

Flat Top Grill Allergy List

Including Sauces, Appetizers, and Stick Options

Allergy- **Wheat or Gluten**

Do Use-

- All Vegetables
- Nonfat Spicy Lime Basil
- Garlic Water
- Rice Stick Noodles
- Teriyaki
- All Meats **EXCEPT** Beef (Ask server for non-marinated Beef)
- Rice Wine Vinegar
- Gluten Free Soy Sauce (Tamari)
- Sesame Oil
- Indian Coconut Curry
- Chi-Town Tomato
- Vegetable Soup
- Hot and Sour Soup

Allergy- **Soybean Products**

Do Use-

- All Vegetables **EXCEPT** Edamame
- White Rice
- Brown Rice
- Rice Stick Noodles
- Yellow Noodles
- Garlic water
- Chi-Town Tomato
- Red Hot Chili Sauce
- Indian Coconut Curry Sauce
- Nonfat Spicy Lime Basil
- Pad Thai Sauce
- Sesame Oil
- Sriracha Hot Sauce
- Vindahoo Sauce
- Rice Wine Vinegar
- All Meats **EXCEPT** Beef (Ask server for non-marinated Beef)
- Roti Prata Bread
- Vegetable Soup
- Hot and Sour Soup
- Ice Cream
- Whipped Cream
- Cinnamon Fresh Fruit Roti

Allergy- **Salt**

Do Use-

- Rice Stick Noodles
- All Vegetables
- Garlic Water
- Ice Cream
- White Fish
- Non-marinated Beef (Ask your server for assistance)
- Sesame Oil
- Fresh Fruit Filling
- Whipped Cream

Allergy- **Garlic**

Do Use-

- White Rice
- Brown Rice
- Rice Stick Noodles
- Yellow Noodles
- All Vegetables
- Soy Sauce
- Rice Wine Vinegar
- Chinese Mustard Condiment
- Sesame Oil
- All Meats
- Roti Prata Flatbread
- Chow Mein Noodles
- Chocolate Storm
- Ice Cream
- Cinnamon Fresh Fruit Roti
- Whipped Cream
- Chocolate Fudge
- Quorn
- BBQ Tempeh
- Vegetable Pakora
- Veat
- Tofu
- Mushu Wraps
- Thai Spicy Green Beans (NO Sauce)
- Chilled Edamame (NO Sauce)
- Grilled Edamame (NO Sauce)

Allergy- **Sugar**

Do Use-

- Rice Stick Noodles
- Yellow Noodles
- White Rice
- Brown Rice
- All Vegetables
- Garlic Water
- Soy Sauce
- Gluten Free Soy Sauce (Tamari)
- All Meats
- Chi-Town Tomato
- Quorn
- Tofu
- Thai Spicy Salt
- Mushu Wrap
- Sesame Oil
- Thai Spicy Green Beans (NO Sauce)
- Chilled Edamame (NO Sauce)
- Grilled Edamame (NO Sauce)

Allergy- **Corn**

Do Use

- Rice Stick Noodles
- Yellow Noodles
- All Vegetables EXCEPT Sweet Corn, Stir Fry Mix, and Baby Corn
- Soy Sauce
- Asian Sesame Ginger
- Chi-Town Tomato
- Garlic Water
- All Meats **EXCEPT** Beef (Ask server for non-marinated Beef)
- Sesame Oil
- Cinnamon Fresh Fruit Roti (No Powdered Sugar)
- Fresh Fruit Roti Filling (No Sugar)

Allergy- **Peanuts**

Do Use All offerings EXCEPT:

- Peanut Sauce
- Kung Pao Hoisin Sauce
- Thai Red Curry Sauce
- Kung Pao Quesadilla
- Pad Thai Sauce
- Teriyaki Sauce
- BBQ Tempeh
- Vegetable Pakora
- Veat

Allergy- **Onion**

Do Use

- White Rice
- Brown Rice
- Yellow Noodles
- Rice Stick Noodles
- All Vegetables EXCEPT Onion and Scallions
- Soy Sauce
- Asian Sesame Ginger Sauce
- Garlic Water
- Red Hot Chili Sauce
- Pad Thai Sauce
- Peanut Sauce
- Sesame Oil
- Sriracha
- Vindahoo
- Quorn
- Rice Vinegar
- Chow Mein Noodles
- All Meats
- Edamame Grilled or Chilled (NO SAUCE, NO LEMON PEPPER)
- Cinnamon Fresh Fruit Roti
- Chocolate Storm

Allergy- **Eggs**

Do Use All Offerings EXCEPT:

- Horseradish Tofu/Black Bean Garlic Sauce
- Triple Chocolate Storm
- Ice Cream
- Chow Mein Noodles
- Cinnamon Fresh Fruit Roti
- Quorn
- Macaroni and Cheese
- BBQ Tempeh
- Vegetable Pakora
- Veat

Allergy- **Seafood**

Do Use All Offerings EXCEPT:

- Shrimp
- Thai Red Curry
- Pad Thai Sauce
- Teriyaki
- White Fish
- Calamari

Allergy- Dairy

Do Use All Offerings EXCEPT:

- Mu-Shu Wraps
- Chocolate Storm
- Ice Cream
- Whipped Cream
- Horseradish Tofu/Black Bean Garlic Mix
- Vegetable Pakora
- BBQ Tempeh
- Macaroni and Cheese
- Cinnamon Fresh Fruit Roti
- Chocolate Fudge
- Cheese
- Kung Pao Prata

Vegan

Do Use All Offerings EXCEPT:

- Quorn (Contains eggs)
- Horseradish Tofu/Black Bean Garlic Mix
- Korean BBQ Sauce
- Pad Thai Sauce
- Thai Red Curry Sauce
- Chinese Asian Mustard (condiment)
- Teriyaki
- Chocolate Storm
- Whipped Cream
- Ice Cream
- Vegetable Pakora
- BBQ Tempeh
- Kung Pao Prata
- Any meat or seafood
- Chow Mein Noodles
- Cheese
- Mu-shu Wraps
- Veat

Note:

- Mu-shu wraps are not vegan. It contains Enriched Wheat Flour that may use animal product to enrich.

Korean BBQ - Contains Honey but is otherwise animal-product free