



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 and soybean oil					YES						YES
ARUGULA & GOAT CHEESE FLATBREAD		YES							YES		YES
AVOCADO BEYOND BURGER *gluten-friendly without the bun *Beyond patty contains pea protein	YES	YES	YES			TRACE	YES	YES	YES		YES
BABY BACK RIBS (Only, no sauce)											
Sauce - TENNESSEE WHISKEY BBQ			YES				YES	YES			
BACON, BROCCOLI & CHEESE SCRAMBLE (no toast)	YES	YES									
BACON CHEDDAR BIGGER BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
BC CHICKEN BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
BC SUNNY START (Only)	YES	YES	YES			TRACE	YES	YES	YES		YES
BRIE & MUSHROOM VEGGIE BURGER (Only)	YES	YES	TRACE			TRACE	YES		YES		YES
BREAKFAST QUESADILLA (Only)	YES	YES						YES			YES
BRUNCH BURGER (Only)	YES	YES	YES			TRACE	YES	YES	YES		YES
BUTTERMILK CHICKEN (Add on to wrap or salads)	TRACE	YES					TRACE		TRACE		YES
BUTTERMILK CHICKEN COBB SALAD	YES	YES	YES			TRACE	YES	YES	TRACE		YES
BUTTERMILK CHICKEN & WAFFLE	YES	YES	YES				YES	YES	TRACE		YES
BUTTERMILK PANCAKES (strawberry topping & whipped cream)	YES	YES									YES



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BUTTERMILK PANCAKES (strawberry topping & whipped cream)	YES	YES									YES
BUTTERMILK WAFFLE (strawberry topping & whipped cream)	YES	YES									YES
CAESAR SALAD	YES	YES	YES		YES			YES	YES		YES
CANDIED SALMON & SPINACH SALAD (without bread)	YES	YES	YES		YES				YES	YES	
CANDIED SALMON & GOAT CHEESE SCRAMBLE (no toast)	YES	YES									
CITRUS GINGER CHICKEN SALAD						YES	YES	YES			
CHICKPEA & CAULIFLOWER CURRY (without bread)			YES								
CHICKEN CHICKPEA CURRY (without bread)			YES					YES			
CHARGRILLED SALMON & SEAFOOD TRIO		YES			YES			YES			
CHEESESTEAK HASH (no toast)	YES	YES					YES		YES		
CHICKEN BROCCOLI & CHEESE (Only)	YES	YES					YES		YES		YES
CHICKEN & MUSHROOM FETTUCCINE ALFREDO (without bread)		YES						YES	YES		YES
CHICKEN POT PIE	YES	YES					YES		YES		YES
CHICKEN WINGS (Salt & Pepper)							YES				
Sauce - Hot Sauce											
CRISPY CAULIFLOWER BITES *contains chickpea flour *cilantro sour cream contains milk										YES	YES
COLESLAW *contains sunflower seeds	YES		YES					YES			
CLASSIC EGGS BENEDICT	YES	YES				TRACE	YES		YES		YES

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DIPPIN' CHICKEN	TRACE	TRACE					YES	YES	TRACE		YES
DOUBLE DOUBLE (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
EGG WHITES	YES										
ENGLISH MUFFIN		TRACE					TRACE		TRACE		YES
FRENCH FRIES *There may be trace amounts of gluten in deep fried items.									YES		
GARLIC PANINI BREAD		YES	TRACE			TRACE	TRACE		TRACE		YES
GRAVY - BEEF							YES				
HAM & BRIE SCRAMBLE (no toast)	YES	YES					YES				TRACE
HASHBROWNS - SHREDDED									YES		
HOT CHARGRILLED CHICKEN CAESAR WRAP (Only)	YES	YES	YES		YES			YES	YES		YES
HUNTER CHICKEN		YES						YES	YES		YES
LEGENDARY BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
LEMON STRAWBERRY BISCOTTI CRUMBLE	YES	YES					YES		YES	YES	
MASHED POTATOES		YES									
MEXICALI FISH TACOS (Only)	YES	YES	YES		YES			YES	YES		YES
MEXICALI PRAWN TACOS (Only)	YES	YES	YES		YES		YES	YES	YES		YES
MILKSHAKE - BLUEBERRY		YES		TRACE			YES			TRACE	

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MILKSHAKE - CHOCOLATE		YES		TRACE			YES			TRACE	
MILKSHAKE - STRAWBERRY		YES		TRACE			YES			TRACE	
MILKSHAKE - VANILLA		YES		TRACE			YES			TRACE	
MEDITERRANEAN CHICKEN BURGER (Only) *gluten-friendly without the bun	YES	YES				TRACE	YES	YES	TRACE		YES
MONTY MUSHROOM BIGGER BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
NAAN BREAD		YES									YES
NAT'S CRISPY DRY RIBS											
NAT'S HEARTY CAKES	YES	YES									YES
NAT'S HEARTY TOAST (with white toast)	YES	TRACE				TRACE	TRACE		TRACE		YES
NAT'S HEARTY WAFFLE	YES	YES									YES
NAT'S ORIGINAL BEEF DIP		YES				TRACE	YES	YES			YES
NAT'S LOADED BEEF DIP		YES				TRACE	YES	YES			YES
NEW YORK STEAK DINNER		YES						YES			
NEW YORK STEAK FRITES		YES	YES				YES	YES	YES		
Add On - GARLIC MUSHROOMS		YES						YES			
Add On - GARLIC PRAWNS		YES						YES			
NOBASHI PRAWNS *sweet thai chili sauce does not contain allergens					YES		YES				YES



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OATMEAL & QUINOA *served with 1% milk										YES	TRACE
ONION RINGS *zoo dip contains egg, mustard, milk & soybean oil		YES									YES
PAN SEARED HALIBUT & PRAWNS		YES			YES				YES		
PRAWN & AVOCADO FLATBREAD *jalapeño ranch conatins eggs, mustard, milk & soybean oil		YES			YES			YES	YES		YES
POUTINE - ORIGINAL		YES					YES		YES		
QUINOA & CAULIFLOWER POWER SALAD (without bread)	YES	YES	YES				YES		YES	YES	
SALTED CARAMEL BROWNIE *ice cream may contain traces of peanuts	YES	YES		TRACE			YES				YES
SEAFOOD FETTUCCHINE		YES			YES			YES			YES
SHRIMP FLORENTINE BENEDICT	YES	YES			YES	TRACE	YES		YES		YES
SHRIMP GYOZA					YES	YES	YES	YES	YES		YES
SIDE OF BACON											
SIDE OF BACK BACON		TRACE					YES				TRACE
SIDE OF CHORIZO		YES					TRACE				TRACE
SIDE OF SAUSAGE											YES
SMASHBROWNS *There may be trace amounts of gluten in deep fried items.											
SMASHED APPLE PIE *ice cream may contain traces of peanuts	YES	YES		TRACE			YES			YES	YES
SOUP - AUTUMN LENTIL		YES									
SOUP - AUTUMN PUMPKIN		YES					YES				YES

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SOUP - CHICKEN COCONUT CURRY		YES									
SOUP - CHICKEN NOODLE	YES						YES				YES
SOUP - CLAM CHOWDER		YES			YES		YES		YES		YES
SOUP - CREAM OF TOMATO BASIL		YES					YES				
SOUP - MUSHROOM BISQUE		YES									YES
SOUP - ROASTED CORN TORTILLA		YES					YES				
SOUP - RUSTIC POTATO		YES					YES				YES
SOUP - SPICY TOMATO LENTIL									YES		
SOUP - SWISS BROCCOLI BISQUE		YES					YES				YES
SOUP - VEGGIE BEEF		YES					YES				YES
SOUTHWEST CHORIZO HASH (no toast)	YES	YES					TRACE				TRACE
SOUTHWEST POWER BOWL *Beyond or Blackened Chicken *Beyond patty contains pea protein	YES	YES	YES					YES	YES		
SOUTHWEST POWER BOWL *Salmon or Garlic Prawns	YES	YES			YES		TRACE				TRACE
SPAGHETTI & MEATBALLS (without bread)	YES	YES						YES			YES
SPINACH & ARTICHOKE DIP		YES						YES			YES
SPINACH & ARTICHOKE QUESADILLA (Only)		YES									YES
SPOT'S ZOO STICKS *contains chickpea flour *zoo dip contains egg, mustard, milk & soybean oil											YES

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STACKED BLUEBERRY WAFFLE	YES	YES								YES	YES
SWEET POTATO FRIES *chipotle mayo contains egg, mustard & soybean oil *There may be trace amount of gluten in deep fried items											
TERIYAKI CHICKEN DONBURI BOWL						YES	YES	YES	YES		
THE SPOT'S CALAMARI *contains chickpea flour *tzatziki contains milk					YES						YES
THE SPOT'S SALAD *contains sunflower seeds			YES						YES	YES	
TOAST - WHITE	TRACE	TRACE				TRACE	TRACE		TRACE		YES
TOAST - SOURDOUGH	TRACE	TRACE				TRACE	YES		TRACE		YES
TOAST - MULTIGRAIN	TRACE	TRACE				YES	YES		TRACE		YES
TOASTED SHRIMP SANDWICH (Only, on white)	YES	TRACE	YES		YES	TRACE	YES	YES	TRACE		YES
TOMATO & HERB SCRAMBLE (no toast)	YES	YES	YES					YES			
WEST COAST SALMON BURGER (Only) *gluten-friendly without bread	YES	YES	YES		YES	TRACE	YES	YES	YES		YES
WHITE SPOT BERRY CHEESECAKE	YES	YES				TRACE	YES		YES	TRACE	YES
WHITE SPOT CLUB (Only, on white)	YES	TRACE	YES			TRACE	YES	YES	TRACE		YES



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

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