

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
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	•	•						•		•	

	DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
LIFE BALANCE											
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	•	•	•					•		•	
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	•	•	•					•			
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	•	•									

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