

ALLERGEN GUIDE



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ALLERGEN GUIDE

	EGGS	MILK	MUSTARD	PEANUTS	SHELLFISH & CRUSTACEAN	SESAME SEEDS	FISH	SOY	SULPHITES	TREE NUTS	WHEAT	GLUTEN
BENEDICTS												
SIMPLE	✓	✓						✓			✓	✓
ANGUS	✓	✓						✓	✓		✓	✓
CHICAGO	✓	✓	✓					✓			✓	✓
SANTE FE	✓	✓						✓			✓	✓
CHEEZ-BURGER	✓	✓	✓					✓			✓	✓
NORWEGIAN	✓	✓					✓	✓			✓	✓
FRIED CHICKEN	✓	✓						✓			✓	✓
KICKIN KIMCHI	✓	✓						✓			✓	✓
PANCAKES												
TRIPLE BERRY	✓	✓						✓	✓		✓	✓
ESPRESSO CHOCOLATE	✓	✓						✓	✓	✓	✓	✓
CAROLE'S CINNA-CAKES	✓	✓						✓	✓		✓	✓
CREPES												
CREPE & FRUITS	✓	✓										
OH LA LA	✓	✓								✓		
SWEET & SALTY*	✓	✓	✓					✓	✓		✓	✓
FRENCH TOAST												
FRENCH TOAST & FRUITS	✓	✓									✓	✓
FRENCH TOAST CRISP	✓	✓									✓	✓
SIMPLE DELIGHT	✓	✓								✓	✓	✓
RIRI'S COCONUT CRUNCH	✓	✓						✓	✓	✓	✓	✓
HOMEMADE WAFFLES												
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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SKILLETS												
RAY'S EXTRAVAGANZA*	✓	✓	✓					✓			✓	✓
KOREAN SUNRISE	✓	✓						✓			✓	✓
PESTO PHILLY STEAK	✓	✓						✓	✓			
GARDEN FRESH*	✓	✓						✓				
BURGERS, SANDWICHES & MORE												
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		✓						✓				
FARM FRESH EGGS												
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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GOURMET OMELETTES												
PÜR WESTERN*	✓	✓						✓			✓	✓
MISH MASH*	✓	✓	✓					✓			✓	✓
VEGGIE*	✓	✓						✓			✓	✓
HEALTHY WHITE*	✓	✓						✓			✓	✓
AVOCADO TOAST												
AVOCADO BACON	✓	✓						✓			✓	✓
AVOCADO LOX	✓						✓	✓			✓	✓
AVOCADO TOAST	✓	✓						✓			✓	✓
VEGAN TOAST								✓			✓	✓
JUST FOR KIDS												
JUNIOR BACON*	✓							✓			✓	✓
JUNIOR SAUSAGE*	✓	✓	✓					✓			✓	✓
JUNIOR HAM*	✓							✓			✓	✓
RAINBOW	✓	✓						✓		✓	✓	✓
MARKY MARK		✓						✓		✓	✓	✓
RORO 123	✓	✓								✓		
BREADS												
GLUTEN FREE	✓										✓	✓
WHITE								✓			✓	✓
WHOLE WHEAT								✓			✓	✓
RYE								✓	✓		✓	✓
14 GRAIN								✓			✓	✓
CINNAMON DANISH	✓	✓									✓	✓
THICK SLICED BRIOCHE	✓	✓									✓	✓
ENGLISH MUFFIN		✓									✓	✓

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

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