

## Allergens

The table represents allergens contained in dishes (identified with an X). Please note that all dishes may contain dairy products, eggs, peanuts, nuts, soy, fish and seafood, sesame, wheat, mustard and sulphites.

Menu	Dairy Products	Eggs	Peanuts	Nuts	Soy	Fish and seafood	Sesame	Gluten and Wheat	Sulphites	Mustard
<b>Appetizers sauces not included</b>										
Chicken wings and raw vegetable										
Cheese sticks and raw vegetable	X				X			X		
Scores Combp	X	X			X		X	X		X
Classic Combo	X	X			X			X		
Kapow Shrimp						X		X		
Onion Rings					X			X		
<b>Soups</b>										
Cream of Brocoli	X				X			X		
Cream of Celery	X				X			X		
Cream of Mushroom	X				X			X		
Cream of Cauliflower	X				X			X		
Cream of Spinach	X				X			X		
Cream of Leek	X				X			X		
Chicken Royal Cream	X				X			X		
Lentil Soup	X				X			X	X	
Minestrone Soup	X				X			X		
Pea Soup					X			X		
Chicken and noodles Soup	X				X			X		
<b>Sauces</b>										
Sweet & Sour										
Chicken wings					X	X			X	X
BBQ					X			X		
Chimichurri					X				X	
Ribs					X	X			X	X
Dijon	X	X							X	X
General Tao					X		X	X		
Chipotle Mayonnaise		X								X
Honey Mustard		X								X
Piri-piri					X					
Pepper	X				X			X		
Tartar		X								X
Tomato (Marinara)										
Sriracha					X					

Menu	Dairy Products	Eggs	Peanuts	Nuts	Soy	Fish and seafood	Sesame	Gluten and Wheat	Sulphites	Mustard
<b>Sides</b>										
Fries					X					
Parmesan & Garlic Fries	X				X					
Vegetables										
Toasted Bread					X			X		
Baked Potato										
Garnished Baked Potato	X									
Mashed Potato	X				X					
Vegetable Rice	X				X					
Basmati Rice	X									
Coleslaw		X								X
<b>From the Grill sides not included</b>										
Traditional Chicken Brochette					X					X
Traditional Chicken Brochette with Basmati rice	X				X					X
À la Québécoise Chicken Brochette					X	X			X	X
A la Québécoise Chicken Brochette with Basmati rice	X				X	X			X	X
General Tao Brochette					X		X	X		X
General Tao Brochette with basmati rice	X				X		X	X		X
Montreal Smoked meat Brochette		X			X			X		X
Montreal Smoked meat Brochette with basmati rice	X	X			X			X		X
Hunter Grilled Chicken Breast	X	X			X			X	X	X
Hunter Grilled Chicken Breast with basmati rice	X	X			X			X	X	X
Swiss Cheese and Bacon Chicken	X				X	X			X	X
Swiss Cheese and Bacon Chicken with basmati rice	X				X	X			X	X
<b>Delights from here and abroad</b>										
Grilled Bavette Steak										
Grilled Bavette Steak with vegetables, sautéed mushrooms and pepper	X				X			X		X
Chicken Fajitas					X			X		X
Chicken Fajitas with cheese, Pico de Gallo, guacamole and sour cream.	X				X			X		X
Vegetarian Fajitas					X			X		
Vegetarian Fajitas with cheese, Pico de Gallo, guacamole and sour cream	X				X			X		
Fish & Chips					X	X		X		
Fish & chips with Tartar Sauce		X			X	X		X		X
Norwegian Cod en papillote						X				
Cornish Hen without sauce					X			X	X	
Cacciatore Chicken with pasta	X				X			X	X	X
Salmon on cedar plank with basmati rice	X					X				
Cornish Hen skillet lemon and herbs	X				X				X	
Fish Tacos		X			X	X		X		
Chicken Tenders without sauce	X	X			X			X		

Menu	Dairy Products	Eggs	Peanuts	Nuts	Soy	Fish and seafood	Sesame	Gluten and Wheat	Sulphites	Mustard
<b>Rotisserie Chicken without side dish</b>										
Quarter Chicken (leg)					X					
Quarter Chicken (breast)					X					
<b>Back Ribs without side dish</b>										
Back Ribs					X	X			X	X
Quarter Leg and Half Back Ribs					X	X			X	X
Quarter Breast and Half Back Ribs					X	X			X	X
Tender Chicken Breast Fillets and Half Back Ribs	X	X			X	X		X	X	X
<b>Sandwiches without side dish</b>										
Club sandwich	X				X			X		
Club sandwich with mayo	X	X			X			X		
Chicken Avocado Nanwich	X	X			X			X		X
Grilled chicken Flatbread	X	X			X			X	X	X
Fried Chicken Waffle Sandwich	X	X			X			X		
<b>Burgers &amp; Poutines without side dish</b>										
Beef Burger	X	X			X			X		X
Chicken Tender Breast Fillets Burger	X	X			X			X		
The Gourmet Burger	X	X			X			X		
Chicken Poutine	X				X			X		
Cornish Hen poutine	X				X			X	X	
Classic Poutine	X				X			X		
General Tao Poutine	X	X			X		X	X		
Montreal Smoked Meat Poutine	X	X			X			X		X
<b>Lunch + without side dish</b>										
Traditional Chicken Brochette					X					X
Traditional Chicken Brochette with Basmati rice	X				X					X
Half Ribs					X	X			X	X
Fish & Chips					X	X		X		
Fish & chips with Tartar Sauce		X			X	X		X		X
Grilled cheese Gourmet	X				X			X		
Hot chicken with green peas and sauce					X			X		
Rosée Sauce Linguini and Butterfly Shrimp	X				X	X		X	X	
Ribs Poutine	X				X	X		X	X	X
Quarter Chicken (leg)					X					
Quarter Chicken (breast)					X					
Tender Chicken Fillets (3)	X	X			X			X		
Chicken Salad Sandwich		X			X			X		X
Chipotle Chicken Wrap	X	X			X			X		X
Chipotle Chicken Wrap with Mayo	X	X			X			X		X
Chicken Caesar with bacon Wrap	X	X			X	X		X	X	X

Menu	Dairy Products	Eggs	Peanuts	Nuts	Soy	Fish and seafood	Sesame	Gluten and Wheat	Sulphites	Mustard
<b>Desserts Lunch +</b>										
Carrots Cake	X	X			X			X		
Lemon-Lime Cake	X	X			X			X	X	
Yogurt & Fruits Cake	X	X			X			X	X	
Apple Cake	X	X		X	X			X	X	
Chocolate Cake	X	X			X			X	X	
Cappucino Cake	X	X			X			X		
<b>Kids' menu without side dish</b>										
Side Fries					X					
Side Honey										
Side Cherry Sauce										
Chicken Tender Breast Fillets Burger	X	X			X			X		X
Roasted Chicken Leg					X					
Kool-Aid										
Chocolate Milk	X				X					
Miniburger	X	X			X			X		
Chicken Nuggets								X		
Teeny Tortellini	X	X						X		
<b>Salad Bar - Salads</b>										
Iceberg lettuce										
Romaine lettuce										
Thai salad with snow peas		X			X		X	X		
Beet salad									X	
Carrot salad		X			X					X
Coleslaw salad										
Fried Cauliflower salad										
Nordic Shrimp salad						X				
Farfalle pasta salad	X							X	X	
Fennel and poppy salad					X					
Beans and feta salad	X								X	
Kale and citrus salad		X			X					X
Roasted corn salad										
Chick pea salad										
Mini potatoes and bacon salad									X	X
Traditional Potato salad		X								
Red quinoa salad										
Tabbouleh salad								X		
Greek salad with Cherry Tomatoes	X									
Barley and pesto salad	X							X	X	

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<b>Salad Bar - Dressings</b>										
Olive oil										
Dijon dip	X	X							X	X
Balsamic vinegar									X	
Balsamic dressing									X	X
Caesar dressing		X				X			X	X
Greek dressing	X									
Italian dressing										
Light Italian dressing					X					
House dressing					X					X
Honey Mustard dressing		X								X
Ranch dressing	X	X								
<b>Salad Bar - Fresh Vegetables</b>										
Broccoli										
Carrot										
Celery										
Red cabbage										
Mushrooms										
Cucumber										
Zucchini										
Edamame					X					
Bean Sprouts										
Red onion										
Red pepper										
Radishes (4)										
Tomatoe										
<b>Salad Bar - Fresh Fruits</b>										
Pineapple										
Cantaloup										
Clementine										
Kiwi										
Mandarine										
Watermelon										
Honeydew Melon										
Orange										
Pear										
Apple										
Plum										
Grapes										

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<b>Salad Bar - Miscellaneous</b>										
Saltines					X			X		
Chili with beef and beans										
Diced chorizo	X									
Palm heart										
Pickles										X
Pita Chips							X	X		
Nachos Chips										
Caesar croutons	X						X	X		
Blue cheese	X									
Cheddar cheese	X									
Cottage cheese 2%	X									
Nacho cheese	X				X			X		X
Parmesan cheese	X									
Guacamole										
Homemade hummus										
Pickled vegetables									X	
Seed mixture					X					
Bacon bits					X					
Fried noodles		X						X		
Boiled egg (1)		X								
Kalamata olives										
Black olives										
Green olives										
Pico de gallo										
Peperoncini pepper									X	
Tzatziki	X									
<b>Salad Bar - Protein without side dish</b>										
Grilled Chicken Breast					X					X
Grilled Thai Chicken Breast					X					X

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<b>Christmas 2018 promo</b>										
Turtles® mud pie (espresso cup)	X	X			X					
Turtles® mud pie (cappuccino cup)	X	X			X					
Meat Balls Ragout	X				X			X	X	X
Meat pie without sauce	X				X			X	X	
Du Puy lentils mustard salad									X	X
Candy canes zucchini salad										
Chai tea	X									
Turtles® latte	X				X					
Turtles® hot chocolate	X				X			X		
Homemade hummus roasted peppers										
Homemade hummus with tahini							X			
<b>Desserts</b>										
Churros Donuts (5)	X	X			X			X		
Decadent Brownie	X	X			X			X		
Scores Sundae	X				X					
Chocolate cake	X	X			X			X		
Carrot cheesecake	X	X		X	X			X		
Chocolate-Caramel Molten cake	X	X			X			X		
Pouding Chomeur	X	X						X		
Lemon Pie	X	X			X			X		
<b>Brevages</b>										
Soda Pop (Coke)										
Soda Pop (Diet Coke)										
Vegetable Juice										
Tomato Juice										
Milk 2%	X									
Orange Juice										
Apple Juice										