

# FOOD ALLERGENS & SENSITIVITIES GUIDE



The Cooper's Hawk Kitchen has many shared components, including preparation areas, utensils, and cooking equipment. While we take precautions to prevent cross-contact with allergens, the possibility exists and **we cannot guarantee that any food item is allergen-free**. The dots indicate when an allergen is present in a dish. Items designated with an asterisk (\*) either are cooked or have an ingredient that is cooked in a fryer, making them potentially subject to cross-contact with the allergens listed below.

**Please inform your server of your allergy for guidance.**

DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
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APPETIZERS										
Asian Ahi Tuna Sashimi	.	.	.	.	.	.	.	.	.	.
Sweet Chili Calamari	.	.	.	.	.	.	.	.	.	.
Chicken Potstickers*	.	.	.	.	.	.	.	.	.	.
Classic Tomato Bruschetta	.	.	.	.	.	.	.	.	.	.
Crispy Brussels Sprouts*	.	.	.	.	.	.	.	.	.	.
Drunken Shrimp*	.	.	.	.	.	.	.	.	.	.
House-Made Meatballs	.	.	.	.	.	.	.	.	.	.
Over the Border Egg Rolls*	.	.	.	.	.	.	.	.	.	.
Thai Lettuce Wraps*	.	.	.	.	.	.	.	.	.	.
Candied Bacon & Artisan Cheese Plate	.	.	.	.	.	.	.	.	.	.
FLATBREAD										
Caprese	.	.	.	.	.	.	.	.	.	.
Italian Sausage & Whipped Burrata	.	.	.	.	.	.	.	.	.	.
Roasted Vegetable & Goat Cheese	.	.	.	.	.	.	.	.	.	.
APPETIZER SALADS										
Caesar	.	.	.	.	.	.	.	.	.	.
Chopped Wedge	.	.	.	.	.	.	.	.	.	.
Plain Ol' House	.	.	.	.	.	.	.	.	.	.
SOUP (CUP & BOWL)										
Tortilla / Vegetarian Tortilla*	.	.	.	.	.	.	.	.	.	.
Crab, Shrimp & Lobster Bisque	.	.	.	.	.	.	.	.	.	.
VEGETARIAN ENTRÉES										
Roasted Vegetable Enchiladas	.	.	.	.	.	.	.	.	.	.
Gnocchi with Roasted Butternut Squash	.	.	.	.	.	.	.	.	.	.
Sweet Corn & Tomato Risotto	.	.	.	.	.	.	.	.	.	.
SALADS										
BBQ Ranch Chicken*	.	.	.	.	.	.	.	.	.	.
Blackened Bleu Skirt Steak	.	.	.	.	.	.	.	.	.	.
Cooper's Hawk Chicken Caesar	.	.	.	.	.	.	.	.	.	.
Crispy Asian Sesame Chicken	.	.	.	.	.	.	.	.	.	.
Napa Chicken	.	.	.	.	.	.	.	.	.	.

DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
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SALAD DRESSINGS										
BBQ Ranch	.	.	.	.	.	.	.	.	.	.
Balsamic Vinaigrette	.	.	.	.	.	.	.	.	.	.
Bleu Cheese	.	.	.	.	.	.	.	.	.	.
Caesar Pesto	.	.	.	.	.	.	.	.	.	.
Honey Mustard Vinaigrette	.	.	.	.	.	.	.	.	.	.
House Italian	.	.	.	.	.	.	.	.	.	.
Ranch	.	.	.	.	.	.	.	.	.	.
Sesame Ginger	.	.	.	.	.	.	.	.	.	.
STEAK & CHOPS										
Pretzel-Crusted Pork Chops*	.	.	.	.	.	.	.	.	.	.
Filet Mignon*	.	.	.	.	.	.	.	.	.	.
Prime Churrasco Grilled Steak*	.	.	.	.	.	.	.	.	.	.
Red Wine Braised Short Ribs*	.	.	.	.	.	.	.	.	.	.
Trio of Medallions	.	.	.	.	.	.	.	.	.	.
SEAFOOD										
Blackened Ahi Tuna*	.	.	.	.	.	.	.	.	.	.
Jambalaya	.	.	.	.	.	.	.	.	.	.
Pistachio-Crusted Grouper	.	.	.	.	.	.	.	.	.	.
Soy Ginger Atlantic Salmon*	.	.	.	.	.	.	.	.	.	.
Parmesan-Crusted Mahi Mahi	.	.	.	.	.	.	.	.	.	.
CHICKEN										
Chicken Madeira	.	.	.	.	.	.	.	.	.	.
Cooper's Hawk Chicken Giardiniera	.	.	.	.	.	.	.	.	.	.
Dana's Parmesan-Crusted Chicken	.	.	.	.	.	.	.	.	.	.
Ellie's Chicken Piccata	.	.	.	.	.	.	.	.	.	.
PASTA										
Country Rigatoni	.	.	.	.	.	.	.	.	.	.
Gnocchi Carbonara	.	.	.	.	.	.	.	.	.	.
Keaton's Spaghetti & House-Made Meatballs	.	.	.	.	.	.	.	.	.	.
Baked Parmesan Shrimp Scampi	.	.	.	.	.	.	.	.	.	.

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	DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
<b>RISOTTO</b>											
Roasted Chicken*	•									•	
Braised Short Rib	•									•	
Shrimp & Scallop	•					•	•			•	
<b>SIDES</b>											
Asian Slaw*		•	•					•	•	•	•
Asparagus	•	•								•	
Betty's Potatoes	•		•					•			•
French Fries & Ketchup*			•					•	•		
Fruit											
Garlic Spinach	•							•		•	
Garlic Green Beans	•	•						•		•	
Grilled Broccoli	•	•								•	
Mary's Potatoes	•										
Oven-Roasted Vegetables	•									•	
Pretzel Bread	•		•					•			
Roasted Broccolini	•	•								•	
Wasabi-Buttered Mashed Potatoes	•										
Side Salad	•	•						•		•	
<b>BURGERS &amp; SANDWICHES</b>											
Bleu Cheese & Crispy Onion Burger*	•	•	•			•		•		•	•
Cilantro Ranch Chicken Sandwich	•	•	•					•		•	•
Classic Cheeseburger*	•	•	•					•		•	
Grilled Mahi Sandwich	•	•	•				•	•		•	
The Leonard Burger	•	•	•					•		•	
The Prime	•	•	•			•		•		•	•
Turkey Burger	•	•	•					•		•	
<b>LUNCH-SIZED ENTRÉES</b>											
Pretzel-Crusted Pork Chop*	•	•	•					•		•	
Chicken Madeira	•	•	•					•		•	
Cooper's Hawk Chicken Giardiniera	•	•	•					•		•	
Dana's Parmesan-Crusted Chicken	•	•	•				•	•		•	•
Ellie's Chicken Piccata	•	•				•		•		•	
Gnocchi Carbonara	•	•						•		•	
Keaton's Spaghetti & House-Made Meatballs	•	•	•					•		•	
Soy Ginger Atlantic Salmon*	•	•	•			•		•	•	•	•
Gnocchi with Roasted Butternut Squash	•	•						•		•	

	DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
<b>LIFE BALANCE</b>											
LB Asian Ahi Tuna Sashimi ( <i>appetizer</i> )	•		•			•		•	•	•	
LB Chicken Potstickers ( <i>appetizer</i> )		•	•			•		•	•	•	•
LB House Salad ( <i>appetizer</i> )	•	•	•					•		•	
LB BBQ Ranch Chicken Salad	•	•	•					•		•	•
LB Blackened Ahi Tuna	•	•	•			•		•	•	•	•
LB Grilled Tenderloin Medallions	•	•	•					•		•	
LB The Life Balance Burger	•	•	•					•	•	•	•
LB Seared Atlantic Salmon	•	•				•		•		•	
LB Roasted Chicken Giardiniera	•	•						•		•	
LB Turkey Burger	•	•	•					•		•	
<b>DESSERTS</b>											
Cooper's Hawk Chocolate Cake	•	•		•				•			
Key Lime Pie	•	•	•					•			
Reese's Ice Cream Cookie	•	•	•		•			•			
Salted Caramel Crème Brûlée	•	•									
Banoffee Pie	•	•	•					•			
S'more Budino	•	•	•					•			
Flourless Chocolate Torte	•	•	•								
Wine & Chocolates	•	•	•					•			
Chocolate Truffle	•	•	•					•			
<b>KIDS MENU</b>											
Cheeseburger / Hamburger	•	•	•					•		•	
Chicken Potstickers			•			•		•	•	•	•
Chicken Tenders*	•	•	•					•		•	•
Mac & Cheese	•	•						•		•	
Flatbread Cheese Pizza	•							•		•	
Junior Filet Medallions	•		•					•		•	
Keaton's Spaghetti & House-Made Meatballs	•	•	•					•		•	
Parmesan Chicken with Angel Hair Marinara	•	•	•					•		•	
Soy Ginger Atlantic Salmon*	•		•			•		•			
Vanilla Ice Cream	•	•									

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