



## Allergens

The following chart identifies allergen content. Please note that all meals may contain traces of dairy products, eggs, peanuts, tree nuts, soy, fish, crustaceans, shellfish, sesame, wheat and sulfites.

Menu	Dairy Products	Eggs	Peanuts	Tree nuts	Soy	Fish, crustaceans and shellfish	Sesame	Wheat	Sulphites
<b>Antipasti</b>									
Cheese sticks with Neapolitan sauce	X				X			X	
Cheese sticks with ranch sauce	X	X			X			X	
Campagnola shrimp	X				X	X		X	
Bruschetta	X				X			X	
Italian chicken wings	X								
Cheese and tomato bruschetta rolls	X				X			X	
Fried calamari		X			X	X		X	
Garlic bread "au gratin"	X				X			X	
Pizza bread	X	X			X			X	
Sunshine dip	X	X			X			X	X
Sausages & meatballs duetto	X				X			X	X
Bite-sized sausages starter					X			X	
Tomatoes and bocconcini*	X				X			X	
Mixed platter	X	X			X			X	X
Poutine	X				X			X	
Italian poutine	X				X				
Fries					X				
Spicy fries					X			X	
Crispy chicken strip appetizer					X			X	
Crispy chicken strip appetizer with Chipotle sauce	X	X			X			X	
Crispy chicken strip appetizer with Dijon sauce		X			X			X	
Crispy chicken strip plate with fries, chipotle and Dijon sauces	X	X			X			X	

Menu	Dairy Products	Eggs	Peanuts	Tree nuts	Soy	Fish, crustaceans and shellfish	Sesame	Wheat	Sulphites
Crispy chicken strip plate with Cesear salad, Chipotle and Dijon sauces	X	X			X	X		X	
Crispy chicken strip plate with house salad, chipotle and Dijon sauces	X	X			X			X	X
<b>Soup</b>									
Cream of broccoli	X				X				
Cream of mushrooms	X				X				
Cream of potato and leek	X				X			X	X
Florentine soup	X	X			X			X	
Garden vegetable soup									X
Minestrone soup	X	X			X			X	
Italian style wedding soup	X	X			X			X	
Pasta fagioli soup	X	X						X	X
Chicken noodles soup	X	X			X			X	
Tomato and red pepper soup	X				X			X	
<b>Sides</b>									
Fries					X				
Spicy fries					X			X	
Three-herb potatoes	X				X				
Linguine with neapolitan sauce					X			X	
Linguine with campagnola sauce					X			X	
Pennine with neapolitan sauce					X			X	
House vegetables					X			X	X
Garlic bread	X				X			X	
<b>Insalata</b>									
House					X				X
Caesar	X	X			X	X		X	
Chicken Caesar	X	X			X	X		X	
Salmon salad		X			X	X			X
Chicken and pasta	X	X			X			X	
Seafood	X	X			X	X		X	
Crispy chicken finger salad and Dijon sauce	X	X			X			X	
Crispy chicken finger salad and chipotle sauce	X	X			X			X	

Menu	Dairy Products	Eggs	Peanuts	Tree nuts	Soy	Fish, crustaceans and shellfish	Sesame	Wheat	Sulphites
<b>Pasta</b>									
Fettucine Alfredo	X				X			X	
Fettucine carbonara	X				X			X	
Spaghetti with meat sauce					X			X	
Spaghetti with meatballs	X				X			X	
Linguine al salmone	X				X	X		X	X
Campagnola pennine with bite-sized ausages					X			X	
Campagnola chicken pennine					X			X	
Pennine arrabbiata					X			X	
Chicken & broccoli pennine	X				X			X	X
Manicotti armigiana	X	X			X			X	
Tortellini with rosé sauce	X	X			X			X	
Lasagne classica	X				X			X	
Seafood linguine		X			X	X		X	
Lasagna di Mikes*	X				X			X	
Linguine al diavolo*					X	X		X	X
Seafood linguine*					X	X		X	X
Linguine di Mare*	X	X			X	X		X	
Fettucine bruschetta								X	
Linguine Alfredo with mushrooms	X				X			X	
<b>Pasta combinations*</b>									
Pasta (spaghetti, pennine, fettucine, linguine)								X	
Neapolitan sauce					X				
Meat sauce					X				
Rosée sauce	X				X			X	
Alfredo sauce	X				X			X	
Arrabbiata sauce					X				
Bite-sized meatballs	X				X			X	
House vegetables					X			X	X
Chicken breast strips									
Campagnola shrimp	X				X	X			

Menu	Dairy Products	Eggs	Peanuts	Tree nuts	Soy	Fish, crustaceans and shellfish	Sesame	Wheat	Sulphites
Bite-sized sausages					X			X	
<b>Gondolas (no side)</b>									
Four-cheese	X	X			X			X	
Asparagus & capicollo	X	X			X			X	
Chicken, bacon and cheddar	X	X			X			X	
Philly steak and pepper sauce	X	X			X			X	X
Vegetable and goat cheese	X	X			X			X	X
Shrimp	X	X			X	X		X	
<b>Sunshine® Pizzas</b>									
BBQ chicken	X	X			X			X	X
Field of dreams	X	X			X			X	
<b>Classic Pizzas</b>									
Calabrese	X	X			X			X	
Chicken alfredo	X	X			X			X	
All-dressed	X	X			X			X	
Pepperoni	X	X			X			X	
Vegetarian	X	X			X			X	
Seafood	X	X			X	X		X	
International	X	X			X			X	
Polpette	X	X			X			X	
Margherita	X	X			X			X	
Neapolitan	X	X			X			X	
Goat cheese and vegetables	X	X			X			X	
Carbonara	X	X			X			X	
Hawaiian	X	X			X			X	
Carbonara	X	X			X			X	
Three-cheese	X	X			X			X	
Carnivore	X	X			X			X	

Menu	Dairy Products	Eggs	Peanuts	Tree nuts	Soy	Fish, crustaceans and shellfish	Sesame	Wheat	Sulphites
<b>Hot italian subs</b> (no side)									
Superstar®	X							X	
Co-star®	X							X	
Hot Luke	X							X	
Primavera di Mikes	X							X	
Chicken	X							X	
Encore	X							X	
Parrain® "au gratin"	X				X			X	
Delirio di Mikes	X				X			X	
Pompei di Mikes	X				X			X	X
Philly Steak	X							X	
<b>Focaccias, paninis and hamburgers</b> (no side)									
Chicken and bacon	X	X			X			X	
Chicken and marinated vegetables	X	X			X			X	
Soprano di Mikes	X	X			X			X	
The classic hamburger					X			X	
The classic hamburger with cheese	X				X			X	
The classic hamburger with bacon					X			X	
The classic hamburger with cheese and bacon	X				X			X	
The Siciliano hamburger	X				X			X	
<b>Specialità Trattoria</b> (includes house vegetables but not side)									
Campagnola veal	X				X		X	X	X
Parmigiana veal	X				X		X	X	X
Campagnola tilapia fillet					X	X		X	X
Parmigiana chicken	X				X			X	X
Campagnola chicken					X			X	X
Roasted salmon	X				X	X		X	X
Osso bucco	X				X			X	X
Tilapia fillet*	X				X	X		X	X
Scallopini di vitello al limone*	X				X		X	X	X

Menu	Dairy Products	Eggs	Peanuts	Tree nuts	Soy	Fish, crustaceans and shellfish	Sesame	Wheat	Sulphites
<b>Beverages</b>									
Vegetable cocktail									
Tomato juice									
2% milk	X								
Orange juice									
Apple juice									
Soda (Pepsi)									
Soda (diet Pepsi)									
<b>Desserts</b>									
The Alps	X	X		X	X			X	X
Apple crisp	X				X			X	X
Espresso chocolate cake	X	X		X	X			X	
Dulce de Leche Cheesecake	X	X			X			X	
Apple indulgence	X	X	X		X			X	X
Double chocolate indulgence	X	X	X		X			X	X
Praline indulgence	X	X	X	X	X			X	X
Piccolo Vesuvio	X	X		X	X			X	
Pizzelato with caramel sauce	X	X			X			X	X
Pizzelato with chocolate sauce	X	X			X			X	X
Pizzelato with strawberry syrup	X	X			X			X	X
Pizzelato with berry syrup	X	X			X			X	X
Pizzelato with brown sugar sauce	X	X			X			X	X
Sugar pie	X	X			X			X	
Sugar pie with ice cream	X	X			X			X	
Tiramisu	X	X			X			X	X
Profiterole trio	X	X	X		X			X	X
Brownie eruption	X	X		X	X			X	X
<b>Desserts - lunch menu</b>									
Boston slab	X	X			X			X	X
Apples and maple cake	X	X			X			X	X
Chocolate slab	X	X			X			X	

<b>Menu</b>	<b>Dairy Products</b>	<b>Eggs</b>	<b>Peanuts</b>	<b>Tree nuts</b>	<b>Soy</b>	<b>Fish, crustaceans and shellfish</b>	<b>Sesame</b>	<b>Wheat</b>	<b>Sulphites</b>
Vanilla and fruit slab	X	X			X			X	X

Notes:

\*Offered in Trattoria di Mikes restaurants.