

ALLERGEN GUIDE

	MENU ITEM	DAIRY FREE	EGG-FREE	GLUTEN-FREE	SESAME-FREE	SOY-FREE	SULPHITE-FREE	MUSTARD-FREE	SEAFOOD-FREE	PEANUT-FREE	SUBSTITUTION OPTIONS TO MAKE Gluten-Free & Misc
	PLAYMAKER PLATTER	NO	NO	NO	NO	YES	NO	YES	YES	YES	This Item CANNOT be made Gluten-Free.
	BABA'S UKRAINIAN Perogies	NO	NO	NO	YES	NO	NO	YES	YES	YES	This Item CANNOT be made Gluten-Free.
	TRIPLE EH! PEPPERED SEARED STEAK BITES *	YES	NO	NO	NO	NO	NO	NO	YES	YES	This Item CANNOT be made Gluten-Free.
	OGOPOGO ONION RINGS *	NO	YES	NO	YES	YES	YES	YES	NO	YES	This Item CANNOT be made Gluten-Free. Also contains MSG.
	FACE OFF FRIED PICKLES *	NO	YES	NO	YES	YES	NO	YES	NO	YES	This Item CANNOT be made Gluten-Free.
	GOLDEN GARLIC FINGERS *	NO	YES	NO	YES	YES	NO	YES	YES	YES	To make Gluten-Free use 10" Gluten-Free Crust.
LES	OFFSIDE 3-CHEESE SPINACH DIP *	NO	NO	NO	YES	NO	NO	YES	NO	YES	To make Gluten-Free use Nacho Chips instead of Crostini.
SHAREABLES	BACON WRAPPED CHINOOK JALAPENOS *	NO	YES	YES	YES	YES	NO	YES	YES	YES	THIS IS GLUTEN-FREE.
SHAF	MANITOBA YAM FRIES *	YES	YES	NO	YES	YES	NO	YES	NO	YES	To make Gluten-Free cook in Gluten-Free deep Fryer. Contains MSG.
త	COTTAGE COUNTRY KACTUS CHIPS *	NO	YES	YES	YES	YES	NO	YES	NO	YES	To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG.
APPETIZERS	SALT SPRING CRACKED PEPPER & SEA SALT DRY RIBS *	YES	YES	NO	NO	NO	NO	NO	NO	YES	This Item CANNOT be made Gluten-Free.
AF	CRISPY "SHAKE EM" WEDGES*	NO	YES	NO	YES	YES	NO	YES	NO	YES	This Item CANNOT be made Gluten-Free.
	TRI-STACKED NACHOS & NACHOS FOR UNO *	NO	YES	YES	YES	YES	NO	YES	NO	YES	THIS IS GLUTEN-FREE.
	TEMPURA CAULIFLOWER*	NO	NO	NO	NO	NO	NO	NO	NO	NO	This Item CANNOT be made Gluten-Free.
	TATERS SUPREME *	NO	NO	NO	NO	NO	NO	NO	NO	YES	To make Gluten-Free cook in Gluten-Free deep Fryer
	DEEP FRIED MOZZA STICKS	NO	YES	NO	YES	YES	NO	YES	YES	YES	This Item CANNOT be made Gluten-Free. Contains MSG
	LASAGNA BITES	NO	NO	NO	YES	YES	NO	YES	YES	YES	This Item CANNOT be made Gluten-Free. Contains MSG
	WAGYU GYOZA*	YES	NO	NO	NO	YES	NO	YES	YES	YES	This Item CANNOT be made Gluten-Free. Contains MSG
			* All fried p	roducts may contain	one or all of the alle	ergens identified in t	he Allergen Guide as	fryer oil and the ove	n is a source of cross	-contamination.	
ంర	QUEEN CHARLOTTE Caesar Salad	NO	NO	NO	YES	YES	NO	NO	NO	YES	To make this Gluten-Free OMIT croutons and Garlic Toast.
S	TACO'BOUT SALAD BOWL*	NO	YES	NO	YES	YES	YES	YES	NO	YES	To make Gluten-Free use Nacho Chips instead of Taco Bowl.
S, GREE BOWLS	TUNA POKE RICE BOWL	NO	NO	YES	NO	NO	NO	YES	NO	YES	THIS IS GLUTEN-FREE.
SOUPS, GREENS & BOWLS	GOOD FOR YOUR SOUL POWER BOWL*	NO	YES	NO	NO	NO	NO	YES	YES	NO	To make Gluten-Free, substitute a gluten free dressing and remove barley.
SO	CRISPY CHICKEN COBB SALAD	NO	NO	NO	YES	YES	NO	YES	NO	YES	To make Gluten-Free use Grilled Chicken.
			* All fried p	roducts may contain	one or all of the alle	ergens identified in t	he Allergen Guide as	fryer oil and the ove	n is a source of cross	-contamination.	
	CLASSIC POUTINE *	NO	YES	NO	YES	NO	NO	YES	NO	YES	This Item CANNOT be made Gluten-Free.
POUTINE	BUFFALO CHICKEN POUTINE *	NO	NO NO	NO	YES	NO NO	NO	YES	NO NO	YES	This Item CANNOT be made Gluten-Free.
Ħ			YES	NO NO		NO			NO		This Item CANNOT be made Gluten-Free.
P(BRISKET POUTINE * DONAIR POUTINE *	NO NO	YES	NO NO	YES YES	NO NO	NO NO	NO YES	NO NO	YES	This Item CANNOT be made Gluten-Free. This Item CANNOT be made Gluten-Free.
	DOMAINTOOTHE						he Allergen Guide as				
	THE CANADIAN CHEESEBURGER *	NO	NO	NO	NO	YES	NO	NO	YES	YES	To make this Gluten-Free use Gluten-Free bun.
	SAME TEAM BURGER *	NO	NO	NO	NO	YES	NO	NO	YES	YES	To make this Gluten-Free use Gluten-Free bun.
S	STONY PLAIN BURGER *	NO	NO	NO	NO	YES	NO	NO	YES	YES	To make this Gluten-Free use Gluten-Free bun.
GER	RITA BURGER CHALLENGE *	NO	NO	NO	NO	NO	NO	NO	YES	YES	This Item CANNOT be made Gluten-Free.
BURGERS	ROCKY MOUNTAIN CHICKEN CLUB *	NO	NO	NO	NO	YES	NO	YES	YES	YES	To make this Gluten-Free use Gluten-Free bun.
	BLACKENED CHICKEN BURGER *	NO	NO	NO	NO	YES	YES	YES	YES	YES	To make this Gluten-Free use Gluten-Free bun.
	BUFFALO CHICKEN BURGER *	NO	NO	NO	NO	NO	NO	NO	NO	YES	To make Gluten-Free use Grilled Chicken and a Gluten-Free bun.

^{*} All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil and the oven is a source of cross-contamination.



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S	BREWHOUSE WRAP *	NO	NO	NO	YES	YES	YES	NO	YES	YES	To make Gluten-Free use a lettuce wrap or Gluten-Free bun.
WRAPS	CHICKEN CAESAR WRAP *	NO	NO	NO	YES	YES	NO	NO	NO	YES	To make Gluten-Free use a lettuce wrap or Gluten-Free bun.
	BUFFALO CHICKEN WRAP *	NO	NO	NO	YES	YES	NO	NO	NO	YES	To make Gluten-Free use a lettuce wrap or Gluten-Free bun with Grilled Chicken.
			* All fried p	roducts may contain	one or all of the all	ergens identified in t	he Allergen Guide as	fryer oil and the ove	n is a source of cross	-contamination.	Ball With armod officials.
	BREWHOUSE	NO	No	NO	WEO	No	NO	NO	WED	VFO	Tit Is assured to the F
	FRESH PHILLY *	NO NO	NO NO	NO NO	YES	NO	NO NO	NO NO	YES	YES	This Item CANNOT be made Gluten-Free. This Item CANNOT be made Gluten-Free.
	BREWHOUSE BEEF DIP * BRISKET GRILLED CHEESE	NO NO	NO NO	NO NO	NO YES	NO YES	NO NO	NO NO	YES	YES	This Item CANNOT be made Gluten-Free.
S	SANDWICH * CHICKEN QUESADILLA *	NO NO	NO NO	NO	YES	YES	NO NO	NO NO	YES	YES	This Item CANNOT be made Gluten-Free.
IAI	THE CBH DONAIR *	NO NO	YES	NO NO	YES	YES	NO NO	YES	YES	YES	This Item CANNOT be made Gluten-Free.
ALL STARS	CHICKEN TENDER BENDERS *	NO	NO	NO	YES	NO	NO	YES	NO	YES	This Item CANNOT be made Gluten-Free.
4	BREWHOUSE HOSER CLUB *	NO	NO	NO	YES	YES	YES	YES	YES	YES	To make Gluten-Free use Gluten-Free bun.
	STEAKHOUSE SANDWICH *	NO	NO	NO	NO	NO	NO	NO	YES	YES	To make Gluten-Free OMIT Garlic Toast,
	MONTREAL										steak sauce and mushrooms. This Item CANNOT be made Gluten-Free.
	SMOKED MEAT SANDWICH	YES	NO	NO	NO	NO	NO	NO	YES	NO	I NIS ITEM CANNUT DE MADE GIUTEN-Free.
	DRUNKEN		* All fried p	roducts may contain	one or all of the all	ergens identified in t	he Allergen Guide as	fryer oil and the ove	n is a source of cross	-contamination.	To make Gluten-Free substitute for Gluten-Free Tartar
	FISH & CHIPS	YES	YES	NO	YES	YES	NO	YES	NO	YES	and use Gluten-Free fish option.
NTS	OLYMPIC STIR-FRY *	YES	NO	NO	NO	NO	NO	YES	NO	YES	To make Gluten-Free substitute Sweet Chilli Sauce & use Gluten-Free rice.
EVE	BRISKET Shepherd's Pie *	NO	YES	NO	YES	NO	NO	YES	YES	YES	This Item CANNOT be made Gluten-Free.
MAIN EVENTS	RETURN OF THE MAC *	NO	NO	NO	YES	YES	NO	YES	NO	YES	This Item CANNOT be made Gluten-Free.
	LITTLE ITALY CHICKEN PARMESAN *	NO	NO	NO	YES	YES	NO	YES	NO	YES	This Item CANNOT be made Gluten-Free.
	OTHOREM I ARMESAN		* All fried p	roducts may contain	one or all of the all	ergens identified in t	he Allergen Guide as	fryer oil and the ove	n is a source of cross	-contamination.	
2											
×	KACTUS CHIPS *	NO	YES	NO	NO	NO	NO	NO	NO	YES	To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG.
JNS &	KACTUS CHIPS * FRIES *	NO NO	YES YES	NO NO	NO NO	NO NO	NO YES	NO YES	NO NO	YES YES	OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG.
UD UNS &	FRIES *										OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer &
S, ADD UNS &	FRIES *	NO	YES	NO	NO	NO	YES	YES	NO	YES	OMIT Creole Seasoning, Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning, Contains MSG. To make Gluten-Free use
AUES, AUU UNS & CIDES	FRIES *	NO YES	YES YES	NO NO	NO YES	NO YES	YES NO	YES NO	NO NO	YES YES	OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG. To make Gluten-Free use Gluten-Free Deep Fryer. Contains MSG.
'GKADES, ADD UNS & CIDES	FRIES * YAM FRIES * BUTTERMILK MASHED POTATOES	NO YES NO	YES YES YES	NO NO YES	NO YES YES	NO YES NO	YES NO YES	YES NO YES	NO NO YES	YES YES YES	OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Cluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG. To make Gluten-Free use Gluten-Free Deep Fryer. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG.
UPGKADES, ADD UNS & CIDES	FRIES * YAM FRIES * BUTTERMILK MASHED POTATOES STEAK MUSHROOMS WHITE RICE ONION RINGS *	NO YES NO NO YES NO	YES YES NO YES YES YES	NO NO YES NO YES NO	NO YES YES NO YES YES YES	NO YES NO NO YES YES	YES NO YES NO YES YES YES	YES NO YES NO YES YES YES	NO NO YES YES YES NO	YES YES YES YES YES YES YES YES	OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG. To make Gluten-Free use Gluten-Free Deep Fryer. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. THIS IS GLUTEN-FREE. This Item CANNOT be made Gluten-Free. Contains MSG.
UPGKADES, ADD DNS & SIDES	FRIES * YAM FRIES * BUTTERMILK MASHED POTATOES STEAK MUSHROOMS WHITE RICE	NO YES NO NO YES	YES YES YES NO YES YES NO	NO NO YES NO YES NO NO	NO YES YES NO YES YES YES YES	NO YES NO NO YES YES YES NO	YES NO YES NO YES YES NO	YES NO YES NO YES YES NO	NO NO YES YES YES NO YES	YES YES YES YES YES YES YES YES	OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG. To make Gluten-Free use Gluten-Free Deep Fryer. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE.
UPGRADES, ADD UNS & SIDES	FRIES * YAM FRIES * BUTTERMILK MASHED POTATOES STEAK MUSHROOMS WHITE RICE ONION RINGS * VEGGIE BURGER	NO YES NO NO YES NO NO YES NO NO	YES YES NO YES YES NO YES All fried p	NO NO YES NO YES NO NO NO roducts may contain	NO YES YES NO YES YES YES YES One or all of the all	NO YES NO NO YES YES NO ergens identified in t	YES NO YES NO YES YES NO he Allergen Guide as	YES NO YES NO YES YES YES NO fryer oil and the ove	NO NO YES YES YES NO YES T is a source of cross	YES	OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG. To make Gluten-Free use Gluten-Free Deep Fryer. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. This Item CANNOT be made Gluten-Free. Contains MSG.
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UPGKAD	FRIES * YAM FRIES * BUTTERMILK MASHED POTATOES STEAK MUSHROOMS WHITE RICE ONION RINGS * VEGGIE BURGER DORITOS PIZZA * CHICKEN ALFREDO PIZZA * THE MEATZA PIZZA * PRIME MINISTER PIZZA * HAWAIIAN LU-WOW PIZZA * VEG OUT PIZZA * LOADED DELUXE PIZZA *	NO YES NO NO YES NO	YES YES NO YES YES NO * All fried p NO YES YES YES YES YES YES	NO NO YES NO YES NO NO roducts may contain NO NO NO NO NO NO NO NO	NO YES YES NO YES YES YES One or all of the all YES	NO YES NO NO YES YES YES NO YES YES NO YES NO YES NO YES NO	YES NO YES NO YES YES NO He Allergen Quide as NO YES NO NO YES NO NO NO	YES NO YES NO YES YES NO fryer oil and the ove YES YES NO NO YES YES YES YES	NO NO YES YES YES NO YES	YES YES YES YES YES YES YES YES	OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG. To make Gluten-Free use Gluten-Free Deep Fryer. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. This Item CANNOT be made Gluten-Free. Contains MSG. THIS IS GLUTEN-FREE. This Item CANNOT be made Gluten-Free. Contains MSG. To make Gluten-Free Contains MSG. To make Gluten-Free Use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust.
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UPGKAD	FRIES * YAM FRIES * PAM FRIES * BUTTERMILK MASHED POTATOES STEAK MUSHROOMS WHITE RICE ONION RINGS * VEGGIE BURGER DORITOS PIZZA * CHICKEN ALFREDO PIZZA * THE MEATZA PIZZA * PRIME MINISTER PIZZA * VEG OUT PIZZA * LOADED DELUXE PIZZA * DONAIR PIZZA * PEROGIE PIZZA * MONTREAL SMOKED	NO YES NO NO YES NO	YES YES NO YES YES NO * All fried p NO YES YES YES YES YES YES	NO NO YES NO YES NO NO roducts may contain NO NO NO NO NO NO NO NO	NO YES YES NO YES YES YES One or all of the all YES	NO YES NO NO YES YES YES NO YES YES NO YES NO YES NO YES NO	YES NO YES NO YES YES NO He Allergen Quide as NO YES NO NO YES NO NO NO	YES NO YES NO YES YES NO fryer oil and the ove YES YES NO NO YES YES YES YES	NO NO YES YES YES NO YES	YES YES YES YES YES YES YES YES	OMIT Creole Seasoning. Contains MSG. To make Gluten-Free cook in Gluten-Free deep fryer & OMIT Creole Seasoning. Contains MSG. To make Gluten-Free use Gluten-Free Deep Fryer. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. Contains MSG. THIS IS GLUTEN-FREE. This Item CANNOT be made Gluten-Free. Contains MSG. THIS IS GLUTEN-FREE. This Item CANNOT be made Gluten-Free. Contains MSG. This Item CANNOT be made Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust. To make Gluten-Free use a 10" Gluten-Free Pizza Crust To make Gluten-Free use a 10" Gluten-Free Pizza Crust To make Gluten-Free use a 10" Gluten-Free Pizza Crust This Item CANNOT be made Gluten-Free. To make Gluten-Free use a 10" Gluten-Free Pizza Crust This Item CANNOT be made Gluten-Free. To make Gluten-Free use a 10" Gluten-Free Pizza Crust This Item CANNOT be made Gluten-Free use a 10" Gluten-Free Pizza Crust This Item CANNOT be made Gluten-Free use a 10" Gluten-Free Pizza Crust This Item CANNOT be made Gluten-Free use a
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ALLERGEN GUIDE

	MENU ITEM	DAIRY FREE	EGG-FREE	GLUTEN-FREE	SESAME-FREE	SOY-FREE	SULPHITE-FREE	MUSTARD-FREE	SEAFOOD-FREE	PEANUT-FREE	SUBSTITUTION OPTIONS TO MAKE GLUTEN-FREE & MISC
	DESSERT POUTINE	NO	NO	NO	YES	NO	YES	YES	YES	YES	This Item CANNOT be made Gluten-Free.
SI	HONEY BUMBLE CAKE	NO	NO	NO	YES	NO	NO	YES	YES	NO	This Item CANNOT be made Gluten-Free.
DESSERTS	KER"FLUFF"LE Cotton Candy	YES	YES	YES	YES	YES	YES	YES	YES	YES	THIS IS GLUTEN-FREE.
	TRIPLE-O CHOCOLATE CAKE	NO	NO	NO	YES	NO	NO	YES	NO	NO	This Item CANNOT be made Gluten-Free.
			* All fried p	products may contain	one or all of the all	ergens identified in t	he Allergen Guide as	fryer oil and the ove	n is a source of cross	s-contamination.	
	ANCHO CHIPOTLE	NO	NO	YES	YES	YES	YES	NO	YES	YES	CONTAINS CORN AND GARLIC
	ALFREDO SAUCE AU JUS	NO YES	YES YES	YES NO	YES YES	YES NO	YES No	YES NO	YES YES	YES YES	CONTAINS MSG CONTAINS MSG, CORN AND GARLIC
	BALSAMIC VINAIGRETTE	YES	NO NO	YES	YES	YES	NO NO	NO NO	YES	YES	N/A
	BLUE CHEESE	NO	NO	YES	YES	YES	NO	NO	YES	YES	N/A
	BUFFALO	NO	YES	NO	YES	YES	NO	NO	NO	YES	CONTAINS GARLIC
	CAESAR DRESSING	NO NO	NO YES	YES YES	YES YES	YES YES	NO NO	NO YES	NO YES	YES YES	CONTAINS MSG AND GARLIC N/A
	CARAMEL SAUCE CHILLILIME	NO YES	YES	YES	YES	YES	NU NO	YES	YES	YES	N/A CONTAINS GARLIC
	CHIPOTLE MANGO	YES	YES	YES	YES	YES	NO NO	YES	YES	YES	CONTAINS GARLIC
	CHOCOLATE SAUCE	NO	YES	YES	YES	NO	YES	YES	YES	YES	N/A
	CREOLE SEASONING	NO	YES	NO	YES	NO	YES	YES	YES	YES	N/A
	DEATH SAUCE	YES	YES	YES	YES	YES	NO	YES	YES	YES	N/A
	DILL DIP Donair Sauce	NO NO	YES YES	YES YES	YES YES	YES YES	NO YES	NO YES	YES YES	YES YES	N/A N/A
	DORITOS WING "SAUCE"	NO NO	NO NO	YES	YES	YES	NO NO	YES	YES	YES	CONTAINS MSG, CORN AND GARLIC
\sim	GINGER BEEF	YES	YES	NO	YES	NO	NO	YES	YES	YES	CONTAINS MSG AND GARLIC
SAUCES	ASIAN GINGER	YES	NO	NO	YES	NO	NO	YES	YES	YES	CONTAINS MSG
A	GRAVY	YES	YES	NO	YES	NO	NO	NO	YES	YES	CONTAINS MSG, CORN AND GARLIC
S	GUACAMOLE	YES	YES	YES	YES	YES	NO VEC	YES	YES	YES	CONTAINS GARLIC
	HONEY GARLIC	YES YES	YES YES	NO YES	YES YES	NO YES	YES YES	YES NO	YES YES	YES YES	CONTAINS GARLIC N/A
	HONEY MUSTARD Horseradish Aioli	NO NO	NO NO	YES	YES	YES	NO NO	YES	YES	YES	N/A
	HOT SAUCE	YES	YES	YES	YES	YES	NO NO	YES	YES	YES	CONTAINS GARLIC
	ITALIAN	YES	YES	YES	YES	YES	NO	NO	YES	YES	CONTAINS GARLIC
	JOHNNY CASH	YES	YES	YES	YES	YES	NO	YES	YES	YES	N/A
	MAPLE BACON	NO	YES	YES	YES	YES	NO	YES	YES	YES	CONTAINS MSG
	MARINARA SAUCE	NO VEC	YES	NO VEC	YES	YES	NO NO	YES	YES	YES	CONTAINS MSG AND GARLIC N/A
	MAYONNAISE MILD SAUCE	YES YES	NO YES	YES YES	YES YES	YES YES	NO NO	NO YES	YES YES	YES YES	CONTAINS GARLIC
	NACHO CHEESE	NO	NO NO	YES	YES	YES	NO NO	YES	YES	YES	CONTAINS GARLIC
	PIZZA SAUCE	YES	YES	YES	YES	YES	NO	YES	YES	YES	CONTAINS GARLIC
	PLUM	YES	YES	YES	YES	YES	YES	YES	YES	YES	CONTAINS CORN
	RANCH	NO	NO	YES	YES	YES	NO	NO	YES	YES	CONTAINS GARLIC
	SALSA SDICV DDO	YES YES	YES	YES	YES	YES	NO NO	YES NO	YES YES	YES	CONTAINS GARLIC CONTAINS GARLIC
	SPICY BBQ Sriracha Mayo	YES	YES NO	YES NO	YES YES	YES YES	NU NO	NU NO	YES	YES YES	CONTAINS GARLIC CONTAINS GARLIC
	STEAK SAUCE	YES	NO NO	NO NO	NO NO	NO NO	NO NO	NO NO	YES	YES	CONTAINS GARLIC
	SUNDRIED TOMATO	NO	YES	YES	YES	YES	NO	YES	YES	YES	CONTAINS MSG AND GARLIC
	SWEET CHILLI	YES	YES	YES	YES	YES	YES	YES	YES	YES	CONTAINS GARLIC
	TARTAR	YES	NO	YES	YES	YES	NO	NO	YES	YES	Use Gluten-Free Tartar Sauce for GF Fish & Chips.
	TERIYAKI	YES	YES	NO	YES	NO	YES	YES	YES	YES	CONTAINS MSG AND GARLIC
	THOUSAND ISLAND Tzatziki	YES NO	NO YES	YES YES	YES YES	YES YES	NO NO	NO YES	YES YES	YES YES	N/A Contains Garlic
	ULTIMATE BBQ	YES	YES	NO NO	YES	YES	NO	NO NO	YES	YES	CONTAINS CORN AND GARLIC
			* All fried p	products may contain	one or all of the all	ergens identified in t	he Allergen Guide as	fryer oil and the ove	n is a source of cross	s-contamination.	
	JALAPEÑO POPPER DIP	NO	NO	NO	YES	NO	NO	YES	YES	YES	This ITEM can be made Gluten-Free use Nacho Chips instead of Pull Apart Buns. Contains MSG
END	CANDLESTICK FRIES	NO	NO	YES	YES	YES	YES	YES	YES	YES	This ITEM can be made Gluten-Free omit tossing the fries in creole seasoning
FEATURE MENU	SOUR CREAM & ONION WINGS THE HANGOVER HELDER	NO	NO	YES	YES	YES	NO	YES	YES	YES	THIS IS GLUTEN-FREE. Contains MSG.
ATU	THE HANGOVER HELPER - Beef The Hangover Helper -	NO	YES	YES	YES	YES	NO	YES	YES	YES	THIS IS GLUTEN-FREE. Contains MSG.
Œ	CHICKEN SPICY SOUTHWEST	NO	YES	YES	YES	YES	NO	YES	YES	YES	THIS IS GLUTEN-FREE. Contains MSG. This ITEM can be made Gluten-Free use a GF bun.
	HICKORY BURGER	NO	NO	NO	YES	YES	NO	YES	YES	YES	Contains MSG

^{*} All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil and the oven is a source of cross-contamination.



ALLERGEN GUIDE

	MENU ITEM	DAIRY FREE	EGG-FREE	GLUTEN-FREE	SESAME-FREE	SOY-FREE	SULPHITE-FREE	MUSTARD-FREE	SEAFOOD-FREE	PEANUT-FREE	SUBSTITUTION OPTIONS TO MAKE Gluten-free & Misc
	AVOCADO TOAST	YES	YES	NO	YES	YES	YES	YES	YES	NO	This ITEM can be made Gluten-Free use Gluten-Free bun
	4 EGG CHEESE OMELETTE *	NO	NO	NO	YES	NO	YES	YES	NO	YES	This ITEM can be made Gluten-Free. No Toast, use Tots or Fries instead of Hash Browns. Also contains MSG.
_	SOUTHERN ALBERTA Chicken & Waffles *	NO	NO	NO	YES	NO	NO	YES	NO	YES	This Item CANNOT be made Gluten-Free. Also contains MSG.
MENI	BREAKFAST POUTINE*	NO	NO	NO	YES	YES	YES	YES	NO	YES	This ITEM can be made Gluten-Free. Use Tots or Fries instead of Potato Wedges.
공	STAMPEDE STEAK & EGGS *	NO	NO	NO	NO	NO	NO	YES	NO	YES	This Item CANNOT be made Gluten-Free.
BRUNCH MENU	FARM FRESH Bacon & Eggs *	YES	NO	NO	YES	NO	NO	YES	NO	YES	This ITEM can be made Gluten-Free. No Toast, use Tots or Fries instead of Hash Browns.
	THE HAMMER SLAMMER *	NO	NO	NO	YES	NO	NO	YES	NO	YES	This ITEM can be made Gluten-Free. No Toast, Tots or Fries instead of Hash Browns and OMIT Waffles.
	BREWHOUSE BENNY *	NO	NO	NO	YES	YES	YES	YES	NO	YES	This ITEM can be made Gluten-Free. Use GF Bun instead of English Muffin, Tots or Fries instead of Hash Browns.
	BREAKFAST SANDWICH*	NO	NO	NO	YES	YES	NO	NO	NO	YES	This ITEM can be made Gluten-Free. GF Bun instead of Brioche Bun, use Tots or Fries instead of Hash Browns.
			* All fried p	products may contain	one or all of the alle	ergens identified in t	he Allergen Guide as	fryer oil and the ove	n is a source of cross	-contamination.	
	8-INCH CHEESE PIZZA *	NO	YES	YES	YES	YES	YES	YES	YES	YES	This ITEM can be made Gluten-Free, use a Gluten-Free pizza crust if requested.
	PASTA W/ BUTTER	NO	NO	NO	YES	YES	YES	YES	YES	YES	This Item CANNOT be made Gluten-Free.
	PASTA W/ PIZZA SAUCE	NO	NO	NO	YES	YES	YES	YES	YES	YES	This Item CANNOT be made Gluten-Free.
\supseteq	PASTA W/ ALFREDO	NO	NO	NO	YES	YES	YES	YES	YES	YES	This Item CANNOT be made Gluten-Free.
KID'S MENU	2 CHEESEBURGER SLIDERS *	NO	NO	NO	NO	NO	NO	YES	YES	NO	This Item CANNOT be made Gluten-Free. Contains MSG.
D'S	CHICKEN FINGERS *	NO	NO	NO	YES	NO	YES	YES	NO	YES	This Item CANNOT be made Gluten-Free. Contains MSG.
Y	SNACK WRAP	NO	NO	NO	YES	YES	YES	YES	NO	YES	This Item CANNOT be made Gluten-Free.
	QUESADILLA *	NO	NO	NO	YES	NO	NO	NO	YES	YES	This Item CANNOT be made Gluten-Free. Contains MSG.
	GRILLED CHEESE *	NO	YES	NO	YES	YES	YES	YES	YES	YES	This Item CANNOT be made Gluten-Free. Contains MSG.
	KD BITES	NO	NO	NO	YES	NO	YES	NO	YES	YES	This Item CANNOT be made Gluten-Free. Contains MSG.
	COTTON CANDY CONE	YES	YES	YES	YES	YES	YES	YES	YES	YES	THIS IS GLUTEN-FREE.
			* All fried p	products may contain	one or all of the alle	ergens identified in t	the Allergen Guide as	fryer oil and the ove	n is a source of cross	-contamination.	
	BEEF STROGANOFF	NO	YES	NO	YES	YES	YES	NO	YES	YES	This Item CANNOT be made Gluten-Free.
≠	BASIL CHICKEN PENNE	NO	NO	NO	YES	YES	NO	YES	YES	YES	This Item CANNOT be made Gluten-Free.
PASTA	GRILLED CHICKEN ALFREDO	NO	YES	NO	YES	YES	YES	YES	YES	YES	This Item CANNOT be made Gluten-Free.
Ρ/	MAC N CHEESE	NO	YES	NO	YES	YES	YES	YES	YES	YES	This Item CANNOT be made Gluten-Free.
	LASAGNA	NO	NO	NO	YES	YES	NO	YES	YES	YES	This Item CANNOT be made Gluten-Free.
	GARLIC KNOTS	NO	NO	NO	YES	YES	YES	YES	YES	YES	This Item CANNOT be made Gluten-Free.

FOOD ALLERGY CAUTION! All fried products may contain one or all of the allergens identified in the Allergen Guide as the fryer oil and the oven are a source of cross-contamination.

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items.

However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items.

Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site.

If your allergy or intolerance is mild, please use this Guide to make your selection. The Canadian Brewhouse (including its affiliates, partnerships and franchises) assumes no liability as a result of food related reactions.



MENU ITEM







GLUTEN-FREE



SESAME-FREE











PEANUT-FREE



BAJA SHRIMP TACOS	NO	YES	NO	NO	NO	YES	YES	NO	YES	This item CANNOT be made gluten-free
BIG KAHUNA BURGER	NO	NO	NO	NO	YES	NO	NO	YES	YES	To make this item gluten-free use a gluen-free burger
CHICKEN BACON RANCH SLIDERS	NO	NO	NO	YES	NO	NO	NO	YES	YES	This item CANNOT be made gluten-free

NOTES:

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