

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, excluding tree nuts and peanuts.

Please inform your server of your allergy for guidance.

	DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
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
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
Gnocchi Alla Vodka
Keaton's Spaghetti & House-Made Meatballs
Baked Parmesan Shrimp Scampi

DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
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RISOTTO

Roasted Chicken*	.								.	
Braised Short Rib	.	.							.	
Shrimp & Scallop	

SIDES

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	.	.							.	

BURGERS & SANDWICHES

Bleu Cheese & Crispy Onion Burger*
Cilantro Ranch Chicken Sandwich
Classic Cheeseburger*	
Grilled Mahi Sandwich	
The Leonard Burger	
The Prime
Turkey Burger	

LUNCH-SIZED ENTRÉES

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*	

WINE O'CLOCK MENU

Four Cheese Truffle Arancini*	
Shaved Prime Sliders
Smoked Salmon Spread	
Burrata Bruschetta	
Crispy Tempura Shrimp*

CHEF RECOMMENDATIONS MENU

Cilantro Lime Chicken Salad
Crab-Crusted Medallions & Tempura Shrimp*
Crispy Tuna Rice*		
Lemon Butter Cake			

DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
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BRUNCH MENU

Salted Caramel Doughnuts	.		.				.			
Crème Brûlée French Toast*			
Smoked Brisket Hash*	
Cooper's Hawk Chilaquiles*	
Jammy Eggs & Avocado Toast	
Smoked Salmon Toast	
Breakfast Gnocchi Carbonara	
Eggs Any Way*	
Sunrise Breakfast*	.	.							.	
House Maple Sausage										
Applewood Smoked Bacon									.	
Candied Bacon									.	
Breakfast Potatoes*	.	.							.	
Sourdough Toast & Strawberry Jam	.						.			

LIFE BALANCE

LB Asian Ahi Tuna Sashimi (appetizer)	
LB Chicken Potstickers (appetizer)	
LB House Salad (appetizer)	
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	

KIDS MENU

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	.	.								
Buttered Noodles	

DESSERTS

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	.	.	.							