



# ALLERGEN GUIDE

\*\* THIS IS JUST A GUIDE! \*\*

**ALWAYS GET A LEADER WHEN DEALING WITH A GUEST WITH ALLERGIES**

MENU ITEM	EGG	MEAT	PEANUT	SHELLFISH	SOY	SEEDS	TREE NUT	DAIRY	CITRUS	GARLIC	VEGAN	INGREDIENTS
BASMATI RICE							●			●	●	Coconut Milk, Garlic
JASMINE RICE						●					●	Sesame oil
BLACK RICE					●		●		●		●	Coconut Milk, Tamari, Kafir Lime Leaf
SPINACH											●	
CILANTRO NOODLES			May contain●			●		●	●	●		Sunflower seeds, Parm cheese, Lime juice, Garlic, May contain peanut oil & is processed in facility with peanuts
QUINOA									●		●	Lemon Juice
ASIAN NOODLES					●	●				●		Tamari, Sesame Oil, Garlic
KALE SALAD									●		●	Lemon Juice
BROCCOLI									●	●	●	Garlic, Apricot, Orange Juice
MUSHROOMS											●	
SWEET POT											●	
SPROUTS										●	●	Garlic
GREEN BEANS										●	●	Garlic Powder
CAULIFLOWER											●	
LEMON CHICKEN		●							●	●		Lemon, Garlic
BBQ CHICKEN		●								●		
SPICED STEAK		●								●		
AHI TUNA		●		●	●	●						Tamari, Sesame Seeds, Oyster sauce
PORK TENDERLOIN		●										
SHRIMP				●	●	●			●			Orange Juice, Sesame Seeds, Tamari
MISO TOFU					●	●					●	Tamari & Tofu are Soy, Sesame Seeds
SPICY THAI					●				●		●	Orange Juice, Brown Sugar, Tamari
CILANTRO PESTO			May contain●			●		●	●	●		Sunflower Seeds, Parm cheese & Lime Juice - May contain peanut oil & is processed in facility with peanuts
CARROT GINGER					●	●			●		●	Kafir lime leaf, Tamari, sesame oil
MINTED TOMATOES										●	●	Garlic
GOAT CHEESE								●				Goats Milk
AVOCADO											●	
PARMESAN CHEESE								●				Milk
ASIAN HERB MIX						●					●	Sesame Seeds
COOKIES	●		May contain●		●			●				Dough contains eggs and milk fat, Soy Lecithin. May contain peanut oil & is processed in facility with peanuts
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