

SOY FREE DIETARY GUIDE



Some people with soy allergies may react to unrefined or cold-pressed soybean oils, which contain more proteins

Our Fry oil is 100% Non-GMO Sunflower Oil. However there may be contamination from other oils as we only have a single fryer.

For Items like Paleo Bowl or for anything off the grill (Burgers / Sandos) please request we use sunflower oil in place of our olive-oil blend that contains soy. and cook

Worcestershire Sauce contains ~~soy~~lecithin

Studies have shown that it is safe for most people with soy allergies, However if you chose to please request ketchup packets in place of our Housemade Catsup & avoid Buffalo Sauce, Fat Cat Cookie & Gluten Free Brownie

BELOW contain Soy &/or Soybean Oil and cannot be modified:

Mayonaise, Honey Mustard

Wasabi Cream, Thousand Island

Ranch, Sriracha Ranch,

Caesar Dressing, Blue Cheese Dressing

Cilantro Pepita & Balsamic Vinaigrette

Garlic Aioli, Green Chile Aioli, Red Pepper Aioli

Whiskey Glaze Sauce (soy sauce & soybean oil)

Chicken (oil blend in our marinade), Steak (soy sauce in marinade), Blackened Ahi

Garlic Parm Fries (Garlic Oil)

Ahi Tower (also hoisin)

Housemade Chili, Donut Burger, Bread Pudding, Mini Corn Dogs, Mozzarella Sticks, Onion Rings

Sweet Potato Fries, Buffalo Mac n Cheese Balls & Salmon Cakes, Mac n cheese

Regular Burger Buns & Brioche

MENU RECOMMENDATIONS

Order your Burger/ Beyond Burger (no sauce, no Mayo), Cheesesteak (Soy Free),

or lettuce wrapped) or Salmon BLTA /on a salad cooked in a pan with a side salad / Vegies,

(Sunflower oil & Balsamic vinegar, balsamic glaze, mustard, Dijon or A1 steak sauce)

May be able to offer Unmarinated Chicken, Ahi or Steak depending on daily prep - just request

request Thai Chili Tacos (Beyond with thai chili sauce only (no marinade))

IF YOU HAVE ANY CONCERNS/QUERIES WE HAVE DETAILED INGREDIENT LISTS OF ALL ITEMS
- PLEASE ASK YOUR SERVER