne Pepper Sauce red peppers, vinegar, water, salt, garlic powder, Salt, Maltodextrin, Modified Corn Starch, Vegetable Oil, shortening (canola oil, modified palm oil and palm kernel oil) Canola Oil, Concentrated lime juice Soy lechtin, Sodium benzoate, Potassium sorbate, Spices and spice extracts, Natural Flavor, Xantham gum dehydrated onion, Dehydrated garlic. . **Blue Cheese Dressing:** Water, Soybean Oil, Vinegar, Blue Cheese (Milk, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Penicillium Roqueforti), Sugar, Salt, Modified Corn Starch, Frozen Egg Yolk, Xanthan Gum, Worcestershire Sauce [Vinegar, Blackstrap Molasses, Glucose-Fructose, Anchovies (Fish), Salt, Tamarind, Shallots, Garlic, Spices, Flavour, Seasoning], Garlic Powder, Mustard Flour, Potassium Sorbate, Sodium Benzoate, Onion Powder, Natural And Artificial Flavour, Spices, Phospholipase, Calcium Disodium EDTA. **Carrot. Celery. PARSLEY, RANCH DRESSING:** CANOLA OIL, WATER, FROZEN EGG YOLK, BUTTERMILK (MILK INGREDIENTS, BACTERIAL CULTURE), WHITE VINEGAR, SUGAR, SALT, DRIED GARLIC, MODIFIED MILK INGREDIENTS, DRIED ONION, NATURAL FLAVOUR, LACTIC ACID, SPICES, MUSTARD FLOUR, XANTHAN GUM. CANOLA OIL. CHIVES.

**ALLERGEN WARNING:** CONTAINS MILK, EGG, SOY, WHEAT . SULPHATES AND MUSTARD.

## Crispy Calamari

Ingredients: **Crispy Calamari:** Marinated Calamari (Calamari [Shellfish/Crustacean], Buttermilk [Milk Ingredients, Salt, Bacterial Culture **Seasoned Flour** (Enriched Wheat Flour, Corn Starch Salt, Pepper),Salt, Black Pepper. Fried in Canola Oil. **Dungloe Sauce:** Mayonnaise (Soybean Oil, Water, Frozen Whole Egg, Frozen Egg Yolk, Vinegar, Salt, Sugar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice), Sour Cream (Cream, Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Dill Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Potassium Sorbate, Spices, Garlic, Mustard Seeds, Turmeric, Polysorbate 80), Horseradish (Horseradish, Water, White Vinegar, Modified Hydrogenated Vegetable Oil, Salt, Sugar, Xanthan Gum, Colour, Polysorbate 80, Artificial Oil Of Mustard, Sulphites, Capers (Capers, Water, Salt, Vinegar), Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Potassium Metabisulphite [Sulphites], Citric Acid), Tabasco Sauce (White Vinegar, Red Peppers, Salt), Lemon Juice, Dill Weed, Salt, Black Pepper, Paprika. Lemon, Green Onion, **Banana Peppers** water, White Vinegar, Sakt, Calcium Chloride, Sodium Benzoate, Seasoning, Sulphites Polysorbate 80, may contain mustard.

**ALLERGY WARNING:** Contains Crustaceans, Egg, Milk, Mustard, Shellfish, Soy, Sulphites, Wheat

## Pork Dry Ribs

Ingredients: **Dry Ribs:** Pork breast rib portions, Water, Canola Oil, Modified Cornstarch, Garlic Powder, Garlic oleorsin ( salt, garlic oil, polysorbate 80) Salt, Sodium tripolyphosphate, Toasted, may contain Egg, Milk and/or soy. **Salt, Pepper. Garlic Spread:** Margarine (Soybean Oil, Palm Oil and Modified Palm Oil, Salt, Modified Milk Ingredients, Soy Lecithin, Vegetable Monoglycerides, Natural Flavour, Annatto, Turmeric, Vitamin A Palmitate, Vitamin D3), Water, Garlic (Garlic, Canola Oil, Water, Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Cellulose Powder, Natural Flavour), Spices, Whiskey, Black Pepper, Honey, Corn Starch, Salt.. **Parsley, Lime, Jameson BBQ Sauce:** Crushed tomatoes ( tomatoes, citric acid), Ketchup( tomato paste[Tomatoes], liquid sugar, white vinegar, salt, onion powder, spices), Molasse, Honey, Brown sugar, Apple juice ( apple juice from concentrate [water, concentrated apple juice], apple juice not from concentrate, vitamin C), Cider vinegar, Chipotle sauce ( Chipotle peppers, distilled vinegar, water, salt, sugar, onion powder, garlic powder, spices, natural flavour, pepper Pulp [Red Pepper, Distilled vinegar, salt] ) , Jameson Whisky, Worcestershire sauce (water, white vinegar, blackstrap molasses, glucose-fructose, salt, soy sauce [water, salt, hydrolyzed soy protein, corn syrup, caramel], caramel, tamarind concentrate, anchovies , spices, polysorbate 80, oleoresin capsicum, garlic extract, soy flour), Sriracha sauce ( chili, sugar, salt, garlic, vinegar, potassium sorbate, sodium bisulphites, xanthan gum), Xanthan gum, Soya sauce ( water, hydrolysed soy proteins, salt, caramel colour[sulphites], glucose solids, sodium benzoate, citric acid), natural smoked flavour, Onion salt( salt, onions, tricalcium phosphate, sunflower oil), Garlic, Smoked paprika, Black pepper. Contain: Fish, Soy, sulphites.

**ALLERGY WARNING:** Contains Fish, Soy, Sulphites, Mustard

## Beer Brined Chicken Wings

Ingredients: Beer Brined Wings: Chicken Wings (Wing Drumettes, Wing Flats), Seasoned Flour (Enriched Wheat Flour, Salt, Black Pepper), **Chicken broth/stock** [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}], **Alexander Keiths** Water, Malted Barley, Hop Extract, Natural Flavours, Contains Barley. Carrot. Celery. **Garlic Peppercorn Ranch Dressing:** Water, Soybean Oil, Vinegar, Sugar, Salt, Frozen Egg Yolk, Dehydrated Garlic, Black Peppercorns, Xanthan Gum, Propylene Glycol Alginate, Dehydrated Onion, Potassium Sorbate, Sodium Benzoate, Concentrated Lemon Juice, Flavour (Contains Soy Lecithin), Yeast Extract, Phospholipase, Calcium Disodium EDTA. **Blue Cheese Dressing:** Water, Soybean Oil, Vinegar, Blue Cheese (Milk, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Penicillium Roqueforti), Sugar, Salt, Modified Corn Starch, Frozen Egg Yolk, Xanthan Gum, Worcestershire Sauce [Vinegar, Blackstrap Molasses, Glucose-Fructose, Anchovies (Fish), Salt, Tamarind, Shallots, Garlic, Spices, Flavour, Seasoning], Garlic Powder, Mustard Flour, Potassium Sorbate, Sodium Benzoate, Onion Powder, Natural And Artificial Flavour, Spices, Phospholipase, Calcium Disodium EDTA. **Allergy Warning: Gluten, Barley, Hops, Fish, Mustard**

Choice of:**RANCH DRESSING:** CANOLA OIL, WATER, FROZEN EGG YOLK, BUTTERMILK (MILK INGREDIENTS, BACTERIAL CULTURE), WHITE VINEGAR, SUGAR, SALT, DRIED GARLIC, MODIFIED MILK INGREDIENTS, DRIED ONION, NATURAL FLAVOUR, LACTIC ACID, SPICES, MUSTARD FLOUR, XANTHAN GUM. ALLERGEN STATEMENT: CONTAINS MILK, EGG, AND MUSTARD. **BLUE CHEESE DRESSING:** CANOLA OIL, BUTTERMILK (SKIM MILK, BACTERIAL CULTURES),

**BLUE CHEESE** (PASTEURIZED MILK, SALT, BACTERIAL CULTURES, CALCIUM CHLORIDE, MICROBIAL ENZYMES, PENICILLIUM ROQUEFORTI), WATER, VINEGAR, FROZEN EGG YOLK, SALT, SUGAR, CULTURED SKIM MILK AND SKIM

MILK POWDER, FLAVOUR, MODIFIED CORN STARCH, XANTHAN GUM, ONION POWDER. **Allergy Warning:** CONTAINS MILK AND EGG. WING FLAVOURS INGREDIENTS/ALLERGEN INFORMATION:

**MILD SAUCE:** WATER, VINEGAR, SUGAR, TOMATO PASTE, CAYENNE PEPPER SAUCE (CAYENNE RED PEPPERS, VINEGAR, WATER, SALT, GARLIC POWDER), CANOLA OIL, VEGETABLE OIL SHORTENING (CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS), SALT, MODIFIED CORN STARCH, SODIUM BENZOATE, SPICE AND SPICE EXTRACT, SOY LECITHIN, XANTHAN GUM, MONO- AND DIGLYCERIDES (SOY), MUSTARD FLOUR, DEHYDRATED ONION, DEHYDRATED GARLIC, DISODIUM INOSINATE, DISODIUM GUANYLATE. **Allergy Warning:** CONTAINS SOY AND MUSTARD.

**BUFFALO MEDIUM SAUCE:** FRANKS RED HOT SAUCE: AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT, NATURAL FLAVOUR AND GARLIC POWDER. BUTTER (MILK). ALLERGEN STATEMENT: CONTAINS MILK. HOT BBQ SAUCE: AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT, NATURAL FLAVOUR AND GARLIC POWDER. ALLERGEN STATEMENT: NONE. SALT & PEPPER: SALT. BLACK PEPPER. **Allergy Warning:** NONE.

**Jameson BBQ Sauce:** Crushed tomatoes ( tomatoes, citric acid), Ketchup( tomato paste[Tomatoes], liquid sugar, white vinegar, salt, onion powder, spices), Molasse, Honey, Brown sugar, Apple juice ( apple juice from concentrate [water, concentrated apple juice], apple juice not from concentrate, vitamin C), Cider vinegar, Chipotle sauce ( Chipotle peppers, distilled vinegar, water, salt, sugar, onion powder, garlic powder, spices, natural flavour, pepper Pulp [Red Pepper, Distilled vinegar, salt] ), Jameson Whisky, Worcestershire sauce (water, white vinegar, blackstrap molasses, glucose-fructose, salt, soy sauce [water, salt, hydrolyzed soy protein, corn syrup, caramel], caramel, tamarind concentrate, anchovies , spices, polysorbate 80, oleoresin capsicum, garlic extract, soy flour), Sriracha sauce ( chili, sugar, salt, garlic, vinegar, potassium sorbate, sodium bisulphites, xanthan gum), Xanthan gum, Soya sauce ( water, hydrolysed soy proteins, salt, caramel colour[sulphites], glucose solids, sodium benzoate, citric acid), natural smoked flavour, Onion salt( salt, onions, tricalcium phosphate, sunflower oil), Garlic, Smoked paprika, Black pepper. **Allergy Warning:** Fish, Soy, sulphites.

**Jameson Honey Garlic:** Glucose-fructose, water, modified corn starch, vinegar, brown sugar soy sauce (water, wheat, soybeans, salt, sodium benzoate) honey dehydrated garlic, hydrolyzed yeast protein, flavors, salt, potassium, sorbate, sodium benzoate, colour ( caramel), citric acid, disodium inosinate, disodium guanylate. Jameson Whiskey ( malted barley, maize, water **Allergy Warning:** soy, wheat, barley, sulphites

**Cajun Seasoning** (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), **Allergen Statement:** Contains Sulphites

**Hot and Honey:** Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Serrano Chili Pepper, Lemon Juice, Lime Juice, Canola Oil, Kosher Salt, Black Pepper. Honey **Allergy Warning:** Sulphites

### **Jameson Chicken Bites:**

Boneless Skinless : **Jameson Chicken Bites:** Chicken Thigh, Canola Oil, Buttermilk [Milk Ingredients, Salt, Bacterial Culture]), Seasoned Flour (Enriched Wheat Flour, Corn Starch Salt, Pepper),Salt, Black Pepper. **Jameson Honey Garlic:** Glucose-fructose, water, modified corn starch, vinegar, brown sugar soy sauce (water, wheat, soybeans, salt, sodium benzoate) honey dehydrated garlic, hydrolyzed yeast protein, flavors, salt, potassium, sorbate, sodium benzoate, colour ( caramel), citric acid, disodium inosinate, disodium guanylate. Jameson Whiskey ( malted barley, maize, water **Green Onion, Sesame Seeds.**

**Allergy Warning:** Sesame, Fish, Milk, Soy, Sulphites, Wheat, Mustard, Barley

### **French Onion Soup**

Ingredients: **FRENCH ONION SOUP:** ONIONS, WATER, RED WINE (SULPHITES), BEEF BASE [COOKED BEEF IN BEEF STOCK, SALT, HYDROLYZED CORN, SOY AND WHEAT PROTEINS (CONTAIN SALT, SUNFLOWER AND CANOLA OIL, DEXTROSE, HYDROGENATED SOYBEAN OIL), CORN MALTODEXTRIN, AUTOLYZED YEAST EXTRACT (CONTAINS SALT, SUNFLOWER OIL), PALM OIL SHORTENING, SUGAR, DRIED ONION, CORN OIL, POTATO STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED CORN STARCH, COLOUR, FLAVOUR (CELERY)], CANOLA OIL, GARLIC, THYME, BASIL. .],**CIABATTA BUN:** WHEAT FLOUR, WATER, SALT, YEAST, MALTED BARLEY FLOUR.GROUND CARAWAY SEEDS, CALCIUM PROPIONATE, MONOGLYCERIDES, ACETYLATED TARTARIC ACID ESTERS OF MONO AND DIGLYCERIDES, CORNMEAL, SORBIC ACID, BACTERIAL CULTURE. (MILK). PROVOLONE CHEESE (MILK).

**Allergy Warning:** CONTAINS MILK, SOY, WHEAT AND SULPHITES.

### **Triple Dill-d Fried Pickles**

Breaded Dill Pickle Spears: Pickles (Cucumbers, Water, Salt, Vinegar, Lactic Acid, Garlic, Sodium Benzoate, Spices, Natural Flavours, Turmeric, Polysorbate 80), Water, Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Salt, Whey Powder, Soybean Oil, Spices, Sugar, Sunset Yellow FCF, Tartrazine, Yeast. Fried in Canola Oil. Honey Dill Sauce: Mayonnaise (Soybean Oil, Water, Frozen Whole Egg, Frozen Egg Yolk, Vinegar, Salt, Sugar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice), Honey, Mustard (White Vinegar, Water, Mustard Seeds, Salt, Turmeric, Natural Flavour, Spices), Dill.

**Allergy Warning:** Egg, Milk, Mustard, Soy, Wheat

### Mini Quesadillas

INGREDIENTS: **Cajun Chicken:** Boneless Skinless Chicken Thigh, Canola Oil, **Cajun Seasoning** (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), **Flour Tortilla:** Wheat Flour, Water, Canola/Modified Palm Oil Shortening, Mono- And Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced). Marble **Cheddar Cheese Blend:** Pasteurized Milk, Modified Milk Ingredient, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto (Colour), Cellulose, Natamycin. Salsa: Tomatoes, Water, Jalapeno Peppers, Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, White Vinegar, Salt, Dried Onions, Garlic, Natural Flavour. Sour Cream: Cream, Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture. Green Onion. Cooking Spray: Canola Oil, Isobutane, Soy Lecithin, Propane, Dimethicone.

**Allergy Warning:** Contains Milk, Soy, Wheat, Sulphites

### Mini Yorkies

INGREDIENTS: **MINI YORKIE SHELLS:** ENRICHED WHEAT FLOUR, WATER, EGG WHITES, RAPESEED OIL, EGG, SKIMMED MILK POWDER, SALT. **SHEPHERDS PIE FILLING:** GROUND BEEF, GROUND LAMB, WATER, GRAVY [[WATER, GRAVY MIX [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN, MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE, FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR, AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]], PEAS, CORN, WHITE ONION, CARROTS, CELERY, RED WINE, MODIFIED CORN STARCH, CANOLA OIL, BEEF BASE [COOKED BEEF IN BEEF STOCK, SALT, HYDROLYZED CORN, SOY AND WHEAT PROTEINS (CONTAIN SALT, SUNFLOWER AND CANOLA OILS, DEXTROSE, HYDROGENATED SOYBEAN OIL), CORN MALTODEXTRIN, AUTOLYZED YEAST EXTRACT (CONTAINS SALT, SUNFLOWER OIL), PALM OIL SHORTENING, SUGAR, DRIED ONION, CORN OIL, POTATO STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED CORN STARCH, COLOUR, FLAVOUR], THYME, DIJON MUSTARD ( water, mustard seeds, vinegar, salt, sulphites, Citric acid) SALT AND BLACK PEPPER FRANKS RED HOT SAUCE ( Aged Cayenne red peppers, vinegar, water, salt, garlic powder, Cheddar Cheese: partly skimmed milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride. Stockton Steak Spice: Sea Salt, Black Pepper, Szechuan Pepper, Pink Pepper, White Pepper Parsley . **MASHED POTATOES:** POTATOES, BUTTER, BUTTERMILK, SALT, BLACK PEPPER. **PARSLEY.**

**Allergy Warning** CONTAINS MILK, EGG, SOY, WHEAT AND SULPHITES MUSTARD.



## Pub Nachos

Ingredients: **Fried Tortilla Chips:** Corn Chips (Corn, Water, Spices, FD&C Red #40, Cumin, Ground Cayenne Pepper, FD&C Blue#1, FD&C Blue#2, Calcium Hydroxide, White Corn Chips (Stone Ground Corn, Water, Sodium Propionate, Propionic Acid, Calcium Hydroxide), Salt, Black Pepper. Fried in Canola Oil. Pico De Gallo: Roma Tomato, Red Onion, Pickled Jalapeno (Jalapeno Peppers, Water, Salt, Acetic Acid, Citric Acid, Sodium Benzoate, Potassium Sorbate, Calcium Chloride, Sodium Metabisulphite, Curcumin), Garlic, Canola Oil, Lime Juice, **Cajun Seasoning** (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), Salt. **Shredded Cheese Blend:** Pizza Mozzarella Cheese (Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Cellulose, Natamycin), Pub Mix Cheddar Cheese Blend (Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Colour, Cellulose, Natamycin). **Lime Crema:** Sour Cream (Cream, Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Lime Juice, Salt. Lettuce. Green Onion. Lime. Cajun Seasoning (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), Salt, Black Pepper, Sugar, Smoked Paprika (Smoked Paprika, Silicon Dioxide, Ethoxyquin), Citric Acid. **Cheese Sauce: Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.

**Allergy Warning** Contains: Milk, Sulphites.

## Spinach & Artichoke Dip

**ALLERGEN WARNING:** Contains milk, wheat.

**INGREDIENTS:** [35% cream, spinach, artichokes (artichoke, water, salt, citric acid), vegetable stock (corn syrup solids, sea salt, yeast extract (barley, wheat), sugar, dextrose, parsley, spices, vegetable oil (canola oil, extra virgin olive oil), disodium guanylate, disodium inosinate, colour, flavour (celery, garlic, onion)), cheese (milk, bacterial culture, salt, lipase, calcium chloride, enzyme, powdered cellulose, natural flavour), romano cheese (milk, bacterial culture, salt, lipase, calcium chloride, rennet and or microbial enzyme, powdered cellulose), flour (wheat), onions, butter (milk), sour cream (cream, milk, modified milk ingredients, modified corn starch, guar gum carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), garlic (garlic, canola oil, water, citric acid), canola oil, olive oil, tabasco sauce, spices]. **Shredded Cheese Blend:** Pizza Mozzarella Cheese (Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Cellulose, Natamycin), Pub Mix Cheddar Cheese Blend (Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Colour, Cellulose, Natamycin). Cream Cheese (Salt, Bacterial culture, Carob Bean Gum, Sorbic Acid) **Fried Tortilla Chips:** Corn Chips (Corn, Water, Spices, FD&C Red #40, Cumin, Ground Cayenne Pepper, FD&C Blue#1, FD&C Blue#2, Calcium Hydroxide, White Corn Chips (Stone Ground Corn, Water, Sodium Propionate, Propionic Acid, Calcium Hydroxide), Salt, Black Pepper. Fried in Canola Oil.

**ALLERGEN WARNING:** Contains milk, wheat

## DARCYS DIRTY FRYs

### The Great Canadian

Ingredients: Fries: Potatoes, Canola Oil, Hydroblend Batter, Salt, Sodium Acid Pyrophosphate, Dextrose, Emerald Foam. Fried in Canola Oil. **Gravy:** Water, Beef gravy mix [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN (SULPHITES), MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE (MFG AID), FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR (SULPHITES), AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]. **CHEESE CURDS:** PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, CREAM, BACTERIAL CULTURE. CANOLA OIL. SALT, **Parsley, Bacon** Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain: sugar, brown sugar, potassium chloride, spice, flavour.

**Allergy Warning: Milk, Soy, Wheat, Sulphites**

### The Rocking Reutine

Ingredients: Fries: Potatoes, Canola Oil, Hydroblend Batter, Salt, Sodium Acid Pyrophosphate, Dextrose, Emerald Foam. Fried in Canola Oil. **Gravy:** Water, Beef gravy mix [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN (SULPHITES), MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE (MFG AID), FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR (SULPHITES), AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]. **CHEESE CURDS:** PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, CREAM, BACTERIAL CULTURE. CANOLA OIL. SALT, **Parsley Corned Beef:** Beef, Water, Salt, Flavour (Corn, Soy), Sodium Phosphate, Sugars (Sugar, Glucose Solids), Sodium Erythorbate, Sodium Nitrite, Spices, Sodium Bicarbonate **PICKLES:** CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, POTASSIUM SORBATE, SPICES, GARLIC, MUSTARD SEED. TURMERIC, POLYSORBATE 80. **Beer Mustard Aioli** (Garlic, Oil, Mayonnaise (Soybean Oil, Water, Frozen Whole Egg, Frozen Egg Yolk, Vinegar, Salt, Sugar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice), **FRANKS RED HOT SAUCE** (Aged Cayenne red peppers, vinegar, water, salt, garlic powder, Lemon, **DIJON MUSTARD** (water, mustard seeds, vinegar, salt, sulphites, Citric acid) **Alexander Keiths** Water, Malted Barley, Hop Extract, Natural Flavours, Contains Barley

**Allergy Warning : Milk, Egg, Soy, Mustard, Wheat, Sulphites**

## The Shepherd's Fry

Ingredients: Fries: Potatoes, Canola Oil, Hydroblend Batter, Salt, Sodium Acid Pyrophosphate, Dextrose, Emerald Foam. Fried in Canola Oil. **Gravy:** Water, Beef gravy mix [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN (SULPHITES), MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE (MFG AID), FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR (SULPHITES), AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]. **CHEESE CURDS:** PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, CREAM, BACTERIAL CULTURE. CANOLA OIL. SALT, **Parsley, SHEPHERDS PIE FILLING:** GROUND BEEF, GROUND LAMB, WATER, GRAVY [[WATER, GRAVY MIX [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN, MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE, FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR, AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]], PEAS, CORN, WHITE ONION, CARROTS, CELERY, RED WINE, MODIFIED CORN STARCH, CANOLA OIL, BEEF BASE [COOKED BEEF IN BEEF STOCK, SALT, HYDROLYZED CORN, SOY AND WHEAT PROTEINS (CONTAIN SALT, SUNFLOWER AND CANOLA OILS, DEXTROSE, HYDROGENATED SOYBEAN OIL), CORN MALTODEXTRIN, AUTOLYZED YEAST EXTRACT (CONTAINS SALT, SUNFLOWER OIL), PALM OIL SHORTENING, SUGAR, DRIED ONION, CORN OIL, POTATO STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED CORN STARCH, COLOUR, FLAVOUR], Stockton Steak Spice: Sea Salt, Black Pepper, Szechuan Pepper, Pink Pepper, White Pepper Parsley THYME, DIJON MUSTARD ( water, mustard seeds, vinegar, salt, sulphites, Citric acid)

## Salads & Bowls

### Cajun Salmon Bowl

INGREDIENTS: **Atlantic Salmon** (Fish). **Cajun Seasoning:** Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour. Spinach. Avocado. **Jasmine Rice:** Jasmine Rice (White Long Grain Rice), Water, Canola Oil, Salt. Roasted Bell Pepper: Red Bell Pepper, Canola Oil, Salt, Black Pepper Red Cabbage. Corn. Cilantro. **Braised Cabbage:** Red Cabbage, Onion, Butter ( milk) Red wine vinegar {sulphites}, **Seasonal Veg:** Carrot, Broccoli, salt & pepper, **Cilantro Pepita Sauce:** Mayonnaise (Soybean Oil, Water, Frozen Whole Egg, Frozen Yolk (Egg), Vinegar, Salt, Sugar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice), Sour Cream (Milk), Cilantro, Tabasco [High Fructose Corn Syrup, Red Pepper, Sugar, Distilled Vinegar, Pear Concentrate, Garlic, Water, Onion, Tabasco Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Ginger, Salt, Xanthan Gum and Spices], Garlic, Lime Juice, Cumin, Coriander, Cayenne Pepper **Pico De Gallo:** Roma Tomato, Red Onion, Pickled Jalapeno (Jalapeno Peppers, Water, Salt, Acetic Acid, Citric Acid, Sodium Benzoate, Potassium Sorbate, Calcium Chloride, Sodium Metabisulphite, Curcumin), Garlic, Canola Oil, Lime Juice,

**Allergy Warning:** Contains Fish, Sulphites, Egg, Mustard,

### Caesar Salad ( with chicken)

Ingredients: **ROMAINE LETTUCE.** Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid.], CAESAR DRESSING: CANOLA OIL, WATER, FRESH GARLIC, FROZEN EGG YOLK, PARMESAN CHEESE (MILK), CONCENTRATED LEMON JUICE, SEASONINGS [CONTAINS ANCHOVIES (FISH)], SALT, DIJON MUSTARD (WATER, MUSTARD SEEDS, VINEGAR, SALT, TURMERIC), SPICES, CURED ANCHOVIES (FISH), XANTHAN GUM. BACON: PORK, WATER, SALT, SUGAR, SMOKE FLAVOUR, SODIUM PHOSPHATE, SODIUM NITRITE, MAY CONTAIN: DEXTROSE, SODIUM ASCORBATE, SODIUM ERYTHORBATE. CROUTONS: WHEAT FOUR, CANOLA AND /OR OLIVE OIL, SALT, WHOLE WHEAT FLOUR, SUGAR, RICE FLOUR, YEAST, GARLIC POWDER, ROMANO CHEESE From Cow AND sheep milk Parsley Onion Powder, Yeast Extract, ASCORBIC ACID, SOYBEAN OIL, PARTIALLY HYDROGENATED SOYBEAN OIL. PARMESAN CHEESE (MILK). ALLERGEN STATEMENT: CONTAINS MILK, FISH, EGG, SOY, WHEAT AND MUSTARD.

**Allergy Warning:** CONTAINS MILK, FISH, EGG, SOY, WHEAT AND MUSTARD.

### Cobb Salad

INGREDIENTS: Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid.], **Romaine Lettuce.** Cucumber. **Hardboiled Egg.** Roma Tomato. **Bacon Chips:** Pork, Water, Salt, Sugar, Artificial Smoke Flavour, Sodium Phosphate, Sodium Nitrite. May Contain Dextrose, Sodium Ascorbate, Sodium Erythorbate. **Marble Cheddar Cheese Blend:** Pasteurized Milk, Modified Milk Ingredient, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto (Colour), Cellulose, Natamycin. **Honey Mustard Dressing:** Honey, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Potassium Metabisulphite [Sulphites], Citric Acid), Canola Oil, Vinegar, Salt, Black Pepper. Salt. Black Pepper.

**Allergy Warning:** Contains Egg, Milk, Mustard, Sulphites, Soy

### Tuna Poke Bowl

Ingredients: **Jasmine Rice:** Water, Jasmine Rice, Canola Oil,. **Ahi Tuna:** Tuna (Fish Treated with Filtered Wood Smoke and Citric Acid to Promote Colour Retention). **Tuna Bowl Dressing:** Canola Oil, Chopped Garlic in Oil (Garlic, Soybean Oil, Water, Citric Acid, Potassium Sorbate [Preservative]), Maple Syrup, Red Wine Vinegar (Sulphites), Sesame Oil, Tamari Soy Sauce (Water, Soybeans, Salt, Sugar, Brewing Starter [Aspergillus Sojae]). Carrot. Cucumber. Onion. Edamame. Green Onion. Spring Mix. Sesame Seeds.

**Allergy Warning:** Fish, Sesame, Soy, Sulphites.

## Handhelds

### Fionns Burger

Ingredients: **Chuck Burger Patty** : Beef\_\_\_ Salt & Pepper. **Glossy Egg Bun**: Allergens: Treenuts, sesame, milk, egg, soy, Wheat-Unbleached wheat flour, water, liquid egg yolk, liquid whole eggs, sunflower oil, sugar, salt, yeast, malted barley flour. May contain milk, soy, walnuts, almonds, pecans, sesame seeds **Burger Sauce**: Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water,salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper.. **Breaded Dill Pickle Spears**: Pickles (Cucumbers, Water, Salt, Vinegar, Lactic Acid, Garlic, Sodium Benzoate, Spices, Natural Flavours, Turmeric, Polysorbate 80), Water, Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Salt, Whey Powder, Soybean Oil, Spices, Sugar, Sunset Yellow FCF, Tartrazine, Yeast. Fried in Canola Oil. Cheddar Cheese Slice: Milk, Modified Milk Ingredients, Bacterial Culture, Calcium Chloride, Microbial Enzymes, Annatto. Bread & Butter Pickles: Cucumbers, Sugar/Glucose-Fructose, Water, White Vinegar, Salt, Calcium Chloride, Sodium Benzoate, Tartrazine, Seasoning (Mustard). Iceberg Lettuce. Red Onion. **Cheese Sauce**: **Garlic Cream Sauce**: Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Cellulose Powder, Natural Flavour), Spices. Salt. Black Pepper. Lettuce, Onion, Tomato. Pickles: Cucumbers, Sugar/Glucose-Fructose, Water, White Vinegar, Salt, Calcium Chloride, Sodium Benzoate, Tartrazine, Seasoning (Mustard)

**Allergy Warning:** Egg, Mustard, Milk, Wheat, Sulphites, Soy, Tree Nuts

### Pubs Bacon Cheeseburger

**Chuck Burger Patty** : Beef\_\_\_ Salt & Pepper. **Glossy Egg Bun**: Allergens: Treenuts, sesame, milk, egg, soy, Wheat-Unbleached wheat flour, water, liquid egg yolk, liquid whole eggs, sunflower oil, sugar, salt, yeast, malted barley flour. May contain milk, soy, walnuts, almonds, pecans, sesame seeds **Burger Sauce**: Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water,salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper.. **Breaded Dill Pickle Spears**: Pickles (Cucumbers, Water, Salt, Vinegar, Lactic Acid, Garlic, Sodium Benzoate, Spices, Natural Flavours, Turmeric, Polysorbate 80), Water, Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Salt, Whey Powder, Soybean Oil, Spices, Sugar, Sunset Yellow FCF, Tartrazine, Yeast. Fried in Canola Oil. Cheddar Cheese Slice: Milk, Modified Milk Ingredients, Bacterial Culture, Calcium Chloride, Microbial Enzymes, Annatto. Bread & Butter Pickles: Cucumbers, Sugar/Glucose-Fructose, Water, White Vinegar, Salt, Calcium Chloride, Sodium Benzoate, Tartrazine, Seasoning (Mustard). Iceberg Lettuce. Red Onion. **Bacon**: Pork, Water, Salt, Sugar, Artificial Smoke Flavour, Sodium Phosphate, Sodium Nitrite. May Contain Dextrose, Sodium Ascorbate, Sodium Erythorbate

**Allergy Warning:** Egg, Milk, Mustard, Soy Wheat, Sulphites, Tree Nuts

## Carmalized Onion and Mushroom Burger

Ingredients: Beef \_\_\_ Salt & Pepper. **Glossy Egg Bun:** Allergens: Treenuts, sesame, milk, egg, soy, Wheat-Unbleached wheat flour, water, liquid egg yolk, liquid whole eggs, sunflower oil, sugar, salt, yeast, malted barley flour. May contain milk, soy, walnuts, almonds, pecans, sesame seeds **Burger Sauce:** Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water,salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper.. **Breaded Dill Pickle Spears:** Pickles (Cucumbers, Water, Salt, Vinegar, Lactic Acid, Garlic, Sodium Benzoate, Spices, Natural Flavours, Turmeric, Polysorbate 80), Water, Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Salt, Whey Powder, Soybean Oil, Spices, Sugar, Sunset Yellow FCF, Tartrazine, Yeast. Fried in Canola Oil. Cheddar Cheese Slice: Milk, Modified Milk Ingredients, Bacterial Culture, Calcium Chloride, Microbial Enzymes, Annatto. Bread & Butter Pickles: Cucumbers, Sugar/Glucose-Fructose, Water, White Vinegar, Salt, Calcium Chloride, Sodium Benzoate, Tartrazine, Seasoning (Mustard). Iceberg Lettuce. Red Onion. PROVOLONE CHEESE (MILK).

**Allergy Warning:** Egg, Milk, Mustard, Soy Wheat, Sulphites, Tree Nuts

## Chicken Bacon Club

SEASONED CHICKEN BREAST: Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid.], **CIABATTA BUN:** WHEAT FLOUR, WATER, SALT, YEAST, MALTED BARLEY FLOUR. TOMATOES. CHEDDAR CHEESE SLICES (MILK). seeds **Burger Sauce:** Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water,salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper. ARUGULA. CANOLA OIL. SALT AND BLACK PEPPER. . **Bacon:** Pork, Water, Salt, Sugar, Artificial Smoke Flavour, Sodium Phosphate, Sodium Nitrite. May Contain Dextrose, Sodium Ascorbate, Sodium Erythorbate. Cheese Slice: Milk, Modified Milk Ingredients, Bacterial Culture, Calcium Chloride, Microbial Enzymes, Annatto

**Allergy Warning:** MILK, EGG, SOY, WHEAT AND MUSTARD

## Fried Chicken Sandwich

Ingredients: **Crispy Pickle Brined Chicken Thigh:** Chicken Thigh (Boneless Skinless Chicken Thigh), Carbonate Water, Seasoned Flour (Enriched Wheat Flour, Corn Starch Salt, Pepper), Buttermilk , BUTTERMILK (MILK INGREDIENTS, BACTERIAL CULTURE), . **Glossy Egg Bun:** Allergens: Treenuts, sesame, milk, egg, soy, Wheat-Unbleached wheat flour, water, liquid egg yolk, liquid whole eggs, sunflower oil, sugar, salt, yeast, malted barley flour. May contain milk, soy, walnuts, almonds, pecans, sesame seeds Lettuce. Red Onion. Bread & Butter Pickles: Cucumbers, Sugar/Glucose-Fructose, Water, White Vinegar, Salt, Calcium Chloride, Sodium Benzoate, Tartrazine, Seasoning (Mustard). Garlic Spread: Margarine (Soybean Oil, Palm Oil and Modified Palm Oil, Salt, Modified Milk Ingredients, Soy Lecithin, Vegetable Monoglycerides, Natural Flavour, Annatto, Turmeric, Vitamin A Palmitate, Vitamin D3), Water, Garlic (Garlic, Canola Oil, Water, Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Cellulose Powder, Natural Flavour), Spices. Nacho Seasoning: Cajun Seasoning (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), Salt, Black Pepper, Sugar, Smoked Paprika (Smoked Paprika, Silicon Dioxide, Ethoxyquin), Citric Acid. Honey Kilgour Sauce: Mayonnaise (Soybean Oil, Water, Frozen Whole Egg, Frozen Egg Yolk, Vinegar, Salt, Sugar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice), Honey, Mustard (White Vinegar, Water, Mustard Seeds, Salt, Turmeric, Natural Flavour, Spices), Dill.

**Allergy Warning:** Barley, Egg, Milk, Mustard, Soy, Wheat. Tree Nuts

## Fish Tacos

Ingredients: **Fish Taco:** Haddock Fillet (Fish), Beer Batter (Batter Dry Mix [Wheat Flour, Corn Flour, Salt, Monocalcium Phosphate, Sodium Bicarbonate, Dextrose. May Contain Egg, Milk], Soda Water, Beer, Salt), Enriched Wheat Flour, Salt, Black Pepper. Fried in Canola Oil. Flour Tortilla: Wheat Flour, Water, Canola / Modified Palm Oil Shortening, Mono- And Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced). **Coleslaw:** Red Cabbage, Green Onion, Carrot, Shredded Cabbage, Coleslaw Dressing (Water, Soybean Oil, Sugar, Vinegar [White and Apple Cider], Salt, Frozen Egg-Yolk, Mustard Flour, Spices, Xanthan Gum, Propylene Glycol Alginate, Onion Powder, Potassium Sorbate, Sodium Benzoate, Garlic Powder, Phospholipase, Calcium Disodium EDTA). **Cilantro Pepita Sauce:** Mayonnaise (Soybean Oil, Water, Frozen Whole Egg, Frozen Yolk (Egg), Vinegar, Salt, Sugar, Mustard Flour, Concentrated Lemon Juice, Calcium Disodium EDTA, Spice), Sour Cream (Milk), Cilantro, Tabasco [High Fructose Corn Syrup, Red Pepper, Sugar, Distilled Vinegar, Pear Concentrate, Garlic, Water, Onion, Tabasco Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Ginger, Salt, Xanthan Gum and Spices], Garlic, Lime Juice, Cumin, Coriander, Cayenne Pepper. **Pico De Gallo:** Roma Tomato, Red Onion, Pickled Jalapeno (Jalapeno Peppers, Water, Salt, Acetic Acid, Citric Acid, Sodium Benzoate, Potassium Sorbate, Calcium Chloride, Sodium Metabisulphite, Curcumin), Garlic, Canola Oil, Lime Juice

**Allergy Warning:** Egg, Fish, Milk, Mustard, Soy, Sulphites, Wheat

## Hold the Meat Burger

INGREDIENTS: **Harvest Patty:** Water, Dry Mix (Soy Protein, Modified Cellulose, Flavour, Salt, Hydrolyzed Corn Gluten, Malt Extract, Dried Onion, Dried Garlic, Spices, Beet Powder, Autolyzed Yeast Extract, Parsley), Fat Flakes (Partially Hydrogenated Palm Kernel Oil with Soya Lecithin), Seasoning (Salt, Spices)  
**Burger Sauce:** Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water, salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper..

**Allergy Warning:** CONTAINS MILK, EGG, SOY, WHEAT AND MUSTARD

## Montreal Smoked Meat Sandwich

RYE BREAD: ENRICHED WHEAT FLOUR, WATER, LIGHT RYE FLOUR, YEAST, SUGAR, SALT, VEGETABLE OIL (CANOLA AND / OR SOYBEAN), RYE SOUR [RYE FLOUR, BACTERIAL CULTURE (CONTAINS MILK)], CARAMEL COLOUR, WHEAT GLUTEN, GROUND CARAWAY SEEDS, CALCIUM PROPIONATE, MONOGLYCERIDES, ACETYLATED TARTARIC ACID ESTERS OF MONO AND DIGLYCERIDES, CORNMEAL, SORBIC ACID, BACTERIAL CULTURE, **Corned Beef:** Beef, Water, Salt, Flavour (Corn, Soy), Sodium Phosphate, Sugars (Sugar, Glucose Solids), Sodium Erythorbate, Sodium Nitrite, Spices, Sodium Bicarbonate **PICKLES:** CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, POTASSIUM SORBATE, SPICES, GARLIC, MUSTARD SEED. TURMERIC, POLYSORBATE 80. PROVOLONE CHEESE (MILK). Butter.  
**DIJON MUSTARD** ( water, mustard seeds, vinegar, salt, sulphites, Citric acid) . **Burger Sauce:** Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water, salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper.. **Coleslaw: Shredded Cabbage,** Red Cabbage, Green Onion, Carrot Coleslaw Dressing (Water, Soybean Oil, Sugar, Vinegar [White and Apple Cider], Salt, Frozen Egg-Yolk, Mustard Flour, Spices, Xanthan Gum, Propylene Glycol Alginate, Onion Powder, Potassium Sorbate, Sodium Benzoate, Garlic Powder, Phospholipase, Calcium Disodium EDTA). . **Sauerkraut:** Cabbage, Water, Salt, Sodium Benzoate and Sodium Bisulphite **Braised Cabbage:** Red Cabbage, Onion, Butter ( milk) Red wine vinegar {sulphites},

**Allergy Warning:** Mustard, Egg, Milk, Soy, Wheat, Sulphites



## Entrees

### Baked Chicken & Bacon Penne

Ingredients: **Pasta- Penne cooked:** Pasta [SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contain eggs], Water, Oil, Salt. **Chicken Thigh** (Boneless Skinless Chicken Thigh, **Bacon:** Pork, Water, Salt, Sugar, Artificial Smoke Flavour, Sodium Phosphate, Sodium Nitrite. May Contain Dextrose, Sodium Ascorbate, Sodium Erythorbate **Cajun Seasoning:** Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour. Tomato. **Roasted Mushrooms:** Button Mushroom, Portobello Mushroom, Shiitake Mushroom, Black Pepper, Frozen Rosemary, Frozen Thyme, Canola Oil, Chili Pepper Flakes. Red Onion. Broccoli. Salt & Pepper. ), **Chicken broth/stock** [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}], **Tomato Sauce:** Fresh Vine-Ripened Tomatoes, Salt, Onion Powder, Garlic Powder, Natural Flavors, Spices. **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid), **Marble Cheddar Cheese Blend:** Pasteurized Milk, Modified Spinach , Milk Ingredient, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto (Colour), Cellulose, Natamycin. **Parsley**

**Allergy Warning:** Wheat, Sulphites, Milk, Mustard, Egg, Soy.

### Chicken Tenders & Pub Fries

INGREDIENTS: FRIES: POTATOES, VEGETABLE OIL (CONTAINS SOY), SODIUM ACID PHYROPHOSPHATE, DEXTROSE. CHICKEN FINGERS: CHICKEN, WATER, SALT, FLAVOUR (SOY PROTEIN ISOLATE), SODIUM PHOSPHATE, GARLIC POWDER, ONION POWDER, SPICE. IN A BREADING OF: WHEAT FLOUR, WATER, CANOLA OIL, SALT, WHEAT GLUTEN, BAKING POWDER, EGG WHITE POWDER, DEXTROSE, VEGETABLE OIL SHORTENING, SODIUM ACID PYROPHOSPHATE, MONOSODIUM GLUTAMATE, CARAMEL, SPICE, MODIFIED MILK INGREDIENTS. PLUM SAUCE: SUGAR/GLUCOSE-FRUCTOSE, WATER, CORN SYRUP, PLUM PUREE, PUMPKIN, VINEGAR, MODIFIED CORN STARCH, ORANGE PEEL, CITRIC ACID, CONCENTRATED ORANGE JUICE, SALT, SODIUM CITRATE, GARLIC AND ONION POWDER, SPICES, CARAMEL COLOUR. **Coleslaw: Shredded Cabbage**, Red Cabbage, Green Onion, Carrot Coleslaw Dressing (Water, Soybean Oil, Sugar, Vinegar [White and Apple Cider], Salt, Frozen Egg-Yolk, Mustard Flour, Spices, Xanthan Gum, Propylene Glycol Alginate, Onion Powder, Potassium Sorbate, Sodium Benzoate, Garlic Powder, Phospholipase, Calcium Disodium EDTA).

**Allergy Warning :** MILK, EGG, SOY AND WHEAT

## Buffalo Ranch Tenders

Ingredients: **Chicken Tenders:** Seasoned Chicken (Chicken, Water, Salt, Flavour [Soy Protein Isolate], Sodium Phosphate, Garlic Powder, Onion Powder, Spice), Breading (Wheat Flour, Water, Canola Oil, Salt, Wheat Gluten, Baking Powder, Egg-White Powder, Dextrose, Vegetable Oil Shortening, Sodium Acid Pyrophosphate, Monosodium Glutamate, Caramel, Spice, Modified Milk Ingredients). Fried in Canola Oil. **Fries:** Potatoes, Vegetable Oil (Canola, Palm, Soybean and/or Sunflower Oil), Modified Food Starch (Potato, Corn, Tapioca), Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum. Fried in Canola Oil. **Medium Wing Sauce:** Water, Vinegar, Cayenne Pepper Sauce (Cayenne Red Peppers, Vinegar [Sulphites], Water, Salt, Garlic Powder), Sugar, Tomato Paste, Canola Oil, Vegetable Oil Shortening (Canola, Modified Palm and Palm Kernel Oil), Salt, Modified Corn Starch, Spices, Spice Extract, Sodium Benzoate, Soy Lecithin, Xanthan Gum, Mono-And Diglycerides, Mustard Flour, Dehydrated Onion, Dehydrated Garlic, Disodium Inosinate, Disodium Guanylate. **Ranch Dressing:** Water, Corn Syrup, Soybean Oil, Vinegar, Egg Yolks, Modified Corn Starch, Salt, Sugar, Garlic Juice, Phosphoric Acid, Xanthan Gum, Natural Flavours (Milk), Yeast Extract, Colour, Potassium Sorbate, Polysorbate 60, Dried Garlic, Spices, Lemon Juice Concentrate, Dried Parsley, Lactic Acid, Calcium Disodium EDTA, Silicon Dioxide., Canola Oil (Canola Oil, Dimethylpolysiloxane, Citric Acid). **Bacon Pieces:** Pork, Water, Salt, Sugar, Artificial Smoke Flavour, Sodium Phosphate, Sodium Nitrite. May Contain Dextrose, Sodium Ascorbate, Sodium Erythorbate. **Green Onion.** **Coleslaw: Shredded Cabbage,** Red Cabbage, Green Onion, Carrot Coleslaw Dressing (Water, Soybean Oil, Sugar, Vinegar [White and Apple Cider], Salt, Frozen Egg-Yolk, Mustard Flour, Spices, Xanthan Gum, Propylene Glycol Alginate, Onion Powder, Potassium Sorbate, Sodium Benzoate, Garlic Powder, Phospholipase, Calcium Disodium EDTA).

**Allergy Warning:** Egg, Milk, Mustard, Soy, Sulphites, Wheat.

## Corned Beef & Cabbie

Ingredients: **Braised Cabbage:** Red Cabbage, Onion, Butter ( milk) Red wine vinegar {sulphites}, **Seasonal Veg:** Carrot, Broccoli, salt & pepper, **Garlic Spread:** Margarine (Soybean Oil, Palm Oil and Modified Palm Oil, Salt, Modified Milk Ingredients, Soy Lecithin, Vegetable Monoglycerides, Natural Flavour, Annatto, Turmeric, Vitamin A Palmitate, Vitamin D3), Water, Garlic (Garlic, Canola Oil, Water, Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Cellulose Powder, Natural Flavour), Spices, Onion, Canola Oil **Gravy:** Water, Beef gravy mix [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN,CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN (SULPHITES), MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE (MFG AID), FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), Caramel Colour (SULPHITES), AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]. **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid), **Stockton Steak Spice:** Sea Salt, Black Pepper, Sexchuan Pepper, Pink Pepper, White Pepper Parsley, . **MASHED POTATOES:** POTATOES, BUTTER, BUTTERMILK, SALT, BLACK PEPPER. **PARSLEY, Corned Beef:** Beef,

Water, Salt, Flavour (Corn, Soy), Sodium Phosphate, Sugars (Sugar, Glucose Solids), Sodium Erythorbate, Sodium Nitrite, Spices, Sodium Bicarbonate, **DIJON MUSTARD** ( water, mustard seeds, vinegar, salt, sulphites, Citric acid)

**Allergy Warning:** Mustard, Milk, Sulphites, Soy, Wheat

### Fionn's Butter Chicken

Ingredients: . **Chicken Thigh** (Boneless Skinless Chicken Thigh, Canola Oil, **Butter Chicken Sauce:** ( Water, Crushed Tomatoes, ( water, concentrated crushed tomatoes), Whipping Cream, (milk ingredients, dextrose, carrageenan, mono- and diglycerides, cellulose gum, polysorbate 80, sodium citrate) Fresh onion, Spices, Modified corn starch, Fresh Garlic, Salt, Ginger, Butter Sugar, Concentrated lemon juice xanthan gum, Citric acid, Paprika extract, Fenugreek) Onion, Garlic, Pepper, Red Crushed Chilli Flakes, Bay Leaf, Cilantro, Mint, Basil, Lime. **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid), Chicken broth/stock [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}],.) **Jasmine Rice:** Water, Jasmine Rice, Canola Oil. Peas, **Butter, Naan Bread:** Wheat Flour, Water, Soybean Oil, Sugar, Baking Powder, Yeast, Wheat Gluten, Calcium propylate, Fumaric Acid, Potassium sorbate, Lactic acid, Calcium Lactate. Cilantro

**Allergy Warning:** Milk, Soy, Sulphites, Wheat, Mustard,

### Fish and Chips

INGREDIENTS: **HADDOCK (FISH):** COD (CONTAINS WATER, SALT), BEER BATTER (SODA WATER, AMBER LAGER, WHEAT FLOUR, MODIFIED CORN STARCH, PAPRIKA, BAKING POWDER, SALT), WHEAT FLOUR, SALT AND BLACK PEPPER. **FRIES:** POTATOES, VEGETABLE OIL (CONTAINS SOY), SODIUM ACID PHYROPHOSPHATE, DEXTROSE. **Coleslaw:** CABBAGE, CARROTS. **DUNGLOE SAUCE:** MAYO (SOYBEAN OIL, FROZEN EGG WHITE, WATER, OLEORESIN PAPRIKA, MUSTARD FLOUR, EGG YOLK FLAVOUR, BETA CAROTENE, CALCIUM DISODIUM EDTA, WHITE VINEGAR, SALT, LEMON JUICE CONCENTRATE, SUGAR, FOOD STARCH, XANTHAN GUM, POTASSIUM SORBATE), SOUR CREAM (MILK), PICKLES (CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, POTASSIUM SORBATE, SPICES, GARLIC, MUSTARD SEED. TURMERIC, POLYSORBATE 80), LEMON JUICE, CAPERS (CONTAIN WATER, SALT, VINEGAR), PREPARED HORSERADISH (HORSERADISH, WATER, WHITE VINEGAR, MODIFIED HYDROGENATED VEGETABLE OIL, SALT, SUGAR, XANTHAN GUM, COLOUR, POLYSORBATE 80, ARTIFICIAL OIL OF MUSTARD, SULPHITES), DIJON MUSTARD, SALT, BLACK PEPPER, PAPRIKA, TABASCO SAUCE (WHITE VINEGAR, RED PEPPERS, SALT), DILL. **COLESLAW DRESSING:** WATER, SOYBEAN OIL, SUGAR, VINEGAR, SALT, FROZEN EGG YOLK, SPICES, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, DEHYDRATED ONION, POTASSIUM SORBATE, SODIUM BENZOATE, DEHYDRATED GARLIC, PHOSPHOLIPASE, CALCIUM DISODIUM EDTA, COLOUR. CANOLA OIL. SALT.

**Allergy Warning:**FISH, MILK, EGG, SOY, WHEAT, MUSTARD AND SULPHITES.

## Guinness Steak and Mushroom Bowl

INGREDIENTS: **STEAK GUINNESS FILLING:** BEEF, WATER, MUSHROOMS, GUINNESS BEER, ONIONS, TOMATO PASTE, GRAVY [WATER, GRAVY MIX [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN, MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE, FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR, AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES], BEEF BASE [COOKED BEEF IN BEEF STOCK, Stockton Steak Spice: Sea Salt, Black Pepper, Sexchuan Pepper, Pink Pepper, White Pepper Parsley SALT, HYDROLYZED CORN, SOY AND WHEAT PROTEINS (CONTAIN SALT, SUNFLOWER AND CANOLA OILS, DEXTROSE, HYDROGENATED SOYBEAN OIL), CORN MALTODEXTRIN, AUTOLYZED YEAST EXTRACT (CONTAINS SALT, SUNFLOWER OIL), PALM OIL SHORTENING, SUGAR, DRIED ONION, CORN OIL, POTATO STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED CORN STARCH, COLOUR, FLAVOUR (CELERY)], CANOLA OIL, RED WINE VINEGAR, SALT AND BLACK PEPPER, BROWN SUGAR. **YORKSHIRE BOWL:** WHEAT FLOUR, WATER, LIQUID WHOLE EGG, LIQUID EGG WHITE, SKIM MILK POWDER, SALT, CANOLA OIL. **MASHED POTATOES:** POTATOES, BUTTER, BUTTERMILK, SALT, BLACK PEPPER.

**Allergy Warning:** CONTAINS MILK, EGG, SOY, WHEAT AND SULPHITES

## Guinness Steak and Mushroom Pie

INGREDIENTS: **STEAK GUINNESS FILLING:** BEEF, WATER, MUSHROOMS, GUINNESS BEER, ONIONS, TOMATO PASTE, GRAVY [WATER, GRAVY MIX [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN, MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE, FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR, AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES], BEEF BASE [COOKED BEEF IN BEEF STOCK, Stockton Steak Spice: Sea Salt, Black Pepper, Sexchuan Pepper, Pink Pepper, White Pepper Parsley SALT, HYDROLYZED CORN, SOY AND WHEAT PROTEINS (CONTAIN SALT, SUNFLOWER AND CANOLA OILS, DEXTROSE, HYDROGENATED SOYBEAN OIL), CORN MALTODEXTRIN, AUTOLYZED YEAST EXTRACT (CONTAINS SALT, SUNFLOWER OIL), PALM OIL SHORTENING, SUGAR, DRIED ONION, CORN OIL, POTATO STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED CORN STARCH, COLOUR, FLAVOUR (CELERY)], CANOLA OIL, RED WINE VINEGAR, SALT AND BLACK PEPPER, BROWN SUGAR. **Pie Dough:** WHEAT FLOUR, WATER, LIQUID WHOLE EGG, MILK, Butter, SALT. **MASHED POTATOES:** POTATOES, BUTTER, BUTTERMILK, SALT, BLACK PEPPER.

**Allergy Warning:** CONTAINS MILK, EGG, SOY, WHEAT AND SULPHITES

## Chicken Leek Pie

INGREDIENTS: **Pie Dough:** WHEAT FLOUR, WATER, LIQUID WHOLE EGG, MILK, Butter, SALT. **MASHED POTATOES:** POTATOES, BUTTER, BUTTERMILK, SALT, BLACK PEPPER. **Chicken broth/stock** [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}],. **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid), Rosemary, Potatoes, CANOLA OIL, THYME, DIJON MUSTARD ( water, mustard seeds, vinegar, salt, sulphites, Citric acid) SALT AND BLACK PEPPER FRANKS RED HOT SAUCE ( Aged Cayenne red peppers, vinegar, water, salt, garlic powder, Corn Starch, . **Chicken Thigh** (Boneless Skinless Chicken Thigh, Canola Oil, Leek, Onion Spanish, **White Wine**

**Allergy Warning:** CONTAINS MILK, EGG, SOY, WHEAT AND SULPHITES

## Ribs

**ALLERGEN WARNING:** Contains Soy, Egg And Mustard. Fish, Sulphites

INGREDIENTS: Fries (Potatoes, Canola Oil, Batter, Salt, Sodium Acid Pyrophosphate, Dextrose), Baby Back Ribs, **Jameson BBQ Sauce:** Crushed tomatoes ( tomatoes, citric acid), Ketchup( tomato paste[Tomatoes], liquid sugar, white vinegar, salt, onion powder, spices), Molasse, Honey, Brown sugar, Apple juice ( apple juice from concentrate [water, concentrated apple juice], apple juice not from concentrate, vitamin C), Cider vinegar, Chipotle sauce ( Chipotle peppers, distilled vinegar, water, salt, sugar, onion powder, garlic powder, spices, natural flavour, pepper Pulp [Red Pepper, Distilled vinegar, salt] ) , Jameson Whisky, Worcestershire sauce (water, white vinegar, blackstrap molasses, glucose-fructose, salt, soy sauce [water, salt, hydrolyzed soy protein, corn syrup, caramel], caramel, tamarind concentrate, anchovies , spices, polysorbate 80, oleoresin capsicum, garlic extract, soy flour), Sriracha sauce ( chili, sugar, salt, garlic, vinegar, potassium sorbate, sodium bisulphites, xanthan gum), Xanthan gum, Soya sauce ( water, hydrolysed soy proteins, salt, caramel colour[sulphites], glucose solids, sodium benzoate, citric acid), natural smoked flavour, Onion salt( salt, onions, tricalcium phosphate, sunflower oil), Garlic, Smoked paprika, Black pepper. Contain: Fish, Soy, sulphites. **Tomato Ketchup** [Tomato Paste (Made From Fresh Ripe Tomatoes), Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices], **Coleslaw:** COLESLAW DRESSING: WATER, SOYBEAN OIL, SUGAR, VINEGAR, SALT, FROZEN EGG YOLK, SPICES, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, DEHYDRATED ONION, POTASSIUM SORBATE, SODIUM BENZOATE, DEHYDRATED GARLIC, PHOSPHOLIPASE, CALCIUM DISODIUM EDTA, COLOUR. CANOLA OIL. SALT. Coleslaw: CABBAGE, CARROTS. Green Onion, Red Cabbage,

**Beer Brined Wings:** Chicken Wings (Wing Drumettes, Wing Flats), Seasoned Flour (Enriched Wheat Flour, Salt, Black Pepper), **Chicken broth/stock** [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}], **Alexander Keiths** Water, Malted Barley, Hop Extract, Natural Flavours, Contains Barley

**SHRIMP, BEER BATTER** (SODA WATER, AMBER LAGER, WHEAT FLOUR, MODIFIED CORN STARCH, PAPRIKA, BAKING POWDER, SALT), WHEAT FLOUR, SALT AND BLACK PEPPER. **FRIES:** POTATOES, VEGETABLE OIL (CONTAINS SOY), SODIUM ACID PHOSPHATE, DEXTROSE. **Coleslaw:** CABBAGE, CARROTS. **DUNGLOE SAUCE:** MAYO (SOYBEAN OIL, FROZEN EGG WHITE, WATER, OLEORESIN PAPRIKA, MUSTARD FLOUR, EGG YOLK FLAVOUR, BETA CAROTENE, CALCIUM DISODIUM EDTA, WHITE VINEGAR, SALT, LEMON JUICE CONCENTRATE, SUGAR, FOOD STARCH, XANTHAN GUM, POTASSIUM SORBATE), SOUR CREAM (MILK), PICKLES (CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, POTASSIUM SORBATE, SPICES, GARLIC, MUSTARD SEED. TURMERIC, POLYSORBATE 80), LEMON JUICE, CAPERS (CONTAIN WATER, SALT, VINEGAR), PREPARED HORSERADISH (HORSERADISH, WATER, WHITE VINEGAR, MODIFIED HYDROGENATED VEGETABLE OIL, SALT, SUGAR, XANTHAN GUM, COLOUR, POLYSORBATE 80, ARTIFICIAL OIL OF MUSTARD, SULPHITES), DIJON MUSTARD, SALT, BLACK PEPPER, PAPRIKA, TABASCO SAUCE (WHITE VINEGAR, RED PEPPERS, SALT), DILL, Seasoned Flour (Enriched Wheat Flour, Corn Starch Salt, Pepper), Lemon, Parsley

**SAUCE CHOICE SEE WINGS**

**ALLERGEN WARNING:** Contains Soy, Egg And Mustard. Fish, Sulphites

### **Shrimp Fettucine**

Ingredients: Oil, Shrimp,). **Cajun Seasoning** (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), Onion, **Roasted Mushrooms:** Button Mushroom, Portobello Mushroom, Shiitake Mushroom, Black Pepper, Frozen Rosemary, Frozen Thyme, Canola Oil, Chili Pepper Flakes. Tomato. **Chicken broth/stock** [Water, Broth concentrate {Chicken stock, Natural flavour, Salt, Chicken fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (xanthan gum, propylene glycol alginate)}],. **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid), **Pasta- Fettuccine:** Pasta [SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contain eggs], Water, Oil, Salt. Spinach. Parsley

**Allergy Warning:** Shrimp/ Shellfish, Fish, Wheat, Gluten, Milk, Sulphites, Soy, Egg, Mustard

## Shepperd's Pie

Ingredients:

**SHEPHERDS PIE FILLING:** GROUND BEEF, GROUND LAMB, WATER, GRAVY [[WATER, GRAVY MIX [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN, MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE, FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CAMEL COLOUR, AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]], PEAS, CORN, WHITE ONION, CARROTS, CELERY, RED WINE, MODIFIED CORN STARCH, CANOLA OIL, BEEF BASE [COOKED BEEF IN BEEF STOCK, SALT, HYDROLYZED CORN, SOY AND WHEAT PROTEINS (CONTAIN SALT, SUNFLOWER AND CANOLA OILS, DEXTROSE, HYDROGENATED SOYBEAN OIL), CORN MALTODEXTRIN, AUTOLYZED YEAST EXTRACT (CONTAINS SALT, SUNFLOWER OIL), PALM OIL SHORTENING, SUGAR, DRIED ONION, CORN OIL, POTATO STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED CORN STARCH, COLOUR, FLAVOUR], THYME, DIJON MUSTARD ( water, mustard seeds, vinegar, salt, sulphites, Citric acid) SALT AND BLACK PEPPER FRANKS RED HOT SAUCE ( Aged Cayenne red peppers, vinegar, water, salt, garlic powder, Cheddar Cheese: partly skimmed milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride. Stockton Steak Spice: Sea Salt, Black Pepper, Sexchuan Pepper, Pink Pepper, White Pepper Parsley . **MASHED POTATOES:** POTATOES, BUTTER, BUTTERMILK, SALT, BLACK PEPPER. **PARSLEY.**

**Allergy Warning:** MILK,SOY, WHEAT AND SULPHITES MUSTARD

## Steak Frites

Ingredients: **Steak** ( Beef, oil, Stockton Steak Spice: Sea Salt, Black Pepper, Sexchuan Pepper, Pink Pepper, White Pepper Parsley). **Onion Strings:** Red Onion, Seasoned Flour (Enriched Wheat Flour, Salt, Pepper) Cornstarch Buttermilk **Gravy:** Water, Beef gravy mix [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN,CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN (SULPHITES), MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE (MFG AID), FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CAMEL COLOUR (SULPHITES), AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]. **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid), **Stockton Steak Spice:** Sea Salt, Black Pepper, Sexchuan Pepper, Pink Pepper, White Pepper Parsley, .. **Fries: Potatoes,** Vegetable Oil (Canola, Palm, Soybean and/or Sunflower Oil), Modified Food Starch (Potato, Corn, Tapioca), Salt, Parsley. . **Garlic Spread:** Margarine (Soybean Oil, Palm Oil and Modified Palm Oil, Salt, Modified Milk Ingredients, Soy Lecithin, Vegetable Monoglycerides, Natural Flavour, Annatto, Turmeric, Vitamin A Palmitate, Vitamin D3), Water, Garlic (Garlic, Canola Oil, Water, Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Cellulose Powder, Natural Flavour), Spices, Whiskey, Black Pepper, Honey, Corn Starch, Salt.

**Allergy Warning:** Soy, Mustard, Sulphites, Milk.

**Add Mushroom Topper:** Button Mushrooms. **Garlic Spread:** Margarine (Soybean Oil, Palm Oil and Modified Palm Oil, Salt, Modified Milk Ingredients, Soy Lecithin, Vegetable Monoglycerides, Natural Flavour, Annatto, Turmeric, Vitamin

A Palmitate, Vitamin D3), Water, Garlic (Garlic, Canola Oil, Water, Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Cellulose Powder, Natural Flavour), Spices, Whiskey, Black Pepper, Honey, Corn Starch, Salt. **Gravy:** Water, Beef gravy mix [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN,CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN (SULPHITES), MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE (MFG AID), FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR (SULPHITES), AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]. **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid), **Stockton Steak Spice:** Sea Salt, Black Pepper, Sexchuan Pepper, Pink Pepper, White Pepper Parsley,

**Allergy Warning:** Sulphites, Milk

**Add Shrimp Topper:** Shrimp (crustacean/shellfish), sodium phosphate, salt] **Garlic Spread:** Margarine (Soybean Oil, Palm Oil and Modified Palm Oil, Salt, Modified Milk Ingredients, Soy Lecithin, Vegetable Monoglycerides, Natural Flavour, Annatto, Turmeric, Vitamin A Palmitate, Vitamin D3), Water, Garlic (Garlic, Canola Oil, Water, Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Cellulose Powder, Natural Flavour), Spices, Whiskey, Black Pepper, Honey, Corn Starch, Salt. **Garlic Cream Sauce:** Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3), Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour (Gluten), Sugar, Natural Flavour, Xanthan Gum, Monoglycerides (Soy), Black Pepper, Lactic Acid. May Contain Mustard.Citric Acid),

**Allergy Warning:** Sulphites, Milk, Shellfish.

## Sides

**Seasonal Veg: Seasonal Veg:** Carrot, Broccoli, salt & pepper, Garlic Spread: Margarine (Soybean Oil, Palm Oil and Modified Palm Oil, Salt, Modified Milk Ingredients, Soy Lecithin, Vegetable Monoglycerides, Natural Flavour, Annatto, Turmeric, Vitamin A Palmitate, Vitamin D3), Water, Garlic (Garlic, Canola Oil, Water, Citric Acid), Parmesan



Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Cellulose Powder, Natural Flavour), Spices, Onion, Canola Oil,

**Allergy Warning:** Milk, Sulphites

**Caesar Salad: ROMAINE LETTUCE. CAESAR DRESSING:** CANOLA OIL, WATER, FRESH GARLIC, FROZEN EGG YOLK, PARMESAN CHEESE (MILK), CONCENTRATED LEMON JUICE, SEASONINGS [CONTAINS ANCHOVIES (FISH)], SALT, DIJON MUSTARD (WATER, MUSTARD SEEDS, VINEGAR, SALT, TURMERIC), SPICES, CURED ANCHOVIES (FISH), XANTHAN GUM. **BACON:** PORK, WATER, SALT, SUGAR, SMOKE FLAVOUR, SODIUM PHOSPHATE, SODIUM NITRITE, MAY CONTAIN: DEXTROSE, SODIUM ASCORBATE, SODIUM ERYTHORBATE. **CROUTONS:** WHEAT FLOUR, CANOLA AND /OR OLIVE OIL, SALT, WHOLE WHEAT FLOUR, SUGAR, RICE FLOUR, YEAST, GARLIC POWDER, ROMANO CHEESE From Cow AND sheep milk Parsley Onion Powder, Yeast Extract, ASCORBIC ACID, SOYBEAN OIL, PARTIALLY HYDROGENATED SOYBEAN OIL. PARMESAN CHEESE (MILK).

**Allergy Warning:** CONTAINS MILK, FISH, EGG, SOY, WHEAT AND MUSTARD.

**Fries: . Fries: Potatoes,** Vegetable Oil (Canola, Palm, Soybean and/or Sunflower Oil), Modified Food Starch (Potato, Corn, Tapioca),

**Allergy Warning:** Soy

#### House Salad

INGREDIENTS: SPRING MIX. **BALSAMIC DRESSING:** CANOLA OIL, WATER, BALSAMIC VINEGAR (SULPHITES), BALSAMIC VINEGAR REDUCTION, SUGAR, GARLIC, SALT, WHITE VINEGAR, SPICES, DIJON MUSTARD (WATER, MUSTARD SEEDS, VINEGAR, SALT, TURMERIC), XANTHAN GUM. CUCUMBER, CARROTS, CHERRY TOMATO.

**Allergy Warning:** CONTAINS MUSTARD AND SULPHITES

#### Mashed Potatoes & Gravy

INGREDIENTS: **MASHED POTATOES:** POTATOES, BUTTER, BUTTERMILK, SALT, WHITE PEPPER. **GRAVY:** WATER, GRAVY MIX [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN, MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE, FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR, AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]

**Allergy Warning:** CONTAINS MILK, SOY, WHEAT AND SULPHITES.

#### Poutine:

INGREDIENTS: **FRIES:** POTATOES, VEGETABLE OIL (CONTAINS SOY), SODIUM ACID PHYROPHOSPHATE, DEXTROSE. **GRAVY:** WATER, GRAVY MIX [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN, MODIFIED MILK

INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE, FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR, AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]. CHEESE CURDS: PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, CREAM, BACTERIAL CULTURE. CANOLA OIL. SALT.

**Allergy Warning:** CONTAINS MILK, SOY, WHEAT AND SULPHITES.

### Sweet Potatoe Fries

INGREDIENTS: FRIES: SWEET POTATOES, VEGETABLE OIL (CANOLA AND/OR SOYBEAN AND/OR COTTONSEED AND/OR SUNFLOWER AND/OR CORN), MODIFIED CORN STARCH, MODIFIED POTATO STARCH, SUGAR, RICE FLOUR, POTATO DEXTRIN, FIBRE (PEA, CORN), MOLASSES POWDER (REFINERS SYRUP, MOLASSES), SALT, BAKING POWDER, SODIUM PHOSPHATE, PAPRIKA AND TURMERIC EXTRACTIVES, XANTHAN GUM. LACTATE]. CANOLA OIL. SALT. **Burger Sauce:** Allergens: Mustard, egg, soy, sulphites - Mayonnaise [Soybean oil, water, frozen whole egg, frozen yolk (egg), vinegar, salt, sugar, mustard flour, concentrated lemon juice, calcium disodium EDTA, spices, Allergens: Mustard, soy, egg, sulphites], Red and green onion, Capers [Capers, water, salt, vinegar], Garlic, Lemon juice, Chipotle Peppers in Adobo- Roland [Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic. May contain sulphites], Dijon mustard-Knorr [Water, mustard seeds, vinegar, apple cider vinegar, salt, potassium metabisulfite. contain sulphites], Salt, Pepper

**Allergy Warning:** CONTAINS MILK, EGG, SOY, WHEAT AND MUSTARD.

### Chips & Guac

INGREDIENTS: TORTILLA CHIPS: STONE GROUND YELLOW CORN, SALT, CORN OIL, CALCIUM HYDROXIDE, CANOLA OIL, BLACK PEPPER. GUACAMOLE: HASS AVOCADOS, TOMATO, ONION, JALAPENO, SALT, CILANTRO, SUGAR, ASCORBIC ACID, JALAPENO CHILI POWDER, DEHYDRATED GARLIC, DEHYDRATED ONION, CITRIC ACID, DEHYDRATED LIME JUICE.

**Allergy Warning:** NONE

### Gravy

GRAVY: WATER, GRAVY MIX [WHEAT FLOUR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, CORN MALTODEXTRIN, MODIFIED MILK INGREDIENTS, SALT, POTATO STARCH, SUGAR, SILICON DIOXIDE, FLAVOUR (HYDROLYZED CORN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), CARAMEL COLOUR, AUTOLYZED YEAST EXTRACT, ONION POWDER, BEEF FAT, SPICES, SULPHITES]

**Allergy Warning:** CONTAINS MILK, SOY, WHEAT AND SULPHITES.

## Dessert

### Mini Cinnamon Donuts

Ingredients: **Donuts** Enriched Wheat Flour, Water, Palm Oil Shortening, Sugars ( Sugar Dextrose, Dried Honey,) Yeast, Salt, Soy Flour, Sodium, Acid, Pyrophosphate, Vegetable Oil ( canola and or soybean oil) Whey Powder, Soy Lecithin, Sodium Stearoyl, Lactylate, Calcium Propionate, Amylase, Acetylated Tartaric Acid, Esters. Cinnamon (Cinnamon, High Oleic Sunflower Oil). Icing Sugar: Sugar, Granulated Sugar. **Caramel Topping:** Sugar/Glucose-Fructose, Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour.

**Allergy Warning:** Soy, Milk, Sulphites, Whey,

### Chocolate Mudfight

Ingredients: Dark Chocolate ( sugar unsweetened, chocolate, cocos butter, soy lecithin, vanilla extract) Palm and Canola Oil, Margarine, Sugars ( Sugar, glucose, liquid invert sugar) Liquid Egg White (albumen), Frozen yolk mix ( egg yolk, sugar) Cream ( cream, milk, dextrose, carrageenan) Milk chocolate ( sugar unsweetened chocolate, milk ingredients, cocoa butter, soy lecithin, salt, vanilla, extract) Caramel ( glucose, water, sugar milk ingredients, brown sugar, palm oil, modified palm kernel oil, salt, flavor, modified corn starch, pectin, potassium sorbate, sodium phosphate, soy lecithin carrageenan) **Vanilla whipping cream:** Whipping cream, sugar, vanilla

**Allergy Warning:** Egg, Milk, Soy

### White Chocolate Cheesecake:

**Cream Cheese** ( milk ingredients, bacterial culture, salt, guar gum, propylene glycol alginate, xanthan gum, carrageenan, carob bean gum), Chocolate Crumb [enriched wheat flour ( wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, cocoa, high fructose corn syrup, corn flour, caramel, whey, salt, baking soda, soy lecithin], Sugar, White Chocolate (sugar, cocoa butter, whole milk powder, soy lecithin, vanilla ), Corn Syrup, Whipping Cream [cream, milk, stabilizer (dextrose, carrageenan)], Liquid Whole Egg, Butter, Unsalted Margarine [vegetable oil (palm, canola, modified palm oil) water, vegetable monoglycerides, soy lecithin, potassium sorbate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3], Water, Milk Powder, Modified Corn Starch, Cornstarch, Vanilla Flavor (water, propylene glycol, artificial flavor, caramel color, citric acid), White Chocolate Flavor contain milk, eggs, soy, wheat. present in same plant tree nuts, allergen info from vendor Dev 2011 says -present in the same plant - tree nuts (no peanuts),**Vanilla whipping cream:** Whipping cream, sugar, vanilla **CHOCOLATE SAUCE:** SUGAR/GLUCOSE-FRUCTOSE, WATER, COCOA, BUTTER, CHOCOLATE LIQUOR, CARRAGEENAN, POTASSIUM SORBATE, SALT, CARBOXYMETHYL CELLULOSE, SOY LECITHIN. **Caramel Topping:** Sugar/Glucose-Fructose, Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour.

**Allergy Warning:** Tree Nuts, Milk, Soy, Egg, Soy

### Carrot Caramel Cheesecake

Ingredients: Cream Cheese ( milk ingredients, bacterial culture, salt, guar gum, propylene glycol alginate, xanthan gum, carrageenan, carob bean gum), Sour Cream ( skim milk, cream, protein concentrate, skim milk, powder, microbial enzyme, bacteria culture) Pineapple, Whole Wheat Flour, Caramel ( glucose, water, sugar milk ingredients,

brown sugar, palm oil, modified palm kernel oil, salt, flavor, modified corn starch, pectin, potassium sorbate, sodium phosphate, soy lecithin carrageenan) Liquid whole egg, Carrot, Graham Crackers, ( enriched flour graham flour, sugar, palm oil, molasses, honey, salt, sodium bicarbonate) Canola Oil, Palm and canola oil, Margarine, Walnuts, Baking Powder, Flavour, Spice Salt. **Caramel Topping:** Sugar/Glucose-Fructose, Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour. **Vanilla whipping cream:** Whipping cream, sugar, vanilla CHOCOLATE SAUCE: SUGAR/GLUCOSE-FRUCTOSE, WATER, COCOA, BUTTER, CHOCOLATE LIQUOR, CARRAGEENAN, POTASSIUM SORBATE, SALT, CARBOXYMETHYL CELLULOSE, SOY LECITHIN

**Allergy Warning:** Tree Nuts ( wallnuts), Pineapple, Milk, Egg, Soy, Wheat

### Ice Cream

INGREDIENTS: ICE CREAM: MODIFIED MILK INGREDIENTS, SUGAR, CORN SYRUP SOLIDS, STABILIZER (MONO- AND DIGLYCERIDES, CELLULOSE GUM, GUAR GUM, POLYSORBATE 80, CARAGEENAN,) ARTIFICIAL FLAVOUR (CONTAINS TARTRAZINE, CAMEL COLOUR).

**Allergy Warning:** CONTAINS MILK.

### Sticky Toffe Pudding

**INGREDIENTS: Ginger Caramel Spice Cake:** Sugars (Granulated Sugar, Demerara Sugar, Yellow Sugar, Liquid Glucose), Pumpkin, Apples (Apples, Ascorbic Acid, Salt, Citric Acid), Butter (Milk), Eggs, Wheat Flour, Canola Oil and Palm Oil Margarine, Water, Cream, Chopped Ginger, Buttermilk Powder, Spices, Whipping Cream (Cream, Milk, Carrageenan), Whey Powder, Skim Milk Powder, Sodium Bicarbonate, Soy Lecithin, Modified Corn Starch, Salt, Natural Vanilla Flavour. **French Vanilla Ice Cream:** Cream, Sugar, Modified Milk Ingredients, Corn Syrup Solids, Stabilizer, Base [Glucose, Fructose, Natural and Artificial Flavour, Potassium Sorbate, Artificial Colour (Tartrazine, Sunset Yellow)], Artificial Flavour. **Whipped Topping:** Water, Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Glucose Syrup, Sugar, Dried Cream (Milk), Sodium Caseinate (A Milk Derivative), Skim Milk Powder, Dextrose, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Colour). **Mint. Icing Sugar.**

**ALLERGEN WARNING:** Contains Egg, Milk, Soy, Wheat.

## Kids Menu

### Kids Burger

Ingredients: BURGER PATTY: BEEF. **Glossy Egg Bun:** Allergens: Treenuts, sesame, milk, egg, soy, Wheat-Unbleached wheat flour, water, liquid egg yolk, liquid whole eggs, sunflower oil, sugar, salt, yeast, malted barley flour. May contain milk, soy, walnuts, almonds, pecans, sesame seeds TOMATOES. ICEBERG LETTUCE. BUTTER (MILK). SALT AND BLACK PEPPER.

**Allergy Warning:** CONTAINS MILK, EGG AND WHEAT. Treenuts

### Kids Chicken Tenders

Ingredients: MARINATED CHICKEN: SEASONED CHICKEN BREAST (CHICKEN, WATER, SALT, SODIUM PHOSPHATE, SOY PROTEIN PRODUCT), BUTTERMILK. COATING: WHEAT FLOUR, TOASTED WHEAT CRUMBS WITH SPICE EXTRACTIVE, SALT, SPICES, VEGETABLE OIL. PLUM SAUCE: SUGAR/GLUCOSEFRUCTOSE, WATER, CORN SYRUP, PLUM PUREE, PUMPKIN, VINEGAR, MODIFIED CORN STARCH, ORANGE PEEL, CITRIC ACID, CONCENTRATED ORANGE JUICE, SALT, SODIUM CITRATE, GARLIC AND ONION POWDER, SPICES, CARAMEL. FRIES: POTATOES, VEGETABLE OIL (CONTAINS SOY), SODIUM ACID PHYROPHOSPHATE, DEXTROSE. CUCUMBER. CANOLA OIL. SALT.

**Allergy Warning:** CONTAINS MILK, SOY AND WHEAT

### Kids Fish & Chips

INGREDIENTS: **COD (FISH):** COD (CONTAINS WATER, SALT), BEER BATTER (SODA WATER, AMBER LAGER, WHEAT FLOUR, MODIFIED CORN STARCH, PAPRIKA, BAKING POWDER, SALT), WHEAT FLOUR, SALT AND BLACK PEPPER. FRIES: POTATOES, VEGETABLE OIL (CONTAINS SOY), SODIUM ACID PHYROPHOSPHATE, DEXTROSE. **Coleslaw:** CABBAGE, CARROTS. **DUNGLOE SAUCE:** MAYO (SOYBEAN OIL, FROZEN EGG WHITE, WATER, OLEORESIN PAPRIKA, MUSTARD FLOUR, EGG YOLK FLAVOUR, BETA CAROTENE, CALCIUM DISODIUM EDTA, WHITE VINEGAR, SALT, LEMON JUICE CONCENTRATE, SUGAR, FOOD STARCH, XANTHAN GUM, POTASSIUM SORBATE), SOUR CREAM (MILK), PICKLES (CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, POTASSIUM SORBATE, SPICES, GARLIC, MUSTARD SEED. TURMERIC, POLYSORBATE 80), LEMON JUICE, CAPERS (CONTAIN WATER, SALT, VINEGAR), PREPARED HORSERADISH (HORSERADISH, WATER, WHITE VINEGAR, MODIFIED HYDROGENATED VEGETABLE OIL, SALT, SUGAR, XANTHAN GUM, COLOUR, POLYSORBATE 80, ARTIFICIAL OIL OF MUSTARD, SULPHITES), DIJON MUSTARD, SALT, BLACK PEPPER, PAPRIKA, TABASCO SAUCE (WHITE VINEGAR, RED PEPPERS, SALT), DILL. COLESLAW DRESSING: WATER, SOYBEAN OIL, SUGAR, VINEGAR, SALT, FROZEN EGG YOLK, SPICES, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, DEHYDRATED ONION, POTASSIUM SORBATE, SODIUM BENZOATE, DEHYDRATED GARLIC, PHOSPHOLIPASE, CALCIUM DISODIUM EDTA, COLOUR. CANOLA OIL. SALT.

**Allergy Warning:** FISH, MILK, EGG, SOY, WHEAT, MUSTARD AND SULPHITES.

### Kids Pasta

**INGREDIENTS: Pasta** [SEMOLINA (WHEAT), DURUM FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. May contain eggs], **\_water, \_canola oil,alt.**

**Whipping cream:** CREAM, MILK, CELLULOSE GEL, CARRAGEENAN, CELLULOSE GUM----- Mozzarella, Provolone: pasteurised milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour,

cellulose, natamycin. **OR Tomato Sauce:** Allergen Warning: None. Ingredients: Tomatoes, Tomato Puree (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid.----- **Sep 20,2017 Saputo - Parm -romano shred cheese** [Pasteurized Milk, modified milk ingredients, Salt, Lipase, Calcium Chloride, Microbial Enzyme, Bacterial Culture, Cellulose, Sorbic Acid, colour.], Arugula.

**ALLERGEN WARNING:** Wheat, egg, milk

### **Kids Quesadillas**

**INGREDIENTS:** **Cajun Chicken:** Boneless Skinless Chicken Thigh, Canola Oil, **Cajun Seasoning** (Spices, Salt, Garlic Powder, Onion Powder, Herbs, Vegetable Oil, Silicon Dioxide, Natural Flavour), **Flour Tortilla:** Wheat Flour, Water, Canola/Modified Palm Oil Shortening, Mono- And Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced). **Marble Cheddar Cheese Blend:** Pasteurized Milk, Modified Milk Ingredient, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto (Colour), Cellulose, Natamycin\Sour Cream: Cream, Milk, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture. Green Onion. . **Cooking Spray:** Canola Oil, Isobutane, Soy Lecithin, Propane, Dimethicone.

**Allergy Warning:** Contains Milk, Soy, Wheat, Sulphites