

# 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 |
|---------------------------------|-------|-----|-----|----------|--------|------|-----------|-------|--------|--------|-----|
| <b>APPETIZERS</b>               |       |     |     |          |        |      |           |       |        |        |     |
| Asian Ahi Tuna Sashimi          | •     |     | •   |          |        | •    |           |       | •      | •      |     |
| Caesar Salad                    | •     | •   |     |          |        | •    |           |       |        | •      |     |
| Chopped Wedge Salad             | •     | •   |     |          |        | •    |           |       |        | •      |     |
| Drunken Shrimp                  | •     |     |     |          |        | •    | •         |       | •      | •      |     |
| Plain Ol' House Salad           |       |     |     |          |        |      |           |       |        |        |     |
| Thai Lettuce Wraps              |       | •   | •   | •        | •      | •    | •         |       | •      | •      | •   |
| Crispy Brussels Sprouts*        |       | •   |     | •        |        | •    |           |       | •      | •      |     |
| Classic Tomato Bruschetta       | •     | •   | •   |          |        |      |           |       |        | •      |     |
| <b>SOUPS</b>                    |       |     |     |          |        |      |           |       |        |        |     |
| Tortilla / Vegetarian Tortilla* | •     | •   | •   |          |        |      |           |       |        | •      |     |
| <b>SALADS</b>                   |       |     |     |          |        |      |           |       |        |        |     |
| BBQ Ranch Chicken*              | •     | •   | •   |          |        |      |           |       |        | •      | •   |
| Blackened Bleu Skirt Steak      | •     | •   |     |          |        | •    |           |       |        | •      |     |
| Cooper's Hawk Chicken Caesar    | •     | •   |     |          |        | •    |           |       |        | •      |     |
| Napa Chicken                    | •     | •   |     | •        |        |      |           |       |        | •      |     |
| <b>PASTA &amp; RISOTTO</b>      |       |     |     |          |        |      |           |       |        |        |     |
| Gnocchi Carbonara               | •     |     |     |          |        |      |           |       |        | •      |     |
| Country Gnocchi                 | •     |     | •   |          |        |      |           |       |        | •      |     |
| Gnocchi Alla Vodka              | •     |     |     |          |        |      |           |       |        | •      |     |
| Braised Short Rib               | •     |     | •   |          |        |      |           |       |        | •      |     |
| Roasted Chicken                 | •     |     |     |          |        |      |           |       |        | •      |     |
| Shrimp & Scallop                | •     |     |     |          |        | •    | •         |       |        | •      |     |
| <b>SEAFOOD</b>                  |       |     |     |          |        |      |           |       |        |        |     |
| Blackened Ahi Tuna              | •     | •   | •   |          |        | •    |           |       | •      | •      | •   |
| Broiled Fillet of Grouper       | •     | •   |     |          |        | •    | •         |       |        | •      |     |
| Soy Ginger Atlantic Salmon      | •     | •   | •   |          |        | •    |           |       | •      | •      | •   |
| <b>BEEF &amp; PORK</b>          |       |     |     |          |        |      |           |       |        |        |     |
| Prime Churrasco Grilled Steak*  | •     | •   | •   |          |        |      |           |       |        | •      | •   |
| Filet Mignon                    | •     | •   | •   |          |        |      |           |       |        | •      |     |
| Grilled Tenderloin Medallions   | •     | •   | •   |          |        |      |           |       |        | •      |     |
| Red Wine Braised Short Ribs     | •     |     | •   |          |        | •    | •         |       |        |        |     |

|                                                      | DAIRY | EGG | SOY | TREE NUT | PEANUT | FISH | SHELLFISH | WHEAT | SESAME | GARLIC | MSG |
|------------------------------------------------------|-------|-----|-----|----------|--------|------|-----------|-------|--------|--------|-----|
| <b>CHICKEN</b>                                       |       |     |     |          |        |      |           |       |        |        |     |
| Chicken Madeira                                      | •     | •   | •   |          |        |      |           |       |        | •      |     |
| Cooper's Hawk Chicken Giardiniera                    | •     | •   |     |          |        |      |           |       |        | •      |     |
| Dana's Parmesan-Crusted Chicken                      | •     | •   |     |          |        |      | •         |       |        | •      |     |
| Chicken Chorizo & Roasted Vegetable Enchilada Stack* | •     | •   | •   |          |        | •    |           |       | •      | •      | •   |
| Ellie's Chicken Piccata                              | •     | •   |     |          |        | •    |           |       |        | •      |     |
| <b>VEGETARIAN</b>                                    |       |     |     |          |        |      |           |       |        |        |     |
| Roasted Vegetable Enchilada Stack                    | •     | •   | •   |          |        |      |           |       | •      | •      | •   |
| Gnocchi with Roasted Butternut Squash                | •     |     |     |          |        |      |           |       |        | •      |     |
| Sweet Corn & Tomato                                  | •     |     |     |          |        |      |           |       |        | •      |     |
| <b>LIFE BALANCE</b>                                  |       |     |     |          |        |      |           |       |        |        |     |
| LB Asian Ahi Tuna Sashimi ( <i>appetizer</i> )       | •     |     | •   |          |        | •    |           |       | •      | •      |     |
| LB Plain Ol' House Salad ( <i>appetizer</i> )        | •     | •   |     |          |        |      |           |       |        | •      |     |
| LB BBQ Ranch Chicken Salad                           | •     | •   | •   |          |        |      |           |       |        | •      | •   |
| LB Grilled Tenderloin Medallions                     | •     | •   | •   |          |        |      |           |       |        | •      | •   |
| LB Lemon-Herb Glazed Salmon                          | •     | •   | •   |          |        | •    | •         |       |        | •      |     |
| LB Blackened Ahi Tuna                                | •     | •   | •   |          |        | •    |           |       | •      | •      | •   |
| <b>BURGERS &amp; SANDWICHES</b>                      |       |     |     |          |        |      |           |       |        |        |     |
| Bleu Cheeseburger                                    | •     | •   | •   |          |        | •    |           |       |        | •      | •   |
| Cilantro Ranch Chicken Sandwich                      | •     | •   | •   |          |        |      |           |       |        | •      | •   |
| Classic Cheeseburger                                 | •     | •   | •   |          |        |      |           |       |        | •      |     |
| The Leonard Burger                                   | •     | •   | •   |          |        |      |           |       |        | •      |     |
| Chicken Burger                                       | •     | •   | •   |          |        |      |           |       |        | •      |     |
| Grilled Mahi Sandwich                                | •     | •   | •   |          |        | •    |           |       |        | •      |     |
| The Prime                                            | •     | •   | •   |          |        | •    |           |       |        | •      | •   |
| <b>LUNCH-SIZED ENTRÉES</b>                           |       |     |     |          |        |      |           |       |        |        |     |
| Chicken Madeira                                      | •     | •   | •   |          |        |      |           |       |        | •      |     |
| Cooper's Hawk Chicken Giardiniera                    | •     | •   |     |          |        |      |           |       |        | •      |     |
| Dana's Parmesan-Crusted Chicken                      | •     | •   |     |          |        |      | •         |       |        | •      |     |
| Ellie's Chicken Piccata                              | •     | •   |     |          |        | •    |           |       |        | •      |     |
| Soy Ginger Atlantic Salmon                           | •     | •   | •   |          |        | •    |           |       | •      | •      | •   |
| Gnocchi Carbonara                                    | •     |     |     |          |        |      |           |       |        | •      |     |
| Gnocchi Alla Vodka                                   | •     |     |     |          |        |      |           |       |        | •      |     |
| Gnocchi with Roasted Butternut Squash                | •     |     |     |          |        |      |           |       |        | •      |     |

CONTINUED ON BACK

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

| WINE O'CLOCK MENU                           |   |   |   |  |   |   |  |   |   |   |
|---------------------------------------------|---|---|---|--|---|---|--|---|---|---|
| Smoked Salmon Spread                        | • | • | • |  |   | • |  |   | • | • |
| Burrata Bruschetta                          | • | • | • |  |   |   |  |   | • |   |
| BRUNCH MENU                                 |   |   |   |  |   |   |  |   |   |   |
| Cooper's Hawk Steak & Eggs*                 | • | • | • |  |   | • |  |   | • |   |
| Cooper's Hawk Chilaquiles*                  | • | • | • |  |   |   |  | • | • |   |
| Sunrise Breakfast*                          | • | • |   |  |   |   |  |   | • |   |
| House Maple Sausage                         |   |   |   |  |   |   |  |   |   |   |
| Applewood Smoked Bacon                      |   |   |   |  |   |   |  |   | • |   |
| Breakfast Potatoes*                         | • | • |   |  |   |   |  |   | • |   |
| Sourdough Toast & Strawberry Jam            | • | • | • |  |   |   |  |   |   |   |
| Eggs Any Way*                               | • | • |   |  |   |   |  |   | • |   |
| Smoked Brisket Hash*                        | • | • | • |  |   |   |  | • | • |   |
| SIGNATURE SIDES                             |   |   |   |  |   |   |  |   |   |   |
| Asparagus                                   | • | • |   |  |   |   |  |   | • |   |
| Garlic Green Beans                          | • | • |   |  |   |   |  |   | • |   |
| Gluten-Free Bread                           | • | • | • |  |   |   |  |   |   |   |
| Grilled Broccoli                            | • | • |   |  |   |   |  |   | • |   |
| Mary's Potatoes                             | • |   |   |  |   |   |  |   |   |   |
| Oven-Roasted Vegetables                     | • |   |   |  |   |   |  |   | • |   |
| Roasted Broccolini                          | • | • |   |  |   |   |  |   | • |   |
| Wasabi-Buttered Mashed Potatoes             | • |   |   |  |   |   |  |   |   |   |
| Asian Slaw                                  |   | • | • |  |   |   |  | • | • | • |
| Candied Bacon                               |   |   |   |  |   |   |  |   | • |   |
| Fingerling Potato & French Onion Gratin     | • | • | • |  |   |   |  |   | • | • |
| DESSERTS                                    |   |   |   |  |   |   |  |   |   |   |
| Flourless Chocolate Torte                   | • | • | • |  |   |   |  |   |   |   |
| Salted Caramel Crème Brûlée                 | • | • |   |  |   |   |  |   |   |   |
| S'more Budino                               | • | • |   |  |   |   |  |   |   |   |
| House-Made Truffles                         | • |   | • |  |   |   |  |   |   |   |
| Wine & Chocolate                            | • |   | • |  |   |   |  |   |   |   |
| KIDS MENU                                   |   |   |   |  |   |   |  |   |   |   |
| Cheeseburger / Hamburger                    | • | • | • |  |   |   |  |   | • |   |
| Junior Filet Medallions                     | • |   | • |  |   |   |  |   | • |   |
| Vanilla Ice Cream                           | • | • |   |  |   |   |  |   |   |   |
| Soy Ginger Atlantic Salmon                  | • | • | • |  | • |   |  | • | • | • |
| Parmesan Chicken Marinara                   | • | • |   |  |   |   |  |   |   |   |
| CHEF RECOMMENDATIONS MENU                   |   |   |   |  |   |   |  |   |   |   |
| GF Gnocchi Bolognese with Braised Short Rib | • | • | • |  |   |   |  |   |   |   |