

ALLERGY CHEAT SHEET

Appetizers:

Nachos

- DFO: No Queso
- VEG Option: No Chili
- Corn Chips, but fried in a shared fryer with wheat

Tuna Bites

- GF (on foil for celiac)
- DFO: Hold Glaze and Hold Sweet Chili Sauce

Chips and Pico

- Corn Chips, but fried in a shared fryer with wheat
- DF, VEG

Hummus-DF, VEG

- GFO: Hold Pita

Steamed Shrimp -DF, GF

- Cocktail Sauce: DF, GF

Sides and Add Ons

Slaw-GF, DF

- *Eggs

Rice -GF, DF

French Fries and Sweet Potato Fries- DF, VEG

Chili-DF, GF

Guacamole-DF, GF, VEG

Salad Dressings and Sauces and Spices

Balsamic GF, DF

Ranch GF

Honey Mustard GF, DF *Eggs

Blue Cheese GF

Shrimp Sauce GF DF *Eggs

Aioli GF DF *Eggs

Blackening GF DF

Cocktail GF DF

Sweet Chili and Citrus Chipotle (Tuna Steam Glaze) contain Gluten and Dairy

Tacos

Fish Tacos DF

Shrimp Tacos DF

Baskets

Chicken Basket DF *Soy

Burgers and Sandwiches

Buns are DF but contain eggs

All sandwiches can be GF on a bed of lettuce

Veggie Burger GF DF *Eggs

Tuna Salad GF DF *Eggs

Tuna Steak GF DF Option hold glazes

Crab Cake DF *Eggs

Fish Sandwich DF

BBQ with Slaw DF