



	Peanuts	Nuts (Tree)	Eggs	Fish	Crustaceans	Molluscs	Milk	Soya	Wheat	Barley	Oats	Rye	Spelt Kamut	Kamut	Sesame	Celery	Mustard	Sulphites	Lupin	Veg	VEGAN	Notes	
									Gluten containing cereals													KEY 'G' Green - safe from Allergen 'R' Red - not safe contains allergen 'A' Amber - remove from dish safe from allergen 'C' Purple - contains traces of allergen cross contamination	
ALFEE'S LOUISIANA HOT BUFFALO WING SAUCE																							
AMERICAN MUSTARD (FRENCH'S)																							
AMERICAN STYLE SMOKEY BBQ SAUCE (LION)																							
BROWN SAUCE - TABLE (HP)																							
BALSAMIC DRESSING (HELLMANN'S)																							
BARLEY MALT VINEGAR																							Gluten less than 20pm classed as gluten free
BLUE CHEESE DRESSING WITH DANISH BLUE CHEESE (LION)																							
CAESAR DRESSING (CATERFORCE)																							
ENGLISH MUSTARD HOT (HEINZ)																							
FRENCH DRESSING																							Glucose-Fructose Syrup less 20ppm
HOLLANDAISE SAUCE (MACPHIE)																							
HONEY & MUSTARD DRESSING (LION)																							
KOREAN BBQ SAUCE (HEINZ)																							
MARMITE PORTIONS																							
REAL MAYONNAISE (HELLMANN'S)																							
TOMATO KETCHUP PTNS & TABLE (HEINZ)																							
TABASCO SAUCE (creative foods europe)																							
TARTARE SAUCE (COLMANS)																							
WORCESTER SCE (LEA PERRIN)																							Gluten less than 20pm classed as gluten free



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<b>BREAD CHOICES</b>																						
																						Made in a factory that handles peanuts, nuts and sesame seeds.
SOUR DOUGH																						Made in a factory that handles peanuts, nuts and sesame seeds.
ENGLISH MUFFIN																						Made in a factory that handles peanuts, nuts and sesame seeds.
GRANARY																						Made in a factory that handles peanuts, nuts and sesame seeds.
HEALTHY 7 GRAIN FARMHOUSE																						Made in a factory that handles peanuts, nuts and sesame seeds.
WHITE																						Made in a factory that handles peanuts, nuts and sesame seeds.
FRENCH TOAST																						Made in a factory that handles peanuts, nuts and sesame seeds.
HOAGIE ROLL																						Made in a factory that handles peanuts, nuts and sesame seeds.
BRIOCHE																						Made in a factory that handles peanuts, nuts and sesame seeds.
HAMBURGER BUN JR																						Made in a factory that handles peanuts, nuts and sesame seeds.
<b>POTATO CHOICES</b>																						
HASH BROWNS																						Cooked with FALAFEL BURGER check burger tab for allergens
HASH BROWNS: Everything Hash Browns (w/ onions, Cheddar cheese & country gravy)																						Cheese: Add cheddar, Gravy: (MC) Eggs, milk, soya, celery & mustard, contains wheat
GRAVY																						May Contain Milk, Egg, Soya, Celery & Mustard.
MASHED POTATO (WHIPPED POTATOES) or CHEDDAR WHIPPED (opt)																						Gluten, Sulphites (MC) Potato Mix
FRENCH FRIES																						check fryer tab for allergens
CURLY FRIES (POTATO LATTICE)																						check fryer tab for allergens
SWEET POTATOES																						check fryer tab for allergens
RUSTIC FRIES																						check fryer tab for allergens
POTATOES RED SKINNED																						check fryer tab for allergens
FRENCH FRIES WITH SEASONING																						check fryer tab for allergens
<b>SIDES</b>																						
ONION RINGS																						
BACON CHEDDAR TOTS (BYO)	SEE APPERTIZER OPTIONS																					
BROCCOLI																						
DIPPABLE VEGGIES: -	SEE SALADS & SANDWICHES OPTIONS																					
SAUTEED ZUCCHINI & SQUASH (OIL)																						
SWEET PETITE CORN																						
WHOLE GRAIN RICE																						
GRAVY																						
PORRIDGE																						



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	Gluten containing cereals																					
DRESSINGS	SEE DRESSING TAB																					
CRANBERRY APPLE CHICKEN SALAD - GF: Grilled seasoned chicken breast, glazed pecans, apple slices and dried cranberries atop a bed of spring mix. Served with balsamic vinaigrette.	█	█																				Gluten: Balsamic dressing, Nuts & Peanuts (MC) - Pecans, Celery: Chicken, Vegetarian/Vegan: No chicken
AVOCADO CHICKEN CEASAR SALAD: Grilled seasoned chicken breast, fresh avocado, crisp bacon crumbles and shredded Italian cheeses on top of fresh romaine lettuce and tossed with Caesar dressing.																						Vegetarian/Vegan: No bacon or chicken/ no dressing or cheese (Vegan), Eggs: Padano cheese & dressing, Milk: dressing, butter or cheese, Gluten: dressing. Celery: chicken,
CEASAR DRESSING	SEE ABOVE																					
CROUTONS - OPTIONAL																						
PRIME RIB COBB SALAD: Tender prime rib, bacon, fresh avocado, grape tomatoes, Cheddar cheese, hard-boiled egg and potato sticks atop a bed of spring mix. Served with the dressing of your choice. Also available: Grilled Chicken Cobb Salad or Fried Chicken Strips Cobb Salad.																						Egg: boiled egg, Milk: Beef strips (Lactose) & Cheese
POTATOES RED SKINNED OR CHOICE	SEE SIDES, BREAD & POTATO TAB																					
DRESSING see DRESSING TAB	SEE DRESSING TAB																					
GRILLED CHICKEN																						
FRIED CHICKEN STRIPS: In a tempura batter	█	█																				Peanuts & Nuts (MC): Garlic powder & batter, Soya (MC): Batter Gluten: batter, Sesame (MC) Batter.
THE SUPER BIRD: Tender carved turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough.																						Milk: butter
SOUR DOUGH	SEE SIDES, BREAD & POTATO TAB																					Made in a factory that handles peanuts, nuts and sesame seeds.
CHOICE OF 2 SIDES	SEE SIDES, BREAD & POTATO TAB																					
CLUB SANDWICH: Tender roast turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread																						Eggs: mayonnaise
HEALTHY 7 GRAIN FARMHOUSE	SEE SIDES, BREAD & POTATO TAB																					Made in a factory that handles peanuts, nuts and sesame seeds.
CALI CLUB SANDWICH: Tender roast turkey breast, ham, crisp bacon, Swiss cheese and fresh avocado. Served on toasted 7-grain bread with sun-dried tomato mayo, lettuce and tomato.																						Eggs: mayonnaise, Milk: cheese
HEALTHY 7 GRAIN FARMHOUSE	SEE SIDES, BREAD & POTATO TAB																					Made in a factory that handles peanuts, nuts and sesame seeds.
SWEET POTATO FRIES																						check fryer tab for allergens
ONION RINGS																						#REF!
FRENCH FRIES WITH SEASONING																						check fryer tab for allergens



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	Gluten containing cereals																						
DIPPABLE VEGGIES: -																							Celery: sticks
CAESAR DRESSING																							
GARDEN SALAD: Lettuce salad mix, baby tomatoes, cucumbers cheddar cheese, croutons & salad dressing choice.																							Milk: cheese, Gluten: no croutons, Vegan: No cheese
DRESSINGS	SEE DRESSING TAB																						
CEASAR SALAD: Lettuce, romaine, Caesar dressing, Italian blend cheese, croutons																							Eggs: cheese & dressing, Milk: dressing & cheese, Gluten: dressing & croutons.
CAESAR DRESSING																							