



# ALLERGEN GUIDE

● = Contains                      M = May Contain                      ✓=Available in Gluten Friendly Option

## Menu Items

	Soy (S)	Dairy (D)	Seafood (SF)	Shellfish (SH)	Mustard (M)	Nuts (N)	Tree nuts (TN)	Seeds (SD)	Eggs (E)	Gluten (G)	Gluten Friendly Option (GF)
BENEDICTS											
BACON BENEDICT	●	●							●	●	
CORN & BLACK BEAN BENEDICT	●	●							●	●	
HAM BENEDICT	●	●							●	●	
HOT HONEY CHICKEN BENEDICT	●	●			●				●	●	
PEAMEAL BENEDICT	●	●							●	●	
PEAMEAL & SPINACH BENEDICT	●	●							●	●	
SOUTHWEST BENEDICT	●	●							●	●	
SPINACH & MUSHROOM BENEDICT	●	●							●	●	
STEAK BENEDICT	●	●			●				●	●	
TURKEY BACON BENEDICT	●	●							●	●	

BREAKFAST											
AVOCADO TOAST	●	●						●	●	●	✓
CORN & BLACK BEAN AVOCADO TOAST	●	●						●	●	●	
CREPE STACK W/ STRAWBERRY VANILLA	●	●							●	●	
CREPE STACK W/ BANANA BERRY	●	●				●	●		●	●	
BREAKFAST WRAP	●	●			M				●	●	
EXPRESS BREAKFAST	●	●			M				●	●	✓
FRENCH TOAST STACK	●	●			●				●	●	✓
G.B.C. AVOCADO TOAST	●	●						●	●	●	✓
HEALTHY CHOICE	●								●		✓
HEALTHY START	●	●							●	●	✓
JUMBO EXPRESS	●	●			M				●	●	✓
JUNIOR STACK	●	●			●				●	●	✓
PANCAKE STACK	●	●			●				●	●	✓
STEAK & EGGS	●	●			M				●	●	✓
THE MEATLOVERS	●	●			●				●	●	✓
VEGGIE SCRAMBLER	●	●							●	●	✓



# ALLERGEN GUIDE

## BREAKFAST CONT'D

	S	D	SF	SH	M	N	TN	SD	E	G	GF
YOGURT PARFAIT	•	•				•	•	M		M	
WAFFLE STACK	•	•			•				•	•	

## BURGERS

BANQUET BURGER	•	•	•		•				•	•	
COUNTRY BURGER	•	•	•		•				•	•	
AVOCADO BREAKFAST BURGER	•	•	•		•				•	•	
STACKED BURGER	•	•	•		•				•	•	

## CREPES

BANANA BERRY CREPES		•				•	•		•	•	
SPINACH FLORENTINE CREPES	•	•							•	•	
STRAWBERRY VANILLA CREPES	•	•							•	•	

## DAILY SPECIALS

JALAPENO RANCH BURGER	•	•	•		•				•	•	
BBQ PHILLY BURGER	•	•	•		•				•	•	
CALIFORNIA BURGER	•	•	•		•				•	•	
LOADED MUSHROOM BURGER	•	•	•		•				•	•	
SMOKESHOW	•	•	•		•				•	•	

## FRENCH TOAST

BANANA BREAD FRENCH TOAST	•	•				•	•		•	•	
BERRIES & CREAM FRENCH TOAST	•	•							•	•	✓
FRENCH TOAST	•	•							•	•	✓
GLUTEN FRIENDLY FRENCH TOAST	•	•							•		✓
BANANA FRENCH TOAST W/NUTELLA	•	•				•	•		•	•	✓
NY STRAWBERRY CHEESECAKE FRENCH TOAST	•	•							•	•	
STRAWBERRY BANANA FRENCH TOAST	•	•							•	•	✓
STRAWBERRY BANANA CREAM FR TST W/NUTELLA	•	•				•	•		•	•	✓

## HASHES

BACON CHEESEBURGER HASH	•	•			•				•	•	
BENEDICT HASH	•	•							•	•	
CANADIAN HASH	•	•							•		
COWBOY HASH	•	•			•				•	•	
HOT HONEY CHICKEN HASH	•	•			•				•	•	
MEXICAN HASH	•	•			•				•	•	
STACKED HASH	•	•							•	•	
SOUTHWEST STEAK HASH	•	•							•	•	
VEGGIE HASH	•								•		



# ALLERGEN GUIDE

KIDS MENU	S	D	SF	SH	M	N	TN	SD	E	G	GF
KIDS BIRTHDAY PANCAKES	•	•							M	•	✓
KIDS BLUEBERRY PANCAKES	•	•							M	•	✓
KIDS BREAKFAST	•	•			•				•	•	✓
KIDS BIRTHDAY CAKE COMBO	•	•			•				•	•	✓
KIDS CHICKEN FINGERS & FRIES	•	•			•				•	•	
KIDS CHOCOLATE PANCAKES	•	•							M	•	✓
KIDS CONFETTI WAFFLE BITES	•	•			•				•	•	✓
KIDS FRENCH TOAST	•	•							•	•	✓
KIDS GRILLED CHEESE	•	•								•	✓
KIDS MORNING START	•	•							•	•	✓
KIDS OREO PANCAKES	•	•							M	•	✓
KIDS PANCAKES	•	•							M	•	✓

LUNCHES	S	D	SF	SH	M	N	TN	SD	E	G	GF
AVOCADO BRUNCH SANDWICH	•	•			•				•	•	✓
BACON, LETTUCE & TOMATO SANDWICH	•	•							•	•	✓
BUFFALO CHICKEN & BACON POUTINE	•	•	•		•				•	•	
C-BELT	•	•			•				•	•	✓
CHICKEN FINGERS	•	•			•				•	•	
CHICKEN FINGERS TOSSED IN BBQ	•	•			•				•	•	
CHICKEN FINGERS TOSSED IN BUFFALO	•	•			•				•	•	
CHICKEN AVOCADO CHOPPED SALAD	•	•			•				•	•	
FIREBIRD CRUNCH SANDWICH	•	•			•				•	•	
GRILLED CHICKEN CAESAR SALAD		•	•		•				•	•	✓
ORIGINAL REUBEN	•	•			•			•		•	✓
SHAVED HAM & EGG MELT	•	•							•	•	✓
SOUTHWEST CHICKEN SANDWICH	•	•							•	•	
STACKED CLUB	•	•							•	•	✓
TOASTED DENVER	•	•			•				•	•	✓
ULTIMATE P.E.C.	•	•							•	•	✓
VEGGIE GRILLED CHEESE SANDWICH	•	•			•				•	•	✓
WESTERN SANDWICH	•	•							•	•	✓

OMELETTES	S	D	SF	SH	M	N	TN	SD	E	G	GF
BUILD YOUR OWN OMELETTE	•	•			M				•	•	✓
DELUXE WESTERN OMELETTE	•	•							•	•	✓
GREAT CANADIAN OMELETTE	•	•							•	•	✓
HOMESTYLE OMELETTE	•	•			•				•	•	
SPINACH FLORENTINE OMELETTE	•	•							•	•	✓



# ALLERGEN GUIDE

PANCAKES	S	D	SF	SH	M	N	TN	SD	E	G	GF
BANANA BERRY CHEESECAKE PANCAKES	•	•							M	•	
BIRTHDAY CAKE PANCAKES	•	•							M	•	✓
BISCOFF PANCAKES	•	•						•	M	•	
BLUEBERRY PANCAKES	•	•							M	•	
CHOCOLATE CHIP PANCAKES	•	•							M	•	✓
CHOCOLATE BANANA PANCAKES	•	•							M	•	✓
CINNABUN CAKES	•	•							M	•	✓
CONFETTI COOKIE PANCAKES	•	•							M	•	
DOUBLE BERRY PANCAKES	•	•							M	•	
GLUTEN FRIENDLY PANCAKES	•	•							•		✓
HONEY BUTTER PANCAKES	•	•							M	•	✓
MAPLE BANANA CRUNCH PANCAKES	•	•				•	•	M	M	•	✓
NY STRAWBERRY CHEESECAKE PANCAKES	•	•							M	•	
PANCAKES	•	•							M	•	✓
STRAWBERRY BANANA PANCAKES	•	•							M	•	✓
STRAWBERRY PANCAKES W/ NUTELLA	•	•				•	•		M	•	✓

SIDES	S	D	SF	SH	M	N	TN	SD	E	G	GF
BACON											✓
BROWN TOAST	•	•								•	
CHIPOTLE MAYO	•				•				•		✓
CRISP UP HOMEFRIES		•									
EGG									•		
FRENCH FRIES	•										✓
FRESH FRUIT											✓
GLUTEN FRIENDLY TOAST	•	•									✓
GRAVY	•	•			•					•	
HAM											✓
HOMEFRIES OUT, FRUIT IN											✓
JAR OF JAM											✓
MAYO	•				•				•		✓
ONIONS ON HOMEFRIES	•										✓
PEAMEAL											✓
PICO SALSA											✓
RYE TOAST	•	•						•		•	
SAUSAGE		•			•					•	
SMASHED AVOCADO											✓
SPICY HOMEFRIES	•									M	



# ALLERGEN GUIDE

SIDES CONT'D	S	D	SF	SH	M	N	TN	SD	E	G	GF
TURKEY BACON											✓
WHITE TOAST	•	•								•	
HOLLANDAISE	•	•								•	
HOLLY HOMEFRIES		•								•	
HOMEMADE STRAWBERRY JAM											✓
HOME FRIES	•									M	

## SOUPS

HEARTY VEGETABLE MINESTRONE	•									•	
SWEET CORN CHICKEN CHOWDER	•	•								•	

## WAFFLES

BANANA BERRY CHEESECAKE WAFFLE	•	•							•	•	
HOT HONEY CHICKEN & WAFFLES	•	•	•		•				•	•	
COOKIES & CREAM WAFFLE	•	•							•	•	
GLUTEN FRIENDLY WAFFLE	•								•		✓
TRADITIONAL CHICKEN & WAFFLES	•	•			•				•	•	
STRAWBERRY & CREAM WAFFLE W/NUTELLA	•	•				•	•		•	•	✓
STRAWBERRY BANANA WAFFLE	•	•							•	•	✓
WAFFLE	•	•							•	•	✓

## WRAPS

BUFFALO CHICKEN & BACON RANCH WRAP	•	•							•	•	
CHIPOTLE CHICKEN & GUAC WRAP		•			•				•	•	
CRISPY CHICKEN CAESAR WRAP	•	•	•		•				•	•	