



# ALLERGEN GUIDE

2014

**To our guests concerned about allergies.** Knowing that some of you face important issues concerning food allergens or intolerances, The Crossing as part of our commitment to you, we provide the most current allergen information available from our food suppliers on eight common allergens plus gluten, so that our Guests with food allergies can make informed food selections. **Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products and in the preparation process of fried items, individual products are not placed into separate fryers so there is the potential of cross over of fried items and oil in the fryers. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.** While efforts are made to keep this information current, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, product changes, preparation techniques, and/or the season. We recommend that our guests with food allergies or special dietary needs consult with a restaurant manager prior to placing an order to review the posted information for accuracy and availability. Because this information changes, please make sure you are referencing the most current version (see box below). **Due to the individualized nature of allergies and food sensitivities, The Crossing cannot make recommendations that are suitable for your dietary needs. Please consult your physician.**

APPETIZERS	WHEAT	DAIRY	SOY	EGGS	PEANUTS	TREE NUTS	FISH	SHELLFISH	GLUTEN
Wings									
Boneless Wings	X		X						X
Potato Skins		X							
Mega Mushrooms	X								X
Zucchini Sticks	X								X
Potato Flautas	X								X
Combo Appetizer	X	X	X						X
Onion Rings	X								X
Cheese Sticks	X	X	X						X
Fried Pickles	X								X
Calamari Steak Fries	X						X		X
Avocado Rolls	X								X
BEEF	WHEAT	DAIRY	SOY	EGGS	PEANUTS	TREE NUTS	FISH	SHELLFISH	GLUTEN
Garlic Rib eye Steak									
The Loaf	X		X	X			X		
Bleu Cheese Ribeye Steak		X							
Hamburger Steak		X							X
CHICKEN	WHEAT	DAIRY	SOY	EGGS	PEANUTS	TREE NUTS	FISH	SHELLFISH	GLUTEN
Memphis Chicken									
Chicken strips	X								X
Santé Fe Chicken	X	X							X
SEA FOOD	WHEAT	DAIRY	SOY	EGGS	PEANUTS	TREE NUTS	FISH	SHELLFISH	GLUTEN
Blackened Salmon							X		
Fried Catfish	X	X					X		X
Breaded Shrimp	X							X	X
Pineapple Tilapia	X		X				X		X
Fresco Fish Fry	X						X		X

<b>SALADS</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Caesar Salad	X						X		
Buffalo Chicken Salad	X	X		X					X
Grilled Chicken Salad	X								
BLT Salad		X		X					
Chef Salad		X		X					
Santa Fe Chicken Salad	X	X		X					X
Cobb Salad	X	X		X					
Del Avocado Salad									
<b>DRESSING</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Ranch	X	X	X	X					
Blue Cheese		X							
Thousand Island			X	X					
Herb Vinaigrette			X	X					
Caesar	X	X	X	X			X		
Balsamic									
Honey Mustard									
Red Wine Vinaigrette									
Fat Free Ranch		X							
Fat Free Raspberry									
Chipotle Ranch	X	X	X	X					
Herb Mayo	X	X	X	X					
Chipotle Mayo				X					
Cool Avocado		X	X	X					
<b>SAUCES</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Wing x Hot		X							
Wing Hot		X							
Wing Medium		X							
Wing Mild		X							
Garlic Ginger		X	X						
Sweet Inferno									
Thai Chill		X							
BBQ									
Teriyaki	X		X						
Tartar	X	X	X	X					
Cocktail							X		
Salsa									
SMA Sauce									
Alfredo Sauce	X	X							
Brown Gravy	X	X	X						X

<b>American Fusion</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Teriyaki Stir Fry	X		X						
Beef Stroganoff	X	X							X
Chicken Fettuccine Alfredo		X							X
Cajun Shrimp Fettuccine Alfredo		X							X
Fish & Chips	X	X					X		
<b>BURGERS</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Old Fashioned Burger	X	X		X					X
SMA Burger	X	X		X					X
The Crossing Burger	X	X		X					X
Grilled Sourdough Burger	X	X							X
Bacon, Bayou & Bleu Burger	X	X		X					X
Double Bacon Cheese Burger	X	X		X					X
Double Bacon Cheese Burger	X	X		X					X
Mountain Man Burger	X	X	X	X					X
Hanalei Burger	X	X		X					X
Chan Chan Burger	X	X		X					X
Chipotle Black Bean Burger			X						X
<b>SOUPS</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Clam Chowder Soup	X	X	X	X			X	X	X
Tortilla Soup									
Chef Choice Soup	X	X	X	X	X	X	X	X	X
<b>SANDWICHES</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Cajun Chicken Breast									
BBQ Beef	X	X							X
Grilled Turkey Melt	X	X							X
Grilled Tuna Melt	X	X							X
Malibu Chicken	X	X							X
Fish Sandwich	X						X		X
Philly Cheese Steak	X	X							X
French Dip	X	X							X
Club	X	X		X					X
Open Face Hot Prime	X								X
The 1540	X	X							X
<b>Slice Meats &amp; Meat Salads</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Sliced Ham									
Sliced Turkey									
Tuna Salad		X		X					
Chicken Salad		X		X					
Teriyaki Chicken Salad		X	X	X		X			

<b>SIDES</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Mashed Potatoes		X							
Wild Rice		X							
Cold Veggies									
Sliced Tomatoes									
Red Cabbage Slaw		X							
Bake Potato									
Vegetable Medley		X							
Onion Rings		X	X						X
Bake Beans		X							
Potato Salad		X		X					
Seasoned Fries	X	X	X	X					
French Fries									
Squaw Bread		X							X
Steam Broccoli		X							
Croutons	X	X							X
Crackers	X								X
<b>KIDS MEAL</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Chicken Strips	X								X
Grilled Cheese	X	X							X
Mac & Cheese	X	X							
Kid BBQ Chicken									
Kid Monster Burger	X	X		X					X
Kid Wings									
Kid Shrimp	X							X	X
Kid Fish	X						X		X
<b>Desserts</b>	<b>WHEAT</b>	<b>DAIRY</b>	<b>SOY</b>	<b>EGGS</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>GLUTEN</b>
Chocolate Chip Cookie	X	X	X	X		X			X
White Chocolate Macadamia Cookie	X	X	X	X		X			X
Ultimate Brownie	X	X							X
Raspberry Cheesecake	X	X	X	X					X
Chocolate Grande Cake	X	X	X						X
Kentucky Bourbon Pecan Pie	X	X	X	X		X			X
Towering Float		X							
Ice Cream		X							
Chocolate Topping	X	X	X						
Caramel Topping		X							
Raspberry Topping									







