



FOOD MENU ALLERGEN GUIDE

Menu Item	Allergen							
STARTERS + SHAREABLES	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
BLACK BEAN NACHOS	✓		✓	✓	✓			
CAULIFLOWER BITES - BBQ	✓		✓	✓			✓	
CAULIFLOWER BITES - BUFFALO	✓		✓	✓			✓	
CAULIFLOWER BITES - HALF + HALF	✓		✓	✓			✓	
CHIPOTLE CAULIFLOWER TACOS	✓		✓	✓			✓	
CRISPY DUMPLINGS	✓	✓	✓	✓	✓		✓	
DRAGON BROCCOLI	✓	✓	✓	✓				
FRESH HUMMUS		✓					✓	✓
QUINOA ONION RINGS (EXCLUDES DIP)			✓				✓	✓
ROTATING SOUP (REFER TO SOUP INGREDIENTS LIST)								
SQUASH TACOS	✓		✓	✓			✓	
TACOS	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
CHIPOTLE CAULIFLOWER TACOS	✓		✓				✓	✓
SQUASH TACOS	✓		✓				✓	✓
HANDHELDS	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
9 LAYER BURRITO	✓		✓	✓	✓		✓	
BBQ RANCH BURGER	✓	✓	✓	✓	✓		✓	✓
BROCCOLI CAESAR WRAP	✓		✓	✓			✓	✓
BUFFALO WRAP	✓		✓	✓			✓	✓
CALI BURGER	✓		✓	✓	✓		✓	✓
CLUBHOUSE WRAP	✓		✓	✓			✓	
ULTIMATE CHEESEBURGER	✓		✓	✓	✓		✓	✓
SALADS	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
ALL-STAR (EXCLUDES DRESSING)		✓	✓	✓	✓			
BIG SALAD (EXCLUDES DRESSING)		✓	✓					
COBB (EXCLUDES DRESSING)			✓	✓			✓	✓
EAT YOUR GREENS! (EXCLUDES DRESSING)			✓	✓	✓			
FRESH GREEK	✓	✓	✓	✓			✓	
KALE, CAESAR	✓			✓	✓			
THE BOTANIST (EXCLUDES DRESSING)		✓	✓	✓	✓		✓	
FRIES	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
DRAGON FRIES	✓	✓	✓	✓				
DRAGON FRIES - W SWEET POTATO FRIES	✓	✓	✓	✓				
FRENCH FRIES								
GREEN POUTINE			✓					
GREEN POUTINE - W SWEET POTATO FRIES			✓					
POUTINE			✓					
POUTINE - W SWEET POTATO FRIES			✓					
SWEET POTATO FRIES (EXCLUDES DIP)								
BOWLS	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
BALANCE W BROWN BASMATI RICE		✓	✓			✓		
BALANCE W SOBA NOODLES		✓	✓			✓	✓	
BEACH W BROWN BASMATI RICE			✓	✓				
BEACH W SOBA NOODLES			✓	✓			✓	
GODDESS W BROWN BASMATI RICE		✓	✓					
GODDESS W SOBA NOODLES		✓	✓				✓	
PROTEIN W BROWN BASMATI RICE	✓	✓	✓	✓	✓			
PROTEIN W SOBA NOODLES	✓	✓	✓	✓	✓		✓	
POWERHOUSE W BROWN BASMATI RICE	✓	✓	✓	✓	✓			
POWERHOUSE W SOBA NOODLES	✓	✓	✓	✓	✓		✓	
THE FAVOURITE W BROWN BASMATI RICE	✓		✓	✓				
THE FAVOURITE W SOBA NOODLES	✓		✓	✓			✓	
TIGER W BROWN BASMATI RICE		✓	✓		✓			
TIGER W SOBA NOODLES		✓	✓		✓		✓	
DRESSINGS	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
369		✓	✓					
BOLD LEMON	✓		✓	✓				
CAESAR	✓		✓	✓				
HOUSE	✓		✓	✓				
TAHINI GINGER		✓	✓					
DRESSINGS, SAUCES & DIPS	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
BEACH SAUCE			✓					
CASHEW QUESO	✓		✓	✓	✓			
CHIPOTLE MAYO	✓		✓	✓				
GARLIC MAYO	✓		✓	✓				
JALAPEÑO AIOLI	✓		✓	✓				
MISO GRAVY	✓		✓					
PEANUT SAUCE		✓	✓			✓		
RANCH	✓		✓	✓				
SPICY TAHINI GINGER	✓	✓	✓	✓				
SPECIAL SAUCE	✓		✓	✓				
SIDES	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
CUP OF SOUP (REFER TO SOUP INGREDIENTS LIST)								
DRAGON FRIES	✓	✓	✓	✓				
EAT YOUR GREENS SALAD (NO DRESSING)			✓	✓	✓			
FRIES								
HOUSE SALAD (NO DRESSING)								
POUTINE			✓					
SWEET DRAGON FRIES	✓	✓	✓	✓				
SWEET POTATO FRIES (NO DIP)								
SWEET POUTINE			✓					
ADD ONS	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
AVOCADO								
BEYOND BURGER								
CRISPY CHICK'N			✓				✓	✓
CRISPY TOFU CUBES			✓					
CRISPY TOFU STEAKS			✓					
GLUTEN-FREE THIN-STYLE EVERYTHING BAGEL		✓	✓					
GRILLED PITA							✓	✓
GRILLED TOFU STEAKS			✓					
MARINATED TOFU CUBES			✓					
SIDE GRILLED GREENS			✓					
STEAMED BROCCOLI								
TEMPEH BACON			✓					
VEGAN FETA			✓	✓				
BRUNCH	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
ALMOND BUTTER FRENCH TOAST			✓		✓		✓	
AVOCADO GRILLED CHEESE	✓	✓	✓	✓			✓	✓
SMASHED AVOCADO TOAST		✓	✓	✓			✓	✓
SMASHED AVOCADO TOAST - ON SLICED ROASTED SWEET POTATOES								
TEX-MEX BRUNCH BURRITO	✓		✓	✓			✓	✓
THE BIG BREAKFAST PLATE	✓	✓	✓	✓	✓		✓	✓
THE BIG BREAKFAST PLATE - WITH GF THIN STYLE EVERTHING BAGEL								
WAKE 'N BACON BREAKFAST SANDWICH	✓	✓	✓	✓				
YOGURT + GRANOLA BOWL					✓			
BRUNCH SIDES	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
HOUSE-MADE HOME FRIES								
HOUSE SALAD (NO DRESSING)								
TEMPEH BACON			✓					
VEGAN BREAKFAST SAUSAGE			✓				✓	✓
DESSERT	MUSTARD	SESAME SEEDS	SOY	SULPHITE	TREE NUTS	PEANUTS	WHEAT	OTHER GLUTEN SOURCES
CARROT CAKE			✓				✓	
CHOCOLATE CAKE			✓					
CHOCOLATE PEANUT BUTTER CHEESECAKE			✓			✓		
HELLO DOLLY BAR			✓		✓			
PEANUT BUTTER BROWNIE			✓			✓		
PEPPERMINT NANAIMO BAR			✓					
S'MORES COOKIE			✓				✓	
ULTIMATE CHOCOLATE CHIP COOKIE			✓					

Please note allergen information provided is based on standard product formulations. Variations may occur due to ingredient substitutions and recipe revisions.

ALLERGEN WARNING: ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS-CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS-CONTAMINATION OCCURRING DURING MANUFACTURING, PROCESSING AND IN-HOUSE PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS. CONSUMERS WITH ALLERGEN AND INGREDIENT SENSITIVITY CONCERNS ARE ADVISED TO EXERCISE CAUTION.

Last updated August 21, 2025