

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*	.	.	.	.	.	.	.	.	.	.	.
FLATBREAD											
Caprese	.	.	.	.	.	.	.	.	.	.	.
Italian Sausage & Whipped Burrata	.	.	.	.	.	.	.	.	.	.	.
APPETIZER SALADS											
Caesar	.	.	.	.	.	.	.	.	.	.	.
Chopped Wedge	.	.	.	.	.	.	.	.	.	.	.
Plain Ol' House	.	.	.	.	.	.	.	.	.	.	.
SOUP (CUP & BOWL)											
Tortilla / Vegetarian Tortilla*	.	.	.	.	.	.	.	.	.	.	.
Crab, Shrimp & Lobster Bisque	.	.	.	.	.	.	.	.	.	.	.
VEGETARIAN ENTRÉES											
Roasted Vegetable Enchilada Stack*	.	.	.	.	.	.	.	.	.	.	.
Gnocchi with Roasted Butternut Squash*	.	.	.	.	.	.	.	.	.	.	.
Sweet Corn & Tomato Risotto	.	.	.	.	.	.	.	.	.	.	.
SALADS											
BBQ Ranch Chicken*	.	.	.	.	.	.	.	.	.	.	.
Blackened Bleu Skirt Steak	.	.	.	.	.	.	.	.	.	.	.
Cooper's Hawk Chicken Caesar	.	.	.	.	.	.	.	.	.	.	.
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	.	.	.	.	.	.	.	.	.	.	.
Chicken Chorizo & Roasted Vegetable Enchilada Stack*	.	.	.	.	.	.	.	.	.	.	.
Ellie's Chicken Piccata	.	.	.	.	.	.	.	.	.	.	.
PASTA											
Country Rigatoni	.	.	.	.	.	.	.	.	.	.	.
Gnocchi Carbonara	.	.	.	.	.	.	.	.	.	.	.
Gnocchi Alla Vodka	.	.	.	.	.	.	.	.	.	.	.
Keaton's Spaghetti & House-Made Meatballs	.	.	.	.	.	.	.	.	.	.	.
Baked Parmesan Shrimp Scampi	.	.	.	.	.	.	.	.	.	.	.

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SEPTEMBER 2025

	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	•	•								•	
Candied Bacon										•	
Fingerling Potato & French Onion Gratin	•	•	•							•	•
BURGERS & SANDWICHES											
Bleu Cheese & Crispy Onion Burger*	•	•	•			•		•		•	•
Cilantro Ranch Chicken Sandwich	•	•	•					•		•	•
Classic Cheeseburger*	•	•	•					•		•	
Grilled Mahi Sandwich	•	•	•			•		•		•	
The Leonard Burger	•	•	•					•		•	
The Prime	•	•	•			•		•		•	•
Chicken 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											
Crispy Barbacoa Arancini	•	•	•			•		•	•	•	•
Shanghai Braised Short Ribs	•	•	•			•				•	•
Short Rib Grilled Cheese & Tomato Bisque	•	•	•					•		•	•
Sticky Honey-Lemon Cake	•	•	•	•				•			

	DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
BRUNCH MENU											
Salted Caramel Doughnuts	•		•					•			
Cooper's Hawk Steak & Eggs*	•	•	•				•			•	
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										•	
Breakfast Potatoes*	•	•								•	
Sourdough Toast & Strawberry Jam	•							•			
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 Lemon-Herb Glazed Salmon	•	•	•			•	•			•	
LB Parmesan-Crusted Chicken	•	•						•		•	
LB All American Chicken 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	•	•									
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	•	•	•								