

# ALLERGEN GUIDE



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	EGGS	MILK	MUSTARD	PEANUTS	SHELLFISH & CRUSTACEAN	SESAME SEEDS	FISH	SOY	SULPHITES	TREE NUTS	WHEAT	GLUTEN
<b>BENEDICTS</b>												
SIMPLE	✓	✓						✓			✓	✓
ANGUS	✓	✓						✓	✓		✓	✓
CHICAGO	✓	✓	✓					✓			✓	✓
SANTE FE	✓	✓						✓			✓	✓
CHEEZ-BURGER	✓	✓	✓					✓			✓	✓
NORWEGIAN	✓	✓					✓	✓			✓	✓
FRIED CHICKEN	✓	✓						✓			✓	✓
KICKIN KIMCHI	✓	✓						✓			✓	✓
<b>PANCAKES</b>												
TRIPLE BERRY	✓	✓						✓	✓		✓	✓
ESPRESSO CHOCOLATE	✓	✓						✓	✓	✓	✓	✓
CAROLE'S CINNA-CAKES	✓	✓						✓	✓		✓	✓
<b>CREPES</b>												
CREPE & FRUITS	✓	✓										
OH LA LA	✓	✓								✓		
SWEET & SALTY*	✓	✓	✓					✓	✓		✓	✓
<b>FRENCH TOAST</b>												
FRENCH TOAST & FRUITS	✓	✓									✓	✓
FRENCH TOAST CRISP	✓	✓									✓	✓
SIMPLE DELIGHT	✓	✓								✓	✓	✓
RIRI'S COCONUT CRUNCH	✓	✓						✓	✓	✓	✓	✓
<b>HOMEMADE WAFFLES</b>												
WAFFLE & FRUITS		✓									✓	✓
BANANABERRY		✓						✓		✓	✓	✓
CHICKEN 'N' WAFFLE	✓	✓						✓			✓	✓

Our menu items may contain, or may have come in contact with other food allergens such as peanuts, tree nuts, eggs, dairy, soy, and shellfish, among others. We ask that you alert the manager of any gluten intolerance or other food allergy when placing your order, and urge you to consult with your doctor regarding the precautions and risks associated with your dining decisions.

\* SCRAMBLED EGGS CONTAIN MILK

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<b>SKILLETS</b>												
RAY'S EXTRAVAGANZA*	✓	✓	✓					✓			✓	✓
KOREAN SUNRISE	✓	✓						✓			✓	✓
PESTO PHILLY STEAK	✓	✓						✓	✓			
GARDEN FRESH*	✓	✓						✓				
<b>BURGERS, SANDWICHES &amp; MORE</b>												
BREAKFAST BRIOCHE	✓	✓						✓			✓	✓
D'S CRISPY CHICKEN	✓	✓						✓			✓	✓
CINNA-BACON*	✓	✓						✓			✓	✓
BREAKFAST BURRITO*	✓	✓	✓					✓	✓		✓	✓
CLUCK NORRIS WRAP - GRILLED CHICKEN BREAST	✓	✓	✓					✓			✓	✓
CLUCK NORRIS WRAP - CRISPY CHICKEN BREAST	✓	✓	✓					✓			✓	✓
CLUB SANDWICH	✓	✓						✓			✓	✓
SMASH BURGER	✓	✓	✓					✓			✓	✓
POWER BOWL		✓						✓				
<b>FARM FRESH EGGS</b>												
TWO EGGS - BACON*	✓	✓						✓			✓	✓
TWO EGGS - SAUSAGE*	✓	✓	✓					✓			✓	✓
TWO EGGS - TURKEY BACON*	✓	✓						✓			✓	✓
LIGHTEN UP*	✓	✓						✓			✓	✓
POPULAR*	✓	✓	✓					✓			✓	✓
CANADIAN*	✓	✓	✓					✓			✓	✓
BLACK & BLUE*	✓	✓	✓					✓		✓	✓	✓
GOURMET*	✓	✓	✓					✓		✓	✓	✓
XPLOSION*	✓	✓						✓		✓	✓	✓
THE BIG 3*	✓	✓	✓					✓			✓	✓
KETO*	✓	✓										
BREAKFAST POUTINE	✓	✓	✓					✓			✓	✓

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<b>GOURMET OMELETTES</b>												
PÜR WESTERN*	✓	✓						✓			✓	✓
MISH MASH*	✓	✓	✓					✓			✓	✓
VEGGIE*	✓	✓						✓			✓	✓
HEALTHY WHITE*	✓	✓						✓			✓	✓
<b>AVOCADO TOAST</b>												
AVOCADO BACON	✓	✓						✓			✓	✓
AVOCADO LOX	✓						✓	✓			✓	✓
AVOCADO TOAST	✓	✓						✓			✓	✓
VEGAN TOAST								✓			✓	✓
<b>JUST FOR KIDS</b>												
JUNIOR BACON*	✓							✓			✓	✓
JUNIOR SAUSAGE*	✓		✓					✓			✓	✓
JUNIOR HAM*	✓							✓			✓	✓
RAINBOW	✓	✓						✓		✓	✓	✓
MARKY MARK		✓						✓		✓	✓	✓
RORO 123	✓	✓								✓		
<b>BREADS</b>												
GLUTEN FREE	✓										✓	✓
WHITE								✓			✓	✓
WHOLE WHEAT								✓			✓	✓
RYE								✓	✓		✓	✓
14 GRAIN								✓			✓	✓
CINNAMON DANISH	✓	✓									✓	✓
THICK SLICED BRIOCHE	✓	✓									✓	✓
ENGLISH MUFFIN		✓									✓	✓

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<b>SIDES</b>												
BACON												
HAM												
SAUSAGE	✓	✓									✓	✓
TURKEY BACON								✓				
SMOKED SALMON												
ENGLISH CREAM		✓										
HAZELNUT CHOCOLATE		✓								✓		
HOLLANDAISE SAUCE	✓	✓										
SPICY HOLLANDAISE SAUCE	✓	✓										
1 EGG	✓											
<b>SEASONAL FRUITS</b>												
<b>SEASONAL BERRIES</b>												
<b>PÜR MAPLE SYRUP</b>												
FRENCH TOAST	✓	✓									✓	✓
CREPE	✓	✓										
PANCAKE	✓	✓									✓	✓
HALF WAFFLE		✓									✓	✓
HERB MAYONNAISE	✓							✓				
FAMOUS P&S POTATOES								✓				
WHIPPED CREAM		✓										
CHEESE		✓										
CRISPY CHICKEN BREAST	✓	✓						✓			✓	✓
GRILLED CHICKEN BREAST												
<b>HALF AVOCADO</b>												
SMALL BREAKFAST POUTINE	✓	✓						✓				
FAMOUS CHEESY P&S POTATOES		✓						✓				

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