



ALLERGEN GUIDE

MENU ITEM	EGG	MEAT	PEANUT	SHELLFISH	SOY	SEEDS	TREE NUT	DAIRY	CITRUS	GARLIC
BASMATI RICE							x			x
ISLAND MASH							x			
BLACK RICE					x		x		x	
SPINACH										
CILANTRO NOODLES						x		x	x	x
QUINOA									x	
KALE SALAD									x	
BROCCOLI									x	x
MUSHROOMS										
SWEET POTATATOES										
SPROUTS										x
CAULIFLOWER										
LEMON CHICKEN		x							x	x
BBQ CHICKEN		x								x
SPICED STEAK		x								x
AHI TUNA		x			x	x			x	
PORK TENDERLOIN		x								
SHRIMP				x	x	x			x	
MISO TOFU					x	x				
SPICY THAI SAUCE					x				x	
CILANTRO PESTO						x		x	x	x
CARROT GINGER					x				x	
MINTED TOMATOES										x
GOAT CHEESE								x		
PARMESAN CHEESE								x		
ASIAN HERB MIX						x				
COOKIES	x				x			x		

For general information on food allergens, visit the Food Allergy Research & Education website at <http://www.foodallergy.org>.