

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
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											
Wild Mushroom Flatbread	•							•		•	
Short Rib Grilled Cheese & Tomato Bisque*	•	•	•					•		•	•
Roasted Butternut Squash Ravioli with Maine Lobster & Shrimp	•	•	•			•	•	•		•	
Cooper's Hawk Surf & Turf	•	•	•			•	•	•		•	
Blue Crab Stuffed Lobster Tails	•	•					•			•	
Passion Fruit Caramel Cheesecake	•	•	•	•				•			

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