

Allergy Quick Reference Guide

peanuts/legumes	nuts/seeds	gluten	dairy/lactose	seafood/shellfish	eggs	soy	sulphites	alcohol	pork	vegetarian
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share plates											additional information
crisp lettuce cups	X	X	X	X		X	X	X		X	egg: chow mein noodles; seeds: sesame oil
rock salt chili prawns			X		X	X					egg: wonton wrapper
blackened prawn tacos			X	X	X		X				dairy: avocado cream; soy: tortillas (part of additive)
spicy wok seared squid				X	X	X					dairy: yogurt dip; egg: squid coating
edamame		X	X				X			X	
ginger beef		X	X			X	X				egg: wonton wrapper; soy: honey ginger sauce
shrimp gyoza		X	X		X		X				seeds: sesame soy sauce
wings: rock salt 5 spice w/ chipotle mayo			X			X	X				egg + soy: chipotle mayo
wings: sriracha cult sauce w/ peanut sauce	X		X		X		X		X		alcohol: mirin in sriracha cult sauce; seafood: anchovies in Worcestershire in cult sauce
wings: honey ginger			X				X				soy: honey ginger sauce
palmito dip			X	X			X			X	
ravioli appetizer			X	X		X		X	X	X	sulphites: olivieri alfredo sauce; alcohol: wine in 3-cheese alfredo sauce
yam fries			X			X	X			X	soy + egg: aioli
wok broccolini			X	X			X			X	
wok mushrooms			X				X		X	X	
wok-fired green beans		X	X		X		X				gluten + seafood: oyster sauce
fried rice			X			X	X			X	
soups + salads											
red pepper bisque			X	X			X			X	
caesar salad		X	X	X	X	X	X	X			sulphites: red wine vinegar
rockford greens		X		X			X			X	soy: soybean oil in Hellman's grapefruit ginger vinaigrette
blackened chicken salad		X	X	X			X	X	X		sulphites: red wine vinegar (honey-lime dressing)
almond chicken salad		X				X					egg: breading
salmon spinach salad		X	X	X	X		X		X		dairy: wasabi cream; seeds: sesame seeds in dressing; alcohol: mirin in teriyaki sauce
sandwiches + burgers											
rockford burger			X	X		X	X	X			egg + soy: mayo (burger sauce); sulphites: red relish (burger sauce)
peppercorn burger			X	X		X	X		X		alcohol: brandy in peppercorn sauce; egg + soy: mayo
blue + bacon burger			X	X		X	X	X		X	egg + soy: mayo (burger sauce); sulphites: red relish (burger sauce)
pulled chicken club			X	X		X		X		X	egg + soy: mayo (burger sauce); sulphites: red relish (burger sauce)
grilled salmon burger		X	X		X	X	X		X		seeds: sesame seed oil in pineapple salsa; egg, soy + alcohol: white wine in Hellman's tartare sauce
blackened chicken burger			X	X		X	X				egg + soy: chipotle mayo
sliced sirloin steak baguette			X			X		X			egg + soy: mayo (burger sauce); sulphites: red relish (burger sauce)

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pans + rice bowls												additional information
ramen noodle bowl			X			X	X			X		egg: ramen noodles
pan roasted salmon			X	X	X	X						dairy: compound butter; egg: wonton strips
mushroom chicken				X					X			
ravioli entrée			X	X		X		X	X		X	sulphites: olivieri alfredo sauce; alcohol: wine in 3-cheese alfredo sauce
grilled chicken fettuccini			X	X		X		X	X			egg: pasta; sulphites: olivieri alfredo sauce; alcohol: wine in 3-cheese alfredo sauce
teriyaki chicken rice bowl		X	X	X			X		X			dairy: wasabi cream; alcohol: mirin in teriyaki sauce
mumbai bowl				X	X							
wok												
kung pao chicken	X	X	X				X		X			soy: kung pao sauce
lemon chicken	X	X				X						egg: breading
mongolian beef noodle		X	X		X	X	X		X			seafood: oyster sauce; egg: noodles; alcohol: shaoxing wine in "wok beef"
black pepper beef		X	X		X	X	X		X			seeds + alcohol: sesame oil and wine in "wok beef"; seafood: oyster sauce; egg: noodles
szechuan beef			X		X				X			seafood: anchovies in Worcestershire sauce in cult sauce
grill												
steak: sirloin/new york w/ lemon-parsley butter				X			X		X			
steak: sirloin/new york creole style			X	X	X		X		X			dairy: mashed potatoes; seafood: anchovies in Worcestershire sauce (cult sauce in creole butter)
steak: sirloin/new york peppercorn			X	X			X		X			alcohol: brandy in peppercorn sauce
lemongrass prawns			X		X							
grilled peanut chicken	X		X		X		X					seafood: fish sauce in peanut sauce
mongolian bbq ribs		X	X				X					seeds: sesame oil
sides												
wok broccolini			X	X			X				X	
wok mushrooms			X				X		X		X	
wok fired green beans		X	X		X							gluten + seafood: oyster sauce
jasmine rice											X	no major allergens
brown sushi rice											X	no major allergens
quinoa											X	no major allergens
desserts												
baked apple galette			X	X		X	X				X	soy: caramel sauce; egg: gelato
sticky date pudding			X	X		X					X	
lychee lemon cheesecake			X	X		X		X			X	sulphites: raspberry coulis
rockslide			X	X		X	X				X	egg: gelato; soy: chocolate sauce
ice cream side				X		X					X	egg: gelato