ALLERGY GUIDE

	Eggs	Milk	Mustard	Peanuts	Seafood (fish, crustaceans & shellfish)	Sesame	Soy	Soybean oil	Sulphites	Tree Nuts	Wheat & other gluten sources
2 PIECE FISH (Only) *tartar sauce contains eggs, mustard & soybean oil					YES						YES
5 GRAIN OATMEAL											YES
APPLE PIE *ice cream may contain traces of peanuts		YES		TRACE			YES			TRACE	YES
AVOCADO IMPOSSIBLE™ BURGER *gluten-friendly without the bun	YES	YES	YES			TRACE	YES		YES		YES
BABY BACK RIBS	YES	YES	YES	TRACE			TRACE	YES	YES	TRACE	YES
BACON CHEDDAR BIGGER BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
BACON & CREAMY DILL PEROGIES		YES					YES		YES		YES
BC CHICKEN BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
BC SUNNY START (Only) *gluten-friendly without bun	YES	YES	YES			TRACE	YES	YES	YES		YES
BIG DENVER OMELETTE (no toast) *back bacon may contain traces of wheat	YES	YES					YES				TRACE
BRAISED BEEF BENNY	YES	YES					YES		YES		YES
BRIE & MUSHROOM VEGGIE BURGER (Only)	YES	YES	TRACE			TRACE	YES		TRACE		YES
CAESAR SALAD *gluten-friendly without croutons	YES	YES	YES		YES			YES	YES		YES
CAJUN CHICKEN	YES	YES	YES	TRACE			TRACE	YES	TRACE	TRACE	
CAJUN CHICKEN & RIBS	YES	YES	YES	TRACE			TRACE	YES	YES	TRACE	YES
CHARRED TOMATO & SPINACH BENEDICT	YES	YES				TRACE	YES		YES		YES
CHEESESTEAK HASH (no toast)	YES	YES					YES		YES		
CHICKEN BROCCOLI & CHEESE (Only)	YES	YES					YES		YES		YES
CHICKEN CAESAR WRAP (Only)	YES	YES	YES		YES			YES	YES		YES
CHICKEN WINGS (Salt & Pepper or Hot Sauce)											

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CHOCOLATE LAVA CAKE	YES	YES		TRACE			YES		TRACE	TRACE	YES
CLASSIC EGGS BENEDICT	YES	YES				TRACE	YES		YES		YES
COLESLAW *contains sunflower seeds	YES		YES					YES			
CRISPY COCONUT PRAWNS									YES		YES
CRISPY TOFU APPETIZER	YES		YES			YES	YES				YES
CRISPY TOFU ADD-ON							YES				YES
DIPPIN' CHICKEN	TRACE	TRACE					YES	YES	TRACE		YES
DOUBLE DOUBLE (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
EGG WHITES	YES										
ENGLISH MUFFIN		TRACE									YES
FRENCH FRIES *There may be trace amounts of gluten in deep fried items.									YES		
GARLIC CIABATTA BREAD		YES									YES
GRAVY - BEEF							YES				
HASHBROWNS									YES		
LEGENDARY BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
MASHED POTATOES		YES									
MILKSHAKE - BLUEBERRY		YES		TRACE			YES			TRACE	
MILKSHAKE - CHOCOLATE		YES		TRACE			YES			TRACE	
MILKSHAKE - PUMPKIN PIE	YES	YES		TRACE			YES			TRACE	YES
MILKSHAKE - SALTED CARAMEL BROWNIE	YES	YES		TRACE			YES			TRACE	YES

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MILKSHAKE - STRAWBERRY		YES		TRACE			YES			TRACE	
MILKSHAKE - VANILLLA		YES		TRACE			YES			TRACE	
MINI YORKIES	YES	YES					YES				YES
MONTY MUSHROOM BIGGER BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
NAT'S BERRY WAFFLE	YES	YES									YES
NAT'S HEARTY TOAST (with white toast)	YES	TRACE				TRACE	TRACE		TRACE		YES
NAT'S LOADED BEEF DIP		YES					YES	TRACE	YES		YES
NAT'S ORIGINAL BEEF DIP		YES					YES	TRACE	YES		YES
NAT'S PANCAKES	YES	YES									YES
ONION RINGS *zoo dip contains egg, mustard, milk & soybean oil		YES									YES
OVEN ROASTED SALMON	YES				YES			YES			
PACIFIC NORTHWEST STEELHEAD BURGER (Only) *gluten-friendly without the bun	YES	YES	YES		YES	TRACE	YES	YES	YES		YES
PARMESAN CHICKEN	YES	YES							YES		YES
PEANUT BUTTER FUDGE CHEESECAKE	YES	YES		YES			YES		TRACE	YES	
POUTINE - ORIGINAL *there may be trace amounts of gluten in deep fried items		YES					YES		YES		
PRAWN & AVOCADO BOWL (without toast)	YES	YES			YES		YES		YES		
PRAWN PANANG CURRY					YES						
PUMPKIN PIE	YES	YES									YES
SIDE OF BACK BACON		TRACE					YES				TRACE

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SIDE OF BACON											
SIDE OF SAUSAGE											YES
SIRLOIN STEAK		YES						YES			
SMASHBROWNS *There may be trace amounts of gluten in deep fried items.											
SOUP - AUTUMN LENTIL *contains chicken		YES									
SOUP - BISTRO MUSHROOM *contains chicken		YES									YES
SOUP - BUTTERNUT SQUASH *vegetarian		YES					YES		YES		YES
SOUP - CHICKEN COCONUT CURRY		YES									
SOUP - CHICKEN NOODLE	YES						YES				YES
SOUP - CLAM CHOWDER *contains bacon		YES			YES		YES		YES		YES
SOUP - CREAM OF TOMATO BASIL *vegetarian		YES									
SOUP - ROASTED CORN TORTILLA *contains chicken		YES					YES				
SOUP - RUSTIC POTATO *contains bacon		YES					YES				YES
SOUP - SPICY TOMATO LENTIL *vegan											
SOUP - SWISS BROCCOLI BISQUE *contains chicken		YES									
SOUP - VEGGIE BEEF			TRACE				YES		YES		YES
SOUTHWEST CHICKEN QUESADILLA (Only)		YES						YES			YES
SOUTHWEST CHICKEN SALAD *gluten-friendly without wonton strips	YES	YES	YES	TRACE			TRACE	YES	TRACE	TRACE	YES
SPAGHETTI BOLOGNESE (without bread) *gluten-friendly with GF pasta	YES	YES							YES		YES

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SPINACH & MUSHROOM FETTUCCINE ALFREDO WITH CHICKEN (without bread) *gluten-friendly with GF pasta	TRACE	YES						YES	YES		YES
SPINACH & MUSHROOM FETTUCCINE ALFREDO WITH PRAWNS OR STEELHEAD (without bread) *gluten-friendly with GF pasta	TRACE	YES			YES			YES	YES		YES
SPOT'S ZOO STICKS *zoo dip contains egg, mustard, milk & soybean oil											YES
SWEET POTATO FRIES *chipotle mayo contains egg, mustard & soybean oil *There may be trace amount of gluten in deep fried items											
TERIYAKI CHICKEN RICE BOWL						YES	YES	YES	YES		
TEX MEX CHICKEN BURGER (Only)	YES	YES	YES	TRACE		TRACE	TRACE	YES	TRACE	TRACE	YES
THAI CHICKEN SALAD	YES	YES		YES	YES	YES	YES				YES
THE SPOT'S SALAD			YES						YES		
TRADITIONAL TURKEY DINNER *gluten-friendly without stuffing	YES	YES					YES		YES		YES
TOAST - MULTIGRAIN	TRACE	TRACE				YES	TRACE		TRACE	TRACE	YES
TOAST - SOURDOUGH	TRACE	TRACE				TRACE	TRACE		TRACE	TRACE	YES
TOAST - WHITE	TRACE	TRACE				TRACE	TRACE		TRACE	TRACE	YES
TOASTED SHRIMP SANDWICH (Only, on white)	YES	TRACE	YES		YES	TRACE	YES	YES	TRACE		YES
TURKEY & AVOCADO BREAKFAST WRAP	YES	YES									YES
WHITE SPOT BERRY CHEESECAKE	YES	YES				TRACE	YES		YES	TRACE	YES
WHITE SPOT CLUB (Only, on white)	YES	TRACE	YES			TRACE	YES	YES	TRACE		YES

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PIRATE PAKS

FOOD ALLERGY & SENSITIVITY INFORMATION

	Eggs	Milk	Mustard	Peanuts	Seafood (fish, crustaceans & shellfish)	Sesame	Soy	Soybean oil	Sulphites	Tree Nuts	Wheat & other gluten sources
APPLE SLICES											
BACON											
BROCCOLI OR CARROTS, STEAMED WITH BUTTER		YES									
CAESAR SALAD	YES	YES	YES		YES			YES	YES		YES
CHICKEN STRIPS	TRACE	TRACE					YES	YES	TRACE		YES
CHOCOLATE GOLD COIN		YES					YES				
CHOCOLATE ICE CREAM		YES		TRACE			YES			TRACE	
FISH					YES						YES
FRIES									YES		
FRUIT SALAD											
GRAPES											
GRILLED CHEESE	TRACE	YES				TRACE	YES		TRACE	TRACE	YES
HAMBURGER	YES	YES	YES			TRACE	YES	YES	YES		YES
MACARONI & CHEESE		YES					YES				YES
PANCAKES	YES	YES									YES
PASTA	YES	YES						YES	YES		YES
SAUSAGE											YES
STRAWBERRY ICE CREAM		YES		TRACE			YES			TRACE	
SWEET POTATO FRIES											
TOSSED SALAD	YES	YES	YES					YES		YES	
VANILLA BEAN ICE CREAM		YES		TRACE			YES			TRACE	
VEGGIES WITH ZOODIP	YES	YES	YES					YES			
WAFFLE	YES	YES									YES

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