

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-Marinated Meats (ask your server for assistance)
- Roti Prata Bread
- Soup Broth
- Apple Crisp
- Ice Cream
- Whipped Cream

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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- Garlic

Do Use-

- 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
- Peanut Butter Pie
- Chocolate Storm
- Apple Crisp
- Ice Cream
- Whipped Cream
- Chilled Edamame (NO Sauce)

Allergy- Sugar

Do Use-

- 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

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- 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
 - Peanut Butter Pie
 - 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

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Allergy- **Eggs**
Do Use All Offerings EXCEPT:

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

Allergy- **Seafood**
Do Use All Offerings EXCEPT

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

Allergy- **Dairy**
Do Use All Offerings EXCEPT

- Mu-Shu Wraps
- Peanut Butter Pie
- Chocolate Storm
- Ice Cream
- Whipped Cream
- Apple Crisp

Vegan-
Do Use All Offerings EXCEPT:

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

Note:

- Mu-shu wraps are not vegan

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- 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