

# 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
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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	•	•					•		•	
Gnocchi Alla Vodka	•	•					•		•	
Keaton's Spaghetti & House-Made Meatballs	•	•	•				•		•	
Baked Parmesan Shrimp Scampi	•	•	•	•	•	•	•		•	

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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*	.	.	.		.	.	.	.	.	.

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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 ( <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	.	.	.				.	.	.	

### 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	.	.	.							