



# ALLERGY MENU



MENU CATEGORY	MENU ITEM	MILK	EGGS	WHEAT	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	SESAME
APPETIZERS	Poutine	✓		✓	•					
	Turbo Meatballs	✓		✓	✓					
	Stoner Chips	✓								
	Lemongrass Edamame			✓	✓					
	Artichoke Spinach Dip	✓	✓	✓	✓					
	Southwest Sweets		✓	✓	✓	✓				
	Pub Fries			✓	•					
	Homeade Potato Chips									
	Chicken Wings (Depends on Sauce)									
HEARTY FARE	Pub Beer Battered Fish-and-Chips	✓	✓	✓	✓		•	✓	•	
	Captain's Portion	✓	✓	✓	•			✓	•	
	Walleye and Chips	✓	✓	✓				✓		
	Hot Turkey Commercial	✓		✓	•					
	North Country Walleye and Wild Rice	✓	✓	✓	✓			✓	•	
BOWLS	Asian Pork Bowl				✓					
	Fried Chicken & Wild Rice Casserole	✓		✓						
	Pineapple Chicken				✓					
	Lemon Cod Bowl							✓	•	
	Pulled Turkey or Pork Bowl	✓								
	Black Bean and Veggies	•	•	✓			•			
LIGHTER FARE	Chicken, Bacon and Blu Salad	✓			•					
	Taco Salad	✓		✓	•					
	Southwest Salad			✓	•					
DESSERTS	Homemade Sweet Bread Pudding	✓	✓	✓	✓					
	Bourbon Chocolate Mousse	✓								
BURGERS & SANDWICHES	Pulled Pork Sandwich			✓	•					
	Pulled Turkey Sandwich			✓	•					
	Bacon My Heart Sandwich	✓		✓	✓			✓		
	Pork & Slaw Sandwich		✓	✓	✓					
	Cheesy Turkey Sandwich	✓		✓	•					
	Turkey Cranberry Sandwich			✓	•		✓			
	Sloppy Joe Sandwich			✓						
	Black Bean Burger			✓	✓	✓				
	Never Mooed Burger			✓	•		✓			
	Hawaiian Chicken Sandwich			✓	✓			✓		
	Cajun Chicken Pita	✓		✓						
	Hickory Burger	✓		✓	✓				✓	
	White Cheddar and Onion Burger	✓		✓	✓				✓	
	Fish Taco	✓	✓	✓	✓				✓	
SMALL PLATE (KIDS)	Chicken Strips			✓						
	Pulled Turkey Sandwich			✓	✓					
	Sloppy Joe			✓						
FARM FRESH BREAKFAST	Bread Pudding Breakfast	✓	✓	✓	✓					
	Cheesy Quinoa Brown Rice Bowl	✓	✓							
	Classic Breakfast	✓	✓	✓						
	Tripe B Breakfast Bowl			✓	•					
	Meat Lovers Scramble	✓	✓	✓	•					
	Chicken and Waffles	•	✓	✓	✓	✓				

MISC.	Hamburger Bun			✓	•					
	Beef Hamburger Patty									
	Pita Bread	✓		✓						
	White Bread			✓	•					
	Fries			✓	•					
	Sweet Potato Fries				•					
SAUCES	Buffalo	✓		✓	✓			✓	•	
	6 Pepper Garlic									
	Cajun Rub									
	Norweigen Hot	✓			✓					
	Thai Peanut			✓	✓	✓	✓		•	•
	Southwest		✓		✓					
	Turbo Sauce	✓								
	Chimichurri Sauce									
	Ragtop BBQ			✓	✓			✓	•	
Ranch Dressing	✓	✓		✓						

✓ Menu item contains this specific allergen (includes all cooking sauces, condiments and fixed accompaniments).

• Menu item presents a special risk of cross-contamination of all allergens due to the cooking method

**FOR A MORE SPECIFIC INGREDIENT BREAKDOWN, PLEASE ASK YOUR SERVER**

**If you have any questions about allergens and our food products please contact this restaurant or [allergyaware21@gmail.com](mailto:allergyaware21@gmail.com)**

We strive to identify common ingredients that may cause allergic reactions for those with food allergies and sensitivities; however, the risk of contamination is always present. There is also a chance that manufacturers of our products could change their formulations without notice at any time. Guests concerned with food allergies and sensitivities need to be aware of this risk. We will not assume any liability for allergic reactions while eating at this establishment. Please inform your server if you have a food allergy or sensitivity.



[allergyawareinc.com](http://allergyawareinc.com)