



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
ANCIENT GRAIN POWER BOWL *Beyond or Chicken *Beyond patty contains pea protein *gluten-friendly without farro	YES	YES	YES					YES	YES		YES
ANCIENT GRAIN POWER BOWL *Salmon *gluten-friendly without farro	YES	YES	YES		YES				YES		YES
APPLE PIE *ice cream may contain traces of peanuts		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 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
BUTTERMILK CHICKEN (Add on to wrap or salads)	TRACE	YES					TRACE		TRACE		YES
BUTTERMILK CHICKEN COBB SALAD	YES	YES	YES			TRACE	YES	YES	TRACE		YES
CAESAR SALAD	YES	YES	YES		YES			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



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CHICKEN & MUSHROOM FETTUCCINE ALFREDO (without bread) *gluten-friendly with GF pasta		YES						YES	YES		YES
CHICKEN WINGS (Salt & Pepper or Hot Sauce)							YES				
COLESLAW *contains sunflower seeds	YES		YES					YES			
CLASSIC EGGS BENEDICT	YES	YES				TRACE	YES		YES		YES
DIPPIN' CHICKEN	TRACE	TRACE					YES	YES	TRACE		YES
DOUBLE DOUBLE (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
EGG WHITES	YES										
ENGLISH MUFFIN		TRACE					TRACE		TRACE		YES
FARRO POWER SALAD *gluten-friendly without farro	YES	YES	YES						YES	YES	YES
FRENCH FRIES *There may be trace amounts of gluten in deep fried items.									YES		
GARLIC CIABATTA BREAD		YES									YES
GRAVY - BEEF							YES				
GRUYERE & MUSHROOM VEGGIE BURGER (Only) *gluten-friendly without the bun	YES	YES	TRACE			TRACE	YES		TRACE		YES
LEGENDARY BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
MASHED POTATOES		YES									
MILKSHAKE - BLUEBERRY		YES		TRACE			YES			TRACE	
MILKSHAKE - CHOCOLATE		YES		TRACE			YES			TRACE	
MILKSHAKE - STRAWBERRY		YES		TRACE			YES			TRACE	



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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
MUSHROOM GRUYERE FLATBREAD		YES									YES
NAAN BREAD		YES									YES
NAT'S HEARTY TOAST (with white toast)	YES	TRACE				TRACE	TRACE		TRACE		YES
NAT'S ORIGINAL BEEF DIP		YES					YES	TRACE	YES		YES
NAT'S LOADED BEEF DIP		YES					YES	TRACE	YES		YES
NEW YORK STEAK DINNER		YES						YES			
NEW YORK STEAK FRITES		YES	YES				YES	YES	YES		
Add On - GARLIC MUSHROOMS		YES						YES			
NOBASHI PRAWNS *sweet thai chili sauce does not contain allergens					YES		YES				YES
ONION RINGS *zoo dip contains egg, mustard, milk & soybean oil		YES									YES
POUTINE - ORIGINAL		YES					YES		YES		
SALTED CARAMEL BROWNIE *ice cream may contain traces of peanuts	YES	YES		TRACE			YES				YES
SEAFOOD FETTUCCINE		YES			YES			YES			YES
SIDE OF BACON											



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SIDE OF BACK BACON		TRACE					YES				TRACE
SIDE OF SAUSAGE											YES
SMASHBROWNS *There may be trace amounts of gluten in deep fried items.											
SOUP - AUTUMN LENTIL		YES									
SOUP - AUTUMN PUMPKIN		YES					YES				YES
SOUP - CHICKEN COCONUT CURRY		YES									
SOUP - CHICKEN NOODLE	YES						YES				YES
SOUP - CLAM CHOWDER *contains bacon		YES			YES		YES		YES		YES
SOUP - CREAM OF TOMATO BASIL *vegetarian		YES					YES				
SOUP - BISTRO MUSHROOM *contains chicken		YES									YES
SOUP - ROASTED CORN TORTILLA *contains chicken		YES					YES				
SOUP - RUSTIC POTATO		YES					YES				YES
SOUP - SPICY TOMATO LENTIL *vegan									YES		
SOUP - SWISS BROCCOLI BISQUE *contains chicken		YES					YES				YES
SOUP - VEGGIE BEEF		YES					YES				YES
SPAGHETTI BOLOGNESE (without bread)	YES	YES							YES		YES
SOUTHWEST CHICKEN QUESADILLA (Only)	YES	YES	YES					YES			YES
SPOT'S ZOO STICKS *contains chickpea flour *zoo dip contains egg, mustard, milk & soybean oil											YES



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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 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
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

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PANCAKES	YES	YES									YES
WAFFLE	YES	YES									YES
SAUSAGE											YES
BACON											
FRUIT SALAD											
TOAST – white bread	TRACE	TRACE				TRACE	TRACE		TRACE		YES
TOAST – multigrain bread	TRACE	TRACE				YES	YES		TRACE		YES
TOAST – sourdough bread	TRACE	TRACE				TRACE	YES		TRACE		YES
GRILLED CHEESE	TRACE	YES				TRACE	YES		TRACE	TRACE	YES
FISH					YES						YES
CHICKEN STRIPS	TRACE	TRACE					YES	YES	TRACE		YES
HAMBURGER	YES	YES	YES			TRACE	YES	YES	YES		YES
MACARONI & CHEESE		YES					YES				YES
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				