

# Flat Top Grill Allergy List

## Including Sauces, Appetizers, and Stick Options

### **Allergy- Wheat or Gluten**

Do Use-

- All Vegetables
- Nonfat Spicy Lime Basil
- Garlic Water
- Ginger Water
- Lemongrass Water
- NON-marinated meats (ask your server for assistance)
- Rice Wine Vinegar
- Sesame Oil

### **Allergy- Soybean Products**

Do Use-

- All Vegetables EXCEPT Edamame
- White Rice
- Brown Rice
- Rice Stick Noodles
- Yellow Noodles
- Garlic water
- Ginger water
- Lemongrass water
- Hot Red Chili Sauce
- Indian Coconut Curry Sauce
- Nonfat Spicy Lime Basil
- Pad Thai Sauce
- Sesame Oil
- Sriracha Hot Sauce
- Vindahoo Sauce
- Rice Wine Vinegar
- NON-Marinaded Meats (ask your server for assistance)
- Roti Prata Bread
- Soup Broth
- Ice Cream
- Whipped Cream

### **Allergy- Salt**

Do Use-

- Rice Stick Noodles
- All Vegetables
- Garlic Water
- Ginger Water
- Lemongrass Water
- NON-Marinaded Meats (ask your server for assistance)
- Sesame Oil

- Chocolate Storm (NO Sauce)
- Ice Cream
- Whipped Cream

**Allergy-**  
Do Use-

**Garlic**

- White Rice
- Brown Rice
- Rice Stick Noodles
- Yellow Noodles
- All Vegetables
- Ginger Water
- Horseradish Tofu Sauce
- Lemongrass Water
- Soy Sauce
- Rice Wine Vinegar
- Sesame Oil
- All Meats
- Roti Prata Flatbread
- Chocolate Storm
- Ice Cream
- Whipped Cream
- Chilled Edamame (NO Sauce)

**Allergy-**  
Do Use-

**Sugar**

- Rice Stick Noodles
- Yellow Noodles
- All Vegetables
- Garlic Water
- Ginger Water
- Lemongrass Water
- Soy Sauce
- NON-Marinaded Meats (ask your server for assistance)
- Sesame Oil
- Chilled Edamame (NO Sauce)

**Allergy-**  
Do Use

**Corn**

- Rice Stick Noodles
- Yellow Noodles
- All vegetable EXCEPT Sweet Corn
- Soy Sauce
- Black Bean Garlic
- Thai Red Curry

- Garlic Water
- Ginger Water
- Lemongrass Water
- NON-Marinaded Meat (ask server for assistance)
- Sesame Oil

**Allergy-  
Do Use**

**Peanuts**

All offerings **EXCEPT:**

- Peanut Sauce
- Kung Pao Hoisin Sauce
- Thai Red Curry Sauce
- Kung Pao Prata
- Chicken Satay

**Allergy-  
Do Use**

**Onion**

- White Rice
- Brown Rice
- Yellow Noodles
- Rice Stick Noodles
- All Vegetables EXCEPT Onion and Scallions
- Soy Sauce
- Asian Sesame Ginger Sauce
- Garlic Water
- Lemongrass Water
- Ginger Water
- Hot Red Chili Sauce
- Pad Thai Sauce
- Peanut Sauce
- Vietnamese Soy Sauce
- Sesame oil
- Rice Vinegar
- All Meats

**Allergy-  
Do Use**

**Eggs**

All Offerings **EXCEPT:**

- Horseradish Tofu Sauce
- Triple Chocolate Storm
- Ice Cream
- Chow Mein Noodles

**Allergy-  
Do Use**

**Seafood**

All Offerings EXCEPT

- Shrimp Skewer
- Thai Red Curry
- Pad Thai Sauce
- White Fish

- Calamari

**Allergy-**

Do Use

**Dairy**

All Offerings EXCEPT

- Mu-Shu Wraps
- Chocolate Storm
- Ice Cream
- Whipped Cream

**Vegan-**

Do Use

All Offerings EXCEPT:

- Quorn
- Horseradish Tofu Sauce
- Korean BBQ Sauce
- Pad Thai Sauce
- Thai Red Curry Sauce
- Chocolate Storm
- Whipped Cream
- Ice Cream
- Kung Pao Prata
- Chicken Satay

**Note:**

- Mu-shu wraps are not vegan
- All veggie proteins are vegan except Quorn which contains eggs. The veat is not name-brand Veat, which normally has dairy, but an off-brand which does not have dairy.

**Korean BBQ** - Contains Honey but is otherwise animal-product free