

Earls

Allergy Guide

CANADA

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MENU ITEM	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
TO START	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Chicken + Wontons	YES - egg wash (chicken) MAY - wonton *MAY - fryer	*MAY - fryer	MAY - chicken & wonton *MAY - fryer		YES - garnish	YES - chicken & wonton *MAY - fryer	MAY - chicken & wonton	YES - chicken & wonton *MAY - fryer	YES - chicken & wonton *MAY - fryer	MAY - sweet chili sauce	YES - chicken & wonton	
Crispy Chicken Tenders, Fries + Plum Sauce	YES - chicken *MAY - fries	*MAY - chicken, fries	*MAY - chicken, fries			YES - chicken		YES - chicken *MAY - fries	YES - chicken *MAY - fries	YES - plum sauce	*MAY - chicken, fries	caramel colour (plum sauce)
Crispy Chili Tofu	*MAY - tofu	*MAY - tofu	*MAY - tofu		YES - togarashi spice	YES - tofu *MAY - tofu		YES - chili tofu dipping sauce *MAY - tofu	YES - chili tofu dipping sauce *MAY - tofu	YES - tofu	*MAY - tofu	
Earls Famous Clam Chowder		YES - clam	YES			YES		YES	YES	YES		
Earls Wings - No Dip	*MAY - fryer	*MAY - fryer	*MAY - fryer			*MAY - fryer		*MAY - fryer	*MAY - fryer	YES - hot sauce	*MAY - fryer	
Earls Wings + Dip	YES - dip *MAY - fryer	*MAY - fryer	YES - dip *MAY - fryer			*MAY - fryer		*MAY - fryer	YES - malt vinegar (dip) *MAY - fryer	YES - hot sauce	YES - dip *MAY - fryer	
French Fries	*MAY - fryer	*MAY - fryer	*MAY - fryer			*MAY - fryer		*MAY - fryer	*MAY - fryer		*MAY - fryer	
Leroy's Crispy Ribs	*MAY - fryer	*MAY - fryer	*MAY - fryer			*MAY - fryer		*MAY - fryer	*MAY - fryer		*MAY - fryer	
Nashville Chicken Sliders	YES - bun, honey mustard mayo *MAY - fried chicken	*MAY - fried chicken	YES - fried chicken, bun, Nashville hot oil		MAY - bun	YES - fried chicken, bun	MAY - bun	YES - fried chicken, bun	YES - fried chicken, bun	YES - honey mustard mayo, grainy mustard coleslaw dressing MAY - bun	YES - honey mustard mayo, bread and butter pickles, grainy mustard coleslaw dressing, Nashville hot oil *MAY - fried chicken	
Szechuan Shrimp + Pork Dumplings		YES - anchovy, shrimp (dumplings)		YES - peanuts	YES - suanla chili sauce, dumplings	YES - suanla chili sauce, dumplings MAY - peanuts	MAY - peanuts	YES - suanla chili sauce, crispy onions, dumplings	YES - suanla chili sauce, crispy onions, dumplings			
Truffle Fries	YES - truffle mayo, parmesan *MAY - fries	*MAY - fries	YES - parmesan *MAY - fries			*MAY - fries		*MAY - fries	*MAY - fries		YES - truffle mayo *MAY - fries	
Warm Spinach + Three Cheese Dip w/ Chips or w/ Ciabatta	YES - parmesan (dip) *MAY - tortilla chips	YES - anchovies - worcestershire (dip) *MAY - tortilla chips	YES - feta, dip *MAY - tortilla chips		YES - dip MAY - ciabatta	YES - dip MAY - ciabatta *MAY - tortilla chips	MAY - ciabatta	YES - ciabatta, dip *MAY - tortilla chips	YES - ciabatta, dip *MAY - tortilla chips	YES - dip	*MAY - tortilla chips	
Yam Fries + Garlic Aioli	YES - confit garlic mayo *MAY - yam	*MAY - yam	*MAY - yam			*MAY - yam		*MAY - yam	*MAY - yam		YES - confit garlic mayo	
Yuzu Calamari	YES - yuzu aioli *MAY - calamari	YES - yuzu aioli (tuna) *MAY - calamari	YES - yuzu aioli, calamari		YES - togarashi spice	YES - yuzu aioli *MAY - calamari		*MAY - calamari	*MAY - calamari		YES - calamari, yuzu aioli	MSG (yuzu aioli)

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MENU ITEM	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
SUSHI + RAW	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Aburi Salmon Sushi Press	YES - dashi mayonnaise	YES - salmon, dashi mayonnaise (tuna)	YES - dashi mayonnaise			YES - dashi mayonnaise, unagi sauce		YES - unagi sauce	YES - unagi sauce	MAY - pickled ginger	YES - dashi mayonnaise	MSG (dashi mayonnaise)
Ahi Tuna Tataki		YES - tuna						YES - pickled mushrooms, crispy onions MAY - yuzu broth	YES - pickled mushrooms, crispy onions MAY - yuzu broth	YES - pickled mushrooms MAY - yuzu broth		
Crispy Prawn Sushi Tacos	YES - Japanese mayo MAY - prawns	YES - prawns *MAY - others (prawns)	YES - prawns		YES - wrapper, togarashi	YES - soy sauce, wrapper, prawns, Japanese mayo	MAY - prawns	YES - soy sauce, prawns	YES - soy sauce, prawns	MAY - sushi rice	*MAY - prawns	
Crispy Rice Sushi - Salmon / Tuna	YES - dashi mayonnaise	YES - salmon or tuna, poke dressing, dashi mayonnaise (tuna)	YES - poke dressing, dashi mayonnaise	MAY - poke dressing	YES - togarashi spice, poke dressing	YES - poke dressing, unagi sauce, dashi mayonnaise	MAY - poke dressing	YES - poke dressing, unagi sauce	YES - poke dressing, unagi sauce	YES - poke dressing	MAY - poke dressing	MSG (dashi mayonnaise, poke dressing)
Crispy Tofu Sushi Tacos	*MAY - crispy tofu	*MAY - crispy tofu	*MAY - crispy tofu		YES - wrapper, citrus soy sauce	YES - tofu, soy sauce, wrapper, citrus soy sauce, unagi sauce		YES - soy sauce, citrus soy sauce, unagi sauce *MAY - crispy tofu	YES - soy sauce, citrus soy sauce, unagi sauce *MAY - crispy tofu	YES - citrus soy sauce MAY - sushi rice	YES - citrus soy sauce *MAY - crispy tofu	
Dynamite Roll	MAY - prawn MAY - sesame seeds	YES - prawn *MAY - other seafood (prawns)	YES - prawn MAY - sesame seeds	MAY - sesame seeds	YES - sesame seeds	YES - unagi sauce, togarashi mayo MAY - sesame seeds *MAY - prawn	MAY - prawn, sesame seeds	YES - unagi sauce, prawn, togarashi mayo MAY - sesame seeds	YES - unagi sauce, prawn, togarashi mayo MAY - sesame seeds	YES - pickled ginger MAY - sesame seeds	YES - wasabi MAY - sesame seeds *MAY - prawn	yellow #5, blue #1 (wasabi)
Oysters on the Half Shell		YES - oysters								YES - mignonette		
Prawn Cocktail		YES - prawns								YES - cocktail sauce	YES - cocktail sauce	
Seafood Platter with Spicy California Roll	YES - spicy California roll	YES - shrimp, lobster, tuna, oysters, spicy California roll (crab, tuna), anchovy (tuna tataki)	YES - spicy California roll		YES - spicy California roll	YES - spicy California roll, soy sauce		YES - yuzu tuna tataki, soy sauce	YES - yuzu tuna tataki, soy sauce	YES - mignonette, cocktail sauce, dynamite roll, yuzu tuna tataki MAY - pickled ginger	YES - cocktail sauce, spicy California roll	MSG (spicy California roll)
Seafood Tower with Spicy California Roll	YES - spicy California roll	YES - shrimp, lobster, tuna, oysters, spicy California roll (crab, tuna), anchovy (tuna tataki)	YES - spicy California roll		YES - spicy California roll	YES - spicy California roll, soy sauce		YES - yuzu tuna tataki, soy sauce	YES - yuzu tuna tataki, soy sauce	YES - mignonette, cocktail sauce, dynamite roll, yuzu tuna tataki MAY - pickled ginger	YES - cocktail sauce, spicy California roll	MSG (spicy California roll)

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Spicy California Roll	YES - spicy yuzu mayonnaise, spicy crab mix	YES - crab and tuna (spicy crab mix), spicy yuzu mayonnaise (tuna)	YES - spicy yuzu mayonnaise, spicy crab mix		YES - wrapper, togarashi	YES - spicy yuzu mayonnaise, spicy crab mix, wrapper, soy sauce		YES - soy sauce	YES - soy sauce	YES - spicy yuzu mayonnaise, spicy crab mix MAY - pickled ginger	YES - spicy yuzu mayonnaise	MSG (spicy yuzu mayonnaise, spicy crab mix)
Spicy Tuna Roll	*MAY - crispy potato garnish	YES - tuna, poke dressing *MAY - crispy potato garnish	YES - poke dressing *MAY - crispy potato garnish	MAY - poke dressing	YES - sesame soy wrapper, soy sauce, poke dressing *MAY - crispy potato garnish	YES - sesame soy wrapper, soy sauce, poke dressing *MAY - crispy potato garnish	MAY - poke dressing	YES - soy sauce, poke dressing *MAY - crispy potato garnish	YES - soy sauce, poke dressing *MAY - crispy potato garnish	YES - poke dressing MAY - pickled ginger, sushi rice	MAY - poke dressing	MSG (poke dressing)
Spicy Tuna Sushi Tacos	YES - Japanese mayo	YES - tuna, poke dressing	YES - poke dressing	MAY - poke dressing, sesame seeds	YES - wrapper, poke dressing, sesame seeds	YES - soy sauce, wrapper, Japanese mayo, poke dressing	MAY - poke dressing, sesame seeds	YES - soy sauce, poke dressing	YES - soy sauce, poke dressing	YES - poke dressing MAY - sushi rice	MAY - poke dressing	MSG (poke dressing)
Wagyu Beef Oshi Press	YES - dashi mayonnaise	YES - dashi mayonnaise (tuna), anchovies (sweet soy glaze)	YES - dashi mayonnaise, sweet soy glaze		YES - sweet soy glaze	YES - dashi mayonnaise, sweet soy glaze, pickled shimeji mushrooms		YES - sweet soy glaze, pickled shimeji mushrooms	YES - sweet soy glaze, pickled shimeji mushrooms	YES - pickled shimeji mushrooms, sweet soy glaze	YES - dashi mayonnaise	MSG (dashi mayonnaise, sweet soy glaze), colour (sweet soy glaze), artificial flavour (sweet soy glaze)
White Sturgeon Caviar		YES - sturgeon	YES - crème fraîche									
MAINS (includes sides unless otherwise noted, information on individual sides available below steaks section)	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
BBQ Back Ribs	YES - coleslaw dressing, potato salad dressing MAY - ribs, BBQ sauce	MAY - ribs, BBQ sauce	YES - potato salad MAY - ribs, BBQ sauce		MAY - ribs, BBQ sauce	YES - ribs, BBQ sauce		MAY - ribs, BBQ sauce	YES - ribs, BBQ sauce	YES - ribs, BBQ sauce, coleslaw dressing, potato salad	YES - ribs, BBQ dressing, potato salad	Caramel colour (ribs, BBQ sauce)
BBQ Back Ribs + Cajun Chicken	YES - coleslaw dressing, potato salad dressing MAY - ribs, BBQ sauce	MAY - ribs, BBQ sauce	YES - cajun chicken, potato salad MAY - ribs, BBQ sauce		MAY - ribs, BBQ sauce	YES - ribs, BBQ sauce		MAY - ribs, BBQ sauce	YES - ribs, BBQ sauce	YES - cajun chicken, ribs, BBQ sauce, coleslaw dressing, potato salad	YES - cajun chicken, ribs, BBQ sauce, coleslaw dressing, potato salad	Caramel colour (ribs, BBQ sauce)
Cajun Blackened Chicken	YES - coleslaw dressing, potato salad dressing		YES - confit garlic butter, potato salad							YES - confit garlic butter, coleslaw dressing, potato salad	YES - blackening spice, confit garlic butter, coleslaw dressing, potato salad	
Fettuccini Alfredo	YES - parmesan, alfredo sauce		YES - parmesan, alfredo sauce					YES - pasta	YES - pasta			
Garlic Prawn Spaghettini	YES - parmesan MAY - garlic bread	YES - prawns; clam, anchovy, pollock, crab, shrimp (clam broth)	YES - parmesan, garlic bread, confit garlic butter, clam broth			YES - clam broth	MAY - garlic bread	YES - pasta, garlic bread	YES - pasta, garlic bread	YES - garlic bread, confit garlic butter, clam broth	YES - garlic bread, confit garlic butter	

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Hunan Kung Pao	YES - noodles *MAY - peanuts	*MAY - peanuts	*MAY - peanuts	YES - peanuts	YES - hunan sauce, sesame seeds	YES - hunan sauce *MAY - peanuts	MAY - peanuts, sesame seeds	YES - hunan sauce *MAY - peanuts	YES - hunan sauce *MAY - peanuts	YES - pickled chilies, hunan sauce	*MAY - peanuts	
Hunan Kung Pao - Vegan	*MAY - peanuts	*MAY - peanuts	*MAY - peanuts	YES - peanuts	YES - hunan sauce, sesame seeds	YES - hunan sauce *MAY - peanuts	MAY - peanuts, sesame seeds	YES - hunan sauce *MAY - peanuts	YES - hunan sauce *MAY - peanuts	YES - pickled chilies, hunan sauce	*MAY - peanuts	
Hunan Kung Pao with Chicken	YES - noodles *MAY - peanuts	*MAY - peanuts	*MAY - peanuts	YES - peanuts	YES - hunan sauce, sesame seeds	YES - hunan sauce *MAY - peanuts	MAY - peanuts, sesame seeds	YES - hunan sauce, noodles *MAY - peanuts	YES - hunan sauce, noodles *MAY - peanuts	YES - pickled chilies, hunan sauce	*MAY - peanuts	
Hunan Kung Pao with Prawns	YES - noodles *MAY - peanuts	YES - prawns *MAY - peanuts, other seafood (prawns)	*MAY - peanuts	YES - peanuts	YES - hunan sauce, sesame seeds	YES - hunan sauce *MAY - peanuts	MAY - peanuts, sesame seeds	YES - hunan sauce, noodles *MAY - peanuts	YES - hunan sauce, noodles *MAY - peanuts	YES - pickled chilies, hunan sauce	*MAY - peanuts	
Hunan Kung Pao with Tofu	YES - noodles *MAY - peanuts	*MAY - peanuts	*MAY - peanuts	YES - peanuts	YES - hunan sauce, sesame seeds, citrus soy sauce	YES - hunan sauce, tofu, citrus soy sauce *MAY - peanuts	MAY - peanuts, sesame seeds	YES - hunan sauce, noodles, citrus soy sauce *MAY - peanuts	YES - hunan sauce, noodles, citrus soy sauce *MAY - peanuts	YES - pickled chilies, hunan sauce, citrus soy sauce	YES - citrus soy sauce *MAY - peanuts	
Korean Beef Bibimbap	YES - egg	YES - kimchi		MAY - sesame seeds	YES - bibimbap sauce, citrus soy sauce, sesame seeds	YES - bibimbap sauce, citrus soy sauce, soy ginger mushrooms	MAY - sesame seeds	YES - bibimbap sauce, citrus soy sauce, soy ginger mushrooms	YES - bibimbap sauce, citrus soy sauce, soy ginger mushrooms	YES - citrus soy sauce	YES - citrus soy sauce, kimchi	
Korean Beef Bibimbap - Vegan	*MAY - tofu	*MAY - tofu	*MAY - tofu	MAY - sesame seeds	YES - bibimbap sauce, citrus soy sauce, sesame seeds	YES - bibimbap sauce, citrus soy sauce, soy ginger mushrooms, tofu *MAY - tofu	MAY - sesame seeds	YES - bibimbap sauce, citrus soy sauce *MAY - tofu	YES - bibimbap sauce, citrus soy sauce *MAY - tofu	YES - citrus soy sauce, tofu	YES - citrus soy sauce, kimchi *MAY - tofu	
Mediterranean Linguini	YES - parmesan		YES - sauce, confit garlic butter, parmesan					YES - linguini	YES - linguini	YES - roasted pepper, Mediterranean sauce MAY - olives		
Mediterranean Linguini with Chicken	YES - parmesan		YES - parmesan, feta					YES - linguini	YES - linguini	YES - roasted pepper, Mediterranean sauce MAY - olives		
Oven Roasted Salmon - Cajun Blackened		YES - salmon	YES - confit garlic butter					YES - crispy onions	YES - crispy onions	YES - confit garlic butter	YES - blackening spice, garlic butter	
Oven Roasted Salmon - Feta Caper Dill Aioli	YES - feta aioli	YES - salmon	YES - feta aioli					YES - crispy onions	YES - crispy onions	YES - feta aioli	YES - feta aioli	
Truffle Tortellini	YES - tortellini, truffle cream sauce, parmesan		YES - tortellini, truffle cream sauce, parmesan					YES - tortellini	YES - tortellini	MAY - tortellini		

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BOWLS + SALADS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Ahi Tuna Poke Bowl	YES - dashi mayonnaise	YES - tuna, dashi mayonnaise (tuna)	YES - dashi mayonnaise, poke dressing	MAY - macadamia nuts, poke dressing	YES - poke dressing, togarashi spice, seaweed salad	YES - dashi mayonnaise, poke dressing	YES - macadamia MAY - others, poke dressing	YES - poke dressing, crispy onions	YES - poke dressing, crispy onions	YES - poke dressing	MAY - poke dressing	MSG (dashi mayonnaise, poke dressing), Tartrazine & Brilliant Blue food colour (seaweed salad)
Ahi Tuna Poke Bowl with Greens	YES - dashi mayonnaise	YES - tuna, dashi mayonnaise (tuna)	YES - dashi mayonnaise, poke dressing	MAY - macadamia nuts, poke dressing	YES - poke dressing, togarashi spice, seaweed salad	YES - dashi mayonnaise, poke dressing	YES - macadamia MAY - others, poke dressing	YES - poke dressing, crispy onions	YES - poke dressing, crispy onions	YES - poke dressing	MAY - poke dressing	MSG (dashi mayonnaise, poke dressing), Tartrazine & Brilliant Blue food colour (seaweed salad)
Caesar Salad	YES - dressing, parmesan, croutons	YES - anchovy (dressing)	YES - parmesan, croutons	MAY - croutons (Alberta, Manitoba, Ontario)	MAY - croutons	YES - croutons	MAY - croutons	YES - croutons, pan bread	YES - croutons, pan bread, dressing	YES - dressing MAY - croutons	YES - dressing MAY - croutons (Alberta, Manitoba, Ontario)	
Cobb Salad	YES - egg, parmesan vinaigrette		YES - parmesan vinaigrette, blue cheese							YES - parmesan vinaigrette	YES - parmesan vinaigrette	
Garden Greens	YES - parmesan vinaigrette, croutons		YES - parmesan vinaigrette, croutons	MAY - croutons (Alberta, Manitoba, Ontario)	MAY - croutons	YES - croutons	MAY - croutons	YES - croutons	YES - croutons	YES - parmesan vinaigrette MAY - croutons	YES - parmesan vinaigrette MAY - croutons (Alberta, Manitoba, Ontario)	
Grilled Cajun Chicken Caesar Salad	YES - dressing, parmesan, croutons	YES - anchovy (dressing)	YES - parmesan, cajun chicken, croutons	MAY - croutons (Alberta, Manitoba, Ontario)	MAY - croutons	YES - croutons	MAY - croutons	YES - croutons, pan bread	YES - croutons, pan bread, worcestershire (dressing)	YES - cajun chicken, dressing MAY - croutons	YES - dressing, cajun chicken MAY - croutons (Alberta, Manitoba, Ontario)	
Grilled Garlic Chicken Caesar Salad	YES - dressing, parmesan, croutons	YES - anchovy (dressing)	YES - parmesan, garlic chicken, croutons	MAY - croutons (Alberta, Manitoba, Ontario)	MAY - croutons	YES - croutons	MAY - croutons	YES - croutons, pan bread	YES - croutons, pan bread, worcestershire (dressing)	YES - dressing, garlic chicken MAY - croutons	YES - dressing, garlic chicken MAY - croutons (Alberta, Manitoba, Ontario)	
Santa Fe Chicken Salad	*MAY - fried tortilla	*MAY - fried tortilla	YES - cajun chicken, feta	YES - peanut lime vinaigrette MAY - dates		MAY - peanut lime vinaigrette *MAY - fried tortilla	MAY - peanut lime vinaigrette, dates	*MAY - fried tortilla	*MAY - fried tortilla	YES - peanut lime vinaigrette, cajun chicken	YES - cajun chicken *MAY - fried tortilla	

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ADD-ONS FOR BOWLS + SALADS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Add 1/2 Chicken Breast												
Add 1/2 Cajun Chicken Breast			YES - confit garlic butter							YES - confit garlic butter	YES - blackening spice, confit garlic butter	
Add 1/2 Garlic Chicken Breast			YES - confit garlic butter							YES - confit garlic butter	YES - confit garlic butter	
Add 4 oz Sirloin												
Add Crispy Tofu	*MAY - fryer	*MAY - fryer	*MAY - fryer		YES - citrus soy sauce	YES - tofu, citrus soy sauce		YES - citrus soy sauce *MAY - fryer	YES - citrus soy sauce *MAY - fryer	YES - citrus soy sauce	YES - citrus soy sauce *MAY - fryer	
Add Salmon		YES - salmon	YES - butter									
Add Salmon - Cajun			YES - confit garlic butter							YES - confit garlic butter	YES - blackening spice, confit garlic butter	
Add Sautéed Prawns		YES - Prawn	YES - butter							YES - wine		
Add Sautéed Cajun Prawns		YES - Prawn	YES - confit garlic butter							YES - confit garlic butter	YES - blackening spice, confit garlic butter	
Artisan Garlic Bread	MAY - bread		YES - confit garlic butter MAY - bread		MAY - bread	YES - bread	MAY - bread	YES - bread	YES - bread	YES - confit garlic butter	YES - confit garlic butter MAY - bread	
Pan Bread								YES	YES			
Oil and Vinegar										YES - balsamic		
PIZZAS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Gluten Free Pizza Crust									*MAY - oven		MAY - crust	
Daiya Vegan Cheese												
California Pizza	MAY - crust	YES - prawns	YES - cheeses, parmesan MAY - crust		MAY - crust	MAY - crust	MAY - crust	YES - crust	YES - crust	YES - glaze MAY - crust	YES - glaze	
Kale + Mushroom Pizza	MAY - crust		YES - cheese MAY - crust		MAY - crust	YES - soy ginger mushroom mix MAY - crust	MAY - crust	YES - crust, soy ginger mushroom mix	YES - crust, soy ginger mushroom mix	MAY - crust		
Margherita Pizza	YES - parmesan MAY - crust		YES - cheese, parmesan MAY - crust		MAY - crust	MAY - crust	MAY - crust	YES - crust	YES - crust	MAY - crust		
Queen Bee Pizza	YES - parmesan MAY - crust		YES - cheese, parmesan MAY - crust		MAY - crust	MAY - crust	MAY - crust	YES - crust	YES - crust	YES - hot honey MAY - crust	YES - chorizo	

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Sautéed Cajun Prawns		YES - Prawn	YES - confit garlic butter							YES - confit garlic butter	YES - blackening spice, confit garlic butter	
Sautéed Prawns		YES - Prawn	YES - butter							YES - wine		
Seasonal Vegetables - Asparagus			YES - butter									
Seasonal Vegetables - Broccolini	YES - parmesan		YES - parmesan									
Seasonal Vegetables - Green Beans												
Seasonal Vegetables - Maple-Roasted Squash			YES - maple butter									
Spring Onion Jasmine Rice for Salmon								YES - crispy onions	YES - crispy onions			
Truffle Mashed Potatoes	*MAY - crispy potato garnish	*MAY - crispy potato garnish	YES - potatoes, truffle butter *MAY - crispy potato garnish			*MAY - crispy potato garnish		*MAY - crispy potato garnish	*MAY - crispy potato garnish		*MAY - crispy potato garnish	
Warm Potato Salad	YES - dressing		YES - confit garlic butter, dressing							YES - confit garlic butter	YES - confit garlic butter, dressing	
BURGERS + MORE <i>(See below for sides / add-ons)</i>	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Burger Bun	YES		YES	MAY - Alberta, Manitoba, Ontario	MAY - bun	MAY - Alberta, Manitoba, Ontario	MAY - bun	YES	YES		MAY - Alberta, Manitoba, Ontario	
Gluten Aware Burger Bun - Vegan												
Bigger Better Burger	YES - mayo, bun		YES - bun	MAY - bun Alberta, Manitoba, Ontario	MAY - bun	MAY - bun (Alberta, Manitoba, Ontario)	MAY - bun	YES - bun	YES - bun	YES - mustard MAY - pickle	YES - mayo, mustard MAY - bun (Ontario, Alberta, Manitoba)	
Cajun Chicken Cheddar Sandwich	YES - bun, mayo		YES - bun, cajun chicken	MAY - bun Alberta, Manitoba, Ontario	MAY - bun		MAY - bun	YES - bun	YES - bun	YES - cajun chicken	YES - cajun chicken, mayo MAY - bun (Ontario, Alberta, Manitoba)	
California Burger	YES - bun		YES - cheese, butter (sautéed onion), bun	MAY - bun Alberta, Manitoba, Ontario	MAY - bun	MAY - bun (Alberta, Manitoba, Ontario)	MAY - bun	YES - bun	YES - bun	YES - banana peppers	YES - mayo MAY - bun (Ontario, Alberta, Manitoba)	FD&C Yellow #5 (banana peppers), artificial colour (cheese)

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MENU ITEM	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
California Chicken Burger	YES - bun		YES - cheese, bun	MAY - bun Alberta, Manitoba, Ontario	MAY - bun	MAY - bun (Alberta, Manitoba, Ontario)	MAY - bun	YES - bun	YES - bun	YES - banana peppers	YES - mayo MAY - bun (Ontario, Alberta, Manitoba)	FD&C Yellow #5 (banana peppers), artificial colour (cheese)
Chicken Brie + Fig Sandwich	YES - confit garlic mayo MAY - ciabatta		YES - cheese MAY - ciabatta	MAY - bun Alberta, Manitoba, Ontario	MAY - ciabatta	MAY - ciabatta	MAY - ciabatta	YES - ciabatta	YES - ciabatta	MAY - ciabatta	YES - confit garlic mayo	
Deluxe Burger	YES - caramelized onion mayo, bun MAY - BBQ sauce	MAY - BBQ sauce	YES - caramelized onion mayo, cheese, bun MAY - BBQ sauce	MAY - bun Alberta, Manitoba, Ontario	MAY - BBQ sauce, bun	YES - BBQ sauce MAY - bun Alberta, Manitoba, Ontario	MAY - bun	YES - crispy onions, bun MAY - BBQ sauce	YES - crispy onions, BBQ sauce, bun	YES - caramelized onion mayo, BBQ sauce	YES - BBQ sauce, caramelized onion mayo MAY - bun Alberta, Manitoba, Ontario	caramel colour (BBQ sauce)
Garden Burger	YES - mayo, bun		YES - bun	MAY - bun Alberta, Manitoba, Ontario	MAY - bun	YES - burger MAY - bun (Alberta, Manitoba, Ontario)	MAY - bun	YES - bun, burger	YES - bun, burger	YES - mustard MAY - pickle	YES - mayo, mustard MAY - bun (Ontario, Alberta, Manitoba)	
Garden Burger - Vegan						YES - burger		YES - burger	YES - burger	MAY - pickle	YES - mustard	
Nashville Crispy Chicken Sandwich	YES - bun, honey mustard mayo *MAY - chicken	*MAY - chicken	YES - bun, chicken, hot oil	MAY - bun (Alberta, Manitoba, Ontario) *MAY - chicken		MAY - bun (Alberta, Manitoba, Ontario) *MAY - chicken	MAY - bun	YES - bun *MAY - chicken	YES - bun *MAY - chicken	YES - honey mustard mayo	YES - honey mustard mayo, Nashville hot spice MAY - Alberta, Manitoba, Ontario *MAY - chicken	
Pulled Chicken Clubhouse	YES - confit garlic mayo MAY - sourdough		YES - cheese, butter, pulled garlic chicken MAY - sourdough		MAY - sourdough	YES - sourdough	MAY - sourdough	YES - sourdough	YES - sourdough	YES - pulled garlic chicken MAY - sourdough	YES - confit garlic mayo, pulled garlic chicken	
TACOS <i>(See below for sides / add-ons)</i>	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Baja	*MAY - cod	YES - cod *MAY - cod	*MAY - cod	*MAY - cod		*MAY - cod		YES - tortilla, cod	YES - tortilla, cod		YES - chipotle mayo *MAY - cod	
Carne			YES - feta, confit garlic butter					YES - tortilla	YES - tortilla	YES - confit garlic butter	YES - blackening spice (beef), confit garlic butter, chipotle mayo	

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Pollo			YES - feta, confit garlic butter					YES - tortilla	YES - tortilla	YES - confit garlic butter	YES - blackening spice (chicken), confit garlic butter (chicken), chipotle mayo	
SIDES AND ADD-ONS FOR HANDHELDS + TACOS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Add Cheddar Cheese			YES									colour
Add Dry-Cured Bacon												
Add Jalapeno Jack Cheese			YES									
Add Sauteed Mushrooms			YES - butter									
French Fries	*MAY - fryer	*MAY - fryer	*MAY - fryer			*MAY - fryer		*MAY - fryer	*MAY - fryer		*MAY - fryer	
Gravy			YES			YES		YES	YES	YES	YES	caramel colour
Side Caesar Salad	YES - dressing, parmesan, croutons	YES - anchovy (dressing)	YES - parmesan, croutons	MAY - croutons (Alberta, Manitoba, Ontario)	MAY - croutons	YES - croutons	MAY - croutons	YES - croutons, pan bread	YES - croutons, pan bread, dressing	YES - dressing MAY - croutons	YES - dressing MAY - croutons (Alberta, Manitoba, Ontario)	
Side Garden Greens	YES - parmesan vinaigrette, croutons		YES - parmesan vinaigrette, croutons	MAY - croutons (Alberta, Manitoba, Ontario)	MAY - croutons	YES - croutons	MAY - croutons	YES - croutons	YES - croutons	YES - parmesan vinaigrette MAY - croutons	YES - parmesan vinaigrette MAY - croutons (Alberta, Manitoba, Ontario)	
Tortilla Chips and Salsa Roja	*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips		*MAY - spiced fried tortilla chips		*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips		YES - spiced fried tortilla chips	
Truffle Fries	YES - truffle mayo, parmesan *MAY - fries	*MAY - fries	YES - parmesan *MAY - fries			*MAY - fries		*MAY - fries	*MAY - fries		YES - truffle mayo *MAY - fries	
Yam Fries	YES - confit garlic mayo *MAY - yam	*MAY - yam	*MAY - yam			*MAY - yam		*MAY - yam	*MAY - yam		YES - confit garlic mayo	
DESSERTS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Bourbon Pecan Pie	YES - pie shell		YES - chantilly cream, chocolate, pie shell	MAY - pie shell		YES - pie shell, chocolate	YES - pecan pie MAY - others	YES - pie shell	YES - pie shell	MAY - pie shell	MAY - pie shell	
Caramelized Vanilla Cheese Cake	YES - cheesecake		YES - cheesecake, almond florentine, chantilly cream	MAY - almond florentine			YES - almond florentine MAY - others (almond florentine)	YES - cheesecake, almond florentine	YES - cheesecake, almond florentine			

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MENU ITEM	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Chocolate Banana Cream Pie	YES - pie shell	MAY - pie shell	YES - chantilly cream, pie shell			YES - pie shell, dark chocolate		YES - pie shell	YES - pie shell	MAY - pie shell	MAY - pie shell	
Lemon Meringue Pie	YES - pie shell, meringue, pie filling		YES - pie shell, pie filling	MAY - pie shell		YES - pie shell		YES - pie shell	YES - pie shell	MAY - pie shell	MAY - pie shell	
Pumpkin Pie	YES - pie, pecan crumble	MAY - pie shell	YES - chantilly cream, pie	MAY - pecan crumble		YES - pie shell	YES - pecan crumble MAY - others (pecan crumble)	YES - pie	YES - pie	MAY - pie shell	MAY - pie shell	
Sticky Toffee Chocolate Pudding	YES -pudding, gelato/ice cream		YES - gelato/ice cream, pudding, toffee sauce, choc sauce, almond florentine	MAY - dates (pudding), almond florentine		YES -pudding, chocolate sauce	MAY - dates (pudding), others (almond florentine)	YES - pudding, almond florentine MAY - granola	YES - pudding, almond florentine MAY - granola			
White Chocolate Creme Brulee	YES - crème brulee		YES - crème brulee, white chocolate, chantilly cream			YES - crème brulee, white chocolate						
BRUNCH	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Almond Berry Pancake	YES - pancake, vanilla crème anglaise		YES - butter, pancake, almond florentine, chantilly cream, vanilla crème anglaise	MAY - almond florentine		YES - pancake	YES - almond florentine MAY - others (almond florentine)	YES - pancake, almond florentine	YES - pancake, almond florentine			
Avocado Benedict	YES - eggs, hollandaise, parmesan vinaigrette MAY - bread *MAY - potato pave	*MAY - potato pave	YES - hollandaise, butter, parmesan vinaigrette MAY - bread *MAY - potato pave		MAY - bread	YES - bread *MAY - potato pave	MAY - bread	YES - bread *MAY - potato pave	YES - bread *MAY - potato pave	YES - hollandaise, parmesan vinaigrette MAY - bread	YES - hollandaise, parmesan vinaigrette *MAY - potato pave	
Breakfast Burger	YES - mayo, parmesan vinaigrette, bun *MAY - potato pave	*MAY - potato pave	YES - bun, cheese, parmesan vinaigrette *MAY - potato pave	MAY - bun (Alberta)	MAY - bun	MAY - bun (Alberta) *MAY - potato pave	MAY - bun	YES - bun *MAY - potato pave	YES - bun *MAY - potato pave	YES - mustard, parmesan vinaigrette MAY - pickle	YES - mayo, mustard, parmesan vinaigrette MAY - bun (Alberta) *MAY - potato pave	
"The Cure" Breakfast Sandwich	YES - egg, bun *MAY - potato pave	*MAY - potato pave	YES - bun, cheese, sauteed onions *MAY - potato pave	MAY - bun (Alberta)	MAY - bun	MAY - bun (Alberta) *MAY - potato pave	MAY - bun	YES - bun *MAY - potato pave	YES - bun *MAY - potato pave		MAY - bun (Alberta) *MAY - potato pave	

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Breakfast Tacos	YES - eggs, parmesan vinaigrette *MAY - potato pave	*MAY - potato pave	YES - cheese, eggs, parmesan vinaigrette *MAY - potato pave			MAY - chorizo (Ontario, Prairies) *MAY - potato pave		YES - tortilla *MAY - potato pave	YES - tortilla *MAY - potato pave	YES - parmesan vinaigrette MAY - pickled onions	YES - confit garlic butter, blackening spice, chipotle mayo, parmesan vinaigrette *MAY - potato pave	
Brunch Potato Pave	*MAY	*MAY	*MAY			*MAY		*MAY	*MAY		*MAY	
Chorizo Hash with Potato Pave	YES - eggs *MAY - potato pave	*MAY - potato pave	YES - feta, chorizo hash *MAY - potato pave			MAY - chorizo (Ontario, Prairies) *MAY - potato pave		*MAY - potato pave	*MAY - potato pave	YES - chorizo hash MAY - pickled onions	*MAY - potato pave	
Crab Cake Benedict	YES - eggs, hollandaise, crab cake, parmesan vinaigrette *MAY - potato pave	YES - crab, prawns (crab cake) *MAY - potato pave	YES - hollandaise, parmesan vinaigrette *MAY - potato pave			*MAY - potato pave		YES - crab cake *MAY - potato pave	YES - crab cake *MAY - potato pave	YES - hollandaise, parmesan vinaigrette MAY - crabe cake	YES - hollandaise, crab cake, parmesan vinaigrette *MAY - potato pave	
Earls Breakfast (2 or 3 Eggs)	YES - eggs, parmesan vinaigrette MAY - bread *MAY - potato pave	*MAY - potato pave	YES - butter, confit garlic butter, parmesan vinaigrette MAY - bread *MAY - potato pave		MAY - bread	YES - bread *MAY - potato pave	MAY - bread	YES - bread *MAY - potato pave	YES - bread *MAY - potato pave	YES - confit garlic butter, parmesan vinaigrette MAY - bread	YES - confit garlic butter, parmesan vinaigrette *MAY - potato pave	
Eggs Benedict	YES - eggs, hollandaise, parmesan vinaigrette MAY - bread *MAY - potato pave	*MAY - potato pave	YES - hollandaise, butter, parmesan vinaigrette MAY - bread *MAY - potato pave		MAY - bread	YES - bread *MAY - potato pave	MAY - bread	YES - bread *MAY - potato pave	YES - bread *MAY - potato pave	YES - hollandaise, parmesan vinaigrette MAY - bread	YES - hollandaise, parmesan vinaigrette *MAY - potato pave	
Fried Brunch Potatoes	*MAY	*MAY	YES - garlic butter *MAY			*MAY		*MAY	*MAY	YES - garlic butter	YES - garlic butter *MAY	
Ham & Cheese Omelette	YES - omelette, parmesan, parmesan vinaigrette *MAY - potato pave	*MAY - potato pave	YES - butter, omelette, pizza and parmesan cheese, confit garlic butter, parmesan vinaigrette *MAY - potato pave			*MAY - potato pave		*MAY - potato pave	*MAY - potato pave	YES - confit garlic butter, parmesan vinaigrette	YES - confit garlic butter, parmesan vinaigrette MAY - omelette *MAY - potato pave	
Prawn Benedict	YES - eggs, hollandaise, parmesan vinaigrette MAY - bread *MAY - potato pave	YES - prawns *MAY - potato pave	YES - hollandaise, parmesan vinaigrette MAY - bread *MAY - potato pave		MAY - bread	YES - bread *MAY - potato pave	MAY - bread	YES - bread *MAY - potato pave	YES - bread *MAY - potato pave	YES - hollandaise, parmesan vinaigrette MAY - bread	YES - hollandaise, parmesan vinaigrette *MAY - potato pave	

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