

allergens

Version 44 - January 2019

The table represents the allergens in food (marked with an X). Please note that all dishes may contain dairy products, eggs, peanuts, tree nuts, soy, fish, shellfish, crustaceans, sesame, wheat, mustard and sulphites.

Menu	Milk	eggs	peanuts	Nuts	Soy	Fish and shellfish	Sesame	Corn	sulphites	Mustard
Starters										
chicken wings and salads										
Cheese sticks and crudités	X				X			X		
Combo scores	X	X			X		X	X		X
classic Combo	X	X			X			X		
Kapow shrimp						X		X		
Onion Rings					X			X		
Soups										
Cream of Broccoli	X				X			X		
Cream of Celery	X				X			X		
Cream of mushroom	X				X			X		
Cream of cauliflower	X				X			X		
Spinach Cream	X				X			X		
Leek cream	X				X			X		
Royal Cream of Chicken	X				X			X		
Lentil soup	X				X			X	X	
minestrone soup	X				X			X		
Pea soup					X			X		
Chicken soup and noodles	X				X			X		
saucés										
Sweet and sour										
Chicken wings					X	X			X	X
BBQ					X			X		
chimichurri					X				X	
ribs					X	X			X	X

Menu	Milk	eggs	peanuts	Nuts	Soy	Fish and shellfish	Sesame	Corn	sulfites	Mustard
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					
Sides										
Fries					X					
Fried parmesan and garlic	X				X					
Vegetables										
Toast					X			X		
Baked potato										
Potato baked garnished	X									
Potatoes mashed	X				X					
Rice with vegetables	X				X					
basmati rice	X									
Coleslaw		X								X
Grill no sides										
Traditional chicken skewer					X					X
Traditional chicken skewer basmati with rice	X				X					X
Quebec chicken kebab					X	X			X	X
Quebec chicken kebab basmati with rice	X				X	X			X	X
Skewer General Tao					X		X	X		X
Skewer General Tao basmati with rice	X				X		X	X		X
Skewer Montreal smoked meat		X			X			X		X
Skewer Montreal smoked meat basmati with rice	X	X			X			X		X
Chicken hunter	X	X			X			X	X	X
Chicken hunter basmati with rice	X	X			X			X	X	X
Swiss chicken and bacon	X				X	X			X	X

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Swiss chicken and bacon basmati with rice	X				X	X			X	X
Treats from here and elsewhere										
Flank beef										
Flank beef with sautéed mushrooms, pepper sauce and vegetables	X				X			X		X
Chicken fajitas					X			X		X
Chicken fajitas with cheese, pico de gallo, guacamole and sour cream	X				X			X		X
Fajitas with vegetables					X			X		
Fajitas with vegetables with cheese, pico de gallo, guacamole, 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				
Chicken Cornwall without sauce					X			X	X	
Roasted chicken breast cacciatore	X				X			X	X	X
Salmon on cedar plank basmati with rice	X					X				
Skillet Chicken Cornish lemon and herbs	X				X				X	
Fish tacos		X			X	X		X		
Tender chicken fillets without sauce	X	X			X			X		
Roast chicken no sides										
roasted chicken leg										
					X					
Roasted Chicken Breast										
					X					
ribs no sides										
ribs										
					X	X			X	X
Leg quarter and half rack ribs										
					X	X			X	X
Quarter chest and half rack ribs										
					X	X			X	X
Tender chicken breast fillets and half rack ribs										
	X	X			X	X		X	X	X

Menu	Milk	eggs	peanuts	Nuts	Soy	Fish and shellfish	Sesame	Corn	sulfites	Mustard
sandwiches sensational no sides										
Club sandwich	X				X			X		
Club sandwich with mayonnaise	X	X			X			X		
Nanwich chicken and avocado	X	X			X			X		X
Flatbread Grilled Chicken	X	X			X			X	X	X
Sandwich and waffle fried chicken	X	X			X			X		
Burgers and poutine no sides										
Beef Burger	X	X			X			X		X
Burger crispy chicken breast fillets	X	X			X			X		
The gourmet burger	X	X			X			X		
Poutine Chicken	X				X			X		
Poutine chicken Cornwall	X				X			X	X	
Poutine classic	X				X			X		
Poutine General Tao	X	X			X		X	X		
Poutine Montreal smoked meat	X	X			X			X		X
Midi + unaccompanied										
Traditional chicken skewer					X					X
Traditional chicken skewer basmati with rice	X				X					X
Half rack					X	X			X	X
Fish & chips					X	X		X		
Fish & chips with tartar sauce		X			X	X		X		X
Grilled cheese Roasted Chicken	X				X			X		
Hot chicken with peas and sauce					X			X		
Linguine with butterfly shrimp sauce	X				X	X		X	X	
Poutine ribs	X				X	X		X	X	X
Quarter chicken (thigh)					X					
Quarter chicken (chest)					X					
Trendres chicken breast (3)	X	X			X			X		
Sandwich with chicken salad		X			X			X		X

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Chipotle Chicken Wrap	X	X			X			X		X
Chipotle Chicken Wrap with mayonnaise	X	X			X			X		X
Caesar Wrap with chicken and bacon	X	X			X	X		X	X	X
Dessert										
Avalanche carrot	X	X			X			X		
Crispy Lemon-Lime	X	X			X			X	X	
Crispy yogurt and fruit	X	X			X			X	X	
Gentle apple	X	X		X	X			X	X	
Duo chocolate	X	X			X			X	X	
Cake cappuccino	X	X			X			X		
Children's Menu <small>no sides</small>										
Accompanying fries					X					
Honey										
sauce Cherry										
Burger with tender chicken fillet	X	X			X			X		X
roasted chicken leg					X					
Kool-Aid										
Chocolate milk	X				X					
Mini burger	X	X			X			X		
Chicken nuggets								X		
Cheese tortellini	X	X						X		
Salad Bar - Salads										
iceberg lettuce										
Romaine lettuce										
Thai Asian salad and peas		X			X		X	X		
Beet salad									X	
Carrot Salad		X			X					X
Coleslaw										
fried cauliflower salad										

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Salad with shrimp						X				
Salad with farfalle	X							X	X	
fennel salad and poppy					X					
Bean Salad and Feta	X								X	
Kale salad and citrus		X			X					X
roasted corn salad										
Chickpea Salad										
potato salad and bacon bell									X	X
Traditional potato salad		X								
Red Quinoa Salad										
Salad tabouleh								X		
Greek salad and cherry tomatoes	X									
Barley Salad and Pesto	X							X	X	
Salad Bar - Salads "season" (Available for a limited time)										
Chickpea Salad with Roasted Cauliflower										
Red Quinoa Salad (With carrots, yellow beets and cranberries)										
Salad bar - Dressings										
Olive oil										
dip dijon	X	X							X	X
Balsamic vinegar									X	
balsamic vinaigrette									X	X
Caesar dressing		X				X			X	X
Greek dressing	X									
Italian dressing										
Italian dressing light					X					
house dressing					X					X
Honey mustard vinaigrette &		X								X
ranch dressing	X	X								

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Salad bar - Vegetables										
Broccoli										
Carrot										
Celery										
Red cabbage										
Mushrooms										
Cucumber										
Zucchini										
edamame					X					
Bean sprouts										
Red onion										
Red bell pepper										
Radish (4 radish)										
Tomato										
Salad bar - Fruit										
Pineapple										
Cantaloupe										
Clementine										
Kiwi										
Mandarin										
Watermelon										
Honeydew melon										
Orange										
Perry										
Apple										
Plum										
grapes										

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Salad bar - Miscellaneous										
soda crackers					X			X		
Chile Beef and Beans										
chorizo	X									
Palm heart										
Pickles										X
Pita Chips							X	X		
nachos chips										
croutons	X						X	X		
Blue cheese	X									
cheddar cheese	X									
Cottage cheese	X									
cheese nachos	X				X			X		X
Parmesan cheese	X									
guacamole										
hummus house										
Hummus house with caramelized onions (With tahini)	X						X			
Pickled vegetables									X	
Seed Mix					X					
Bacon bits					X					
fried noodles		X						X		
cooked egg		X								
kalamata olives										
Black olives										
Green olives										
Pico de Gallo										
pepper peperoncini									X	
tzatziki	X									

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Salad bar - Proteins unaccompanied										
Grilled chicken breast					X					X
Grilled chicken breast thaïe					X					X
Promotion Noël 2018										
Mud pie to Turtles® (Espresso cup)	X	X			X					
Mud pie to Turtles® (Cappuccino cup)	X	X			X					
A meatball stew	X				X			X	X	X
pie without sauce	X				X			X	X	
mustard Puy lentil salad									X	X
candy cane Zucchini Salad										
chai	X									
Latte with Turtles®	X				X					
hot chocolate to Turtles®	X				X			X		
Roasted Pepper Hummus House										
Hummus with tahini house							X			
desserts										
hot donuts (5)	X	X			X			X		
decadent brownie	X	X			X			X		
Sundae (Sundae Scores)	X				X					
Chocolate cake	X	X			X			X		
Cheesecake Carrot	X	X		X	X			X		
Soft caramel chocolate fondant	X	X			X			X		
pudding unemployed	X	X						X		
Lemon pie	X	X			X			X		
beverages										
soft drink (Coke)										
soft drink (Diet Coke)										
Vegetable juice										
Tomato juice										
2% milk	X									
Orange juice										
Apple juice										