



ALLERGY GUIDE

	Eggs	Milk	Mustard	Peanuts	Seafood (fish, crustaceans & shellfish)	Sesame	Soy	Soybean oil	Sulphites	Tree Nuts	Wheat & other gluten sources
2 PIECE FISH (Only) *tartar sauce contains eggs, mustard & soybean oil					YES						YES
APPLE PIE *ice cream may contain traces of peanuts		YES		TRACE			YES			TRACE	YES
AVOCADO IMPOSSIBLE™ BURGER *gluten-friendly without the bun	YES	YES	YES			TRACE	YES		YES		YES
AVOCADO QUESO BOWL	YES	YES			YES	TRACE	YES		YES	TRACE	YES
BABY BACK RIBS (Only, no sauce)											
Sauce - BULLEIT™ BOURBON BBQ SAUCE			YES				YES	YES			
BACON CHEDDAR BIGGER BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
BC CHICKEN BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
BC SUNNY START (Only)	YES	YES	YES			TRACE	YES	YES	YES		YES
BIG DENVER OMELETTE (no toast) *back bacon may contain traces of wheat	YES	YES					YES				
BRIE & MUSHROOM VEGGIE BURGER (Only)	YES	YES	TRACE			TRACE	YES		TRACE		YES
BUTTERMILK CHICKEN (Add on to wrap or salads)	TRACE	YES					TRACE		TRACE		YES
BUTTERMILK CHICKEN COBB SALAD	YES	YES	YES			TRACE	YES	YES	TRACE		YES
CAESAR SALAD *gluten friendly without croutons	YES	YES	YES		YES			YES	YES		YES
CHARRED TOMATO & SPINACH BENEDICT	YES	YES				TRACE	YES		YES		YES
CHARRED TOMATO & GARLIC PRAWN SPAGHETTI (without bread) *gluten-friendly with GF pasta		YES			YES				YES		YES
CHEESESTEAK HASH (no toast)	YES	YES					YES		YES		
CHOCOLATE WALNUT TRUFFLE	YES	YES		TRACE			YES			YES	



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CHEESY BACON PEROGIES	YES	YES	YES				YES				YES
CHICKEN BROCCOLI & CHEESE (Only)	YES	YES					YES		YES		YES
CHICKEN CAESAR WRAP (Only)	YES	YES	YES		YES			YES	YES		YES
CHICKEN WINGS (Salt & Pepper or Hot Sauce)							YES				
CLASSIC EGGS BENEDICT	YES	YES				TRACE	YES		YES		YES
COLESLAW *contains sunflower seeds	YES		YES					YES			
CRISPY BRUSSEL SPROUTS	YES	YES	YES		YES			YES	YES		
CRISPY COCONUT PRAWNS									YES		YES
CRISPY DRY RIBS							YES				TRACE
DIPPIN' CHICKEN	TRACE	TRACE					YES	YES	TRACE		YES
DOUBLE DOUBLE (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
EGG WHITES	YES										
ENGLISH MUFFIN		TRACE					TRACE		TRACE		YES
FARRO POWER SALAD *gluten-friendly without farro	YES	YES	YES						YES	YES	YES
FRENCH FRIES *There may be trace amounts of gluten in deep fried items.									YES		
GOCHUJANG CHICKEN BURGER	YES	YES					YES	YES	YES		YES
GOCHUJANG LETTUCE WRAPS							YES	YES	YES		YES
GARLIC CIABATTA BREAD		YES									YES
GRAVY - BEEF							YES				
LEGENDARY BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
MASHED POTATOES		YES									



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MILKSHAKE - BLUEBERRY		YES		TRACE			YES			TRACE	
MILKSHAKE - CHOCOLATE		YES		TRACE			YES			TRACE	
MILKSHAKE - PUMPKIN PIE	YES	YES		TRACE			YES			TRACE	YES
MILKSHAKE - SALTED CARAMEL BROWNIE	YES	YES		TRACE			YES			TRACE	YES
MILKSHAKE - STRAWBERRY		YES		TRACE			YES			TRACE	
MILKSHAKE - VANILLA		YES		TRACE			YES			TRACE	
MONTY MUSHROOM BIGGER BURGER (Only) *gluten-friendly without the bun	YES	YES	YES			TRACE	YES	YES	YES		YES
NAT'S HEARTY TOAST (with white toast)	YES	TRACE				TRACE	TRACE		TRACE		YES
NAT'S LOADED BEEF DIP		YES					YES	TRACE	YES		YES
NAT'S ORIGINAL BEEF DIP		YES					YES	TRACE	YES		YES
NEW YORK STEAK DINNER		YES						YES		YES	
Add On - GARLIC MUSHROOMS		YES						YES			
OATMEAL & APPLE BRAISED FARRO											YES
ONION RINGS *zoo dip contains egg, mustard, milk & soybean oil		YES									YES
PACIFIC NORTHWEST STEELHEAD BURGER (Only) *gluten-friendly without the bun	YES	YES	YES		YES	TRACE	YES	YES	YES		YES
POUTINE - ORIGINAL *there may be trace amounts of gluten in deep fried items		YES					YES		YES		
PRAWN & AVOCADO BOWL (without toast)	YES	YES			YES		YES		YES		
PUMPKIN PIE	YES	YES									YES



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SIDE OF BACK BACON		TRACE					YES				TRACE
SIDE OF BACON											
SIDE OF SAUSAGE											YES
SMASHBROWNS *There may be trace amounts of gluten in deep fried items.											
SOUP - AUTUMN LENTIL *contains chicken		YES									
SOUP - BISTRO MUSHROOM *contains chicken		YES									YES
SOUP - BUTTERNUT SQUASH *vegetarian		YES					YES		YES		YES
SOUP - CHICKEN COCONUT CURRY		YES									
SOUP - CHICKEN NOODLE	YES						YES				YES
SOUP - CLAM CHOWDER *contains bacon		YES			YES		YES		YES		YES
SOUP - CREAM OF TOMATO BASIL *vegetarian		YES									
SOUP - ROASTED CORN TORTILLA *contains chicken		YES					YES				
SOUP - RUSTIC POTATO *contains bacon		YES					YES				YES
SOUP - SPICY TOMATO LENTIL *vegan											
SOUP - SWISS BROCCOLI BISQUE *contains chicken		YES									
SOUP - VEGGIE BEEF			TRACE				YES		YES		YES
SOUTHWEST CHICKEN QUESADILLA (Only)	YES	YES	YES					YES			YES
SPAGHETTI BOLOGNESE (without bread) *gluten friendly with GF pasta	YES	YES							YES		YES



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SPINACH & MUSHROOM FETTUCCINE ALFREDO WITH CHICKEN (without bread) *gluten friendly with GF pasta		YES						YES	YES		YES
SPINACH & MUSHROOM FETTUCCINE ALFREDO WITH PRAWNS (without bread) *gluten friendly with GF pasta		YES			YES			YES	YES		YES
SPINACH & MUSHROOM FETTUCCINE ALFREDO WITH STEELHEAD (without bread) *gluten friendly with GF pasta		YES			YES			YES	YES		YES
SPOT'S ZOO STICKS *zoo dip contains egg, mustard, milk & soybean oil											YES
STEELHEAD FLORENTINE	YES	YES			YES			YES	YES		
SWEET POTATO FRIES *chipotle mayo contains egg, mustard & soybean oil *There may be trace amount of gluten in deep fried items											
TERIYAKI CHICKEN DONBURI BOWL						YES	YES	YES	YES		
THE SPOT'S SALAD			YES						YES		
TRADITIONAL TURKEY DINNER *gluten-friendly without stuffing	YES	YES					YES		YES		YES
TOAST - SOURDOUGH	TRACE	TRACE				TRACE	TRACE		TRACE		YES
TOAST - MULTIGRAIN	TRACE	TRACE				YES	YES		TRACE		YES
TOAST - WHITE	TRACE	TRACE				TRACE	TRACE		TRACE		YES
TOASTED SHRIMP SANDWICH (Only, on white)	YES	TRACE	YES		YES	TRACE	YES	YES	TRACE		YES
TURKEY & AVOCADO BREAKFAST WRAP	YES	YES	YES					YES			YES
TURKEY, BACON & BRIE DIP (Only)		YES							YES		YES
WHITE SPOT BERRY CHEESECAKE	YES	YES				TRACE	YES		YES	TRACE	YES
WHITE SPOT CLUB (Only, on white)	YES	TRACE	YES			TRACE	YES	YES	TRACE		YES

Please notify your server of any allergies when placing your order to mitigate the risk of cross-contamination.

White Spot Restaurants are not allergen-free and take no responsibility for cross-contamination.

The information in this guide is effective as of November 2023 and is based on our standard product formulations, variations may occur.



PIRATE PAKS

FOOD ALLERGY & SENSITIVITY INFORMATION

	Eggs	Milk	Mustard	Peanuts	Seafood (fish, crustaceans & shellfish)	Sesame	Soy	Soybean oil	Sulphites	Tree Nuts	Wheat & other gluten sources
APPLE SLICES											
BACON											
BROCCOLI OR CARROTS, STEAMED WITH BUTTER		YES									
CAESAR SALAD	YES	YES	YES		YES			YES	YES		YES
CHICKEN STRIPS	TRACE	TRACE					YES	YES	TRACE		YES
CHOCOLATE GOLD COIN		YES					YES				
CHOCOLATE ICE CREAM		YES		TRACE			YES			TRACE	
FISH					YES						YES
FRIES									YES		
FRUIT SALAD											
GRAPES											
GRILLED CHEESE	TRACE	YES				TRACE	YES		TRACE	TRACE	YES
HAMBURGER	YES	YES	YES			TRACE	YES	YES	YES		YES
MACARONI & CHEESE		YES					YES				YES
PANCAKES	YES	YES									YES
PASTA	YES	YES						YES	YES		YES
SAUSAGE											YES
STRAWBERRY ICE CREAM		YES		TRACE			YES			TRACE	
SWEET POTATO FRIES											
TOAST – multigrain bread	TRACE	TRACE				YES	YES		TRACE		YES
TOAST – sourdough bread	TRACE	TRACE				TRACE	TRACE		TRACE	TRACE	YES
TOAST – white bread	TRACE	TRACE				TRACE	TRACE		TRACE		YES
TOSSSED SALAD	YES	YES	YES					YES		YES	
VANILLA BEAN ICE CREAM		YES		TRACE			YES			TRACE	
VEGGIES WITH ZOODIP	YES	YES	YES					YES			
WAFFLE	YES	YES									YES

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