



Lunch Menu Allergen Guide

	Eggs	Fish	Milk	Peanuts	Soy	Sesame	Tree Nuts	Shellfish	Wheat	Fried
Salads										
Chopped Caesar Salad	x	x	x						x	
Harvest Salad			x							
Spinach Salad	x		x				x			

Entrees										
Pasta Bar			x						x	
Chicken Breast Tenders	x		x						x	x
Beer Battered Cod		x							x	x
Blackened Chicken/Salmon Bowl	x	x	x		x					
Autumn Bowl						x				

Sandwiches & Wraps										
Hunger Burger	x		x						x	
Tenderloin	x		x						x	x
B.L.T.	x				x	X			x	x
Chicken Caesar Wrap	x	x	x						x	x
Turkey, Brie, & Cranberry			x						x	
Monte Cristo	X								x	
Three-Cheese Grilled Cheese			x						x	
Club Sandwich	X		x			x			x	

Sides										
French Fries										x
Sweet Potato Fries										x
Kettle Chips										
Broccoli Salad	x		x							
Cottage Cheese			x							
Onion Rings			x						x	x
Fresh Fruit										

Desserts										
Cheesecake	x		x	*	x		*		x	
Fried Apple Pie			x						x	x
Avalanche	x		x	*	x		*		x	

Dressings										
Raspberry Vinaigrette										
French										
Ranch	x		x		x					
Honey Mustard	x									
Caesar	x	x	x						x	
Balsamic Vinaigrette										
Poppyseed	x		x							

* May contain Fried items are cooked in the same fryer as products coated with flour/gluten