

APPETIZERS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Crab + Prawn Gyoza	MAY - gyoza	YES - crab, shimp, oyster (gyoza)	MAY - gyoza		YES - gyoza	YES - ponzu sauce, gyoza		YES - ponzu sauce, gyoza	YES - ponzu sauce, gyoza	YES - gyoza		caramel colour (gyoza)
Crispy Mahi Mahi	YES - mahi mahi, prawns, caper tartar sauce *MAY - fries	YES - mahi mahi, prawns *MAY - fries				YES - mahi mahi, prawns *MAY - fries		YES - mahi mahi, prawns *MAY - fries	YES - mahi mahi, prawns *MAY - fries	YES - caper tartar sauce	YES - caper tartar sauce	
Crispy Tuna Taco	MAY - wonton taco shell *MAY - wonton taco shell	*MAY - wonton taco shell		MAY - furikake, wakame seaweed salad	YES - furikake, wakame seaweed salad	YES - ponzu sauce, wakame seaweed salad *MAY - wonton taco shell	MAY - furikake, wakame seaweed salad	YES - ponzu sauce, wonton taco shell, wakame seaweed salad	YES - ponzu sauce, wonton taco shell, wakame seaweed salad	MAY - wakame seaweed salad		
Crispy Ahimi Taco	MAY - wonton taco shell *MAY - wonton taco shell	*MAY - wonton taco shell		MAY - furikake, wakame seaweed salad	YES - furikake, wakame seaweed salad, ahimi	YES - ponzu sauce, wakame seaweed salad, ahimi *MAY - wonton taco shell	MAY - furikake, wakame seaweed salad	YES - ponzu sauce, wonton taco shell, wakame seaweed salad	YES - ponzu sauce, wonton taco shell, wakame seaweed salad	MAY - wakame seaweed salad		
Beach House Roll	YES - crab salad mix, prawns, tempura crunch, spicy dashi mayo	YES - snow crab, prawns, flying fish (tobiko) *MAY - tempura crunch	YES - tempura crunch		YES - togorashi spice	YES - crab salad mix, prawns, spicy dashi mayo *MAY - tempura crunch		YES - prawns, tempura crunch	YES - prawns, tempura crunch	YES - spicy dashi mayo MAY - pickled ginger	YES - wasabi, spicy dashi mayo	MSG, sunset yellow & allura red colour (tobiko), Artificial colour, yellow #5, blue #1 (wasabi, spicy dashi mayo)
Grilled Chicken Wings		YES - anchovies (cilantro pepper paste)	YES - avocado blue cheese dip									
Grilled Octopus	MAY - croutons	YES - octopus	MAY - croutons					YES - croutons	YES - croutons		YES - chorizo	

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Kusshi Oyster Spoons		YES -oysters, salmon roe	YES - crème fraiche	MAY - wakame seaweed salad	YES - wakame seaweed salad	YES - wakame seaweed salad	MAY - wakame seaweed salad	YES - wakame seaweed salad	YES - wakame seaweed salad	MAY - wakame seaweed salad		
Lobster + Prawn Roll	YES - lobster bun, Japanese mayo, lobster prawn salad mix	YES - lobster, prawns, bonito, tuna (lobster prawn salad mix)	YES - lobster bun, butter			YES - Japanese mayo, lobster prawn salad mix		YES - lobster bun	YES - lobster bun	YES - lobster prawn salad mix	YES - lobster prawn salad mix	Artificial colour, yellow #5, blue #1, MSG (lobster prawn salad mix)
Lobster Flat Bread	MAY - flatbread	YES - lobster, prawns	YES - browned butter, pizza cheese, whip cream, wilted spinach MAY - flatbread		MAY - flatbread	MAY - flatbread	MAY - flatbread	YES - flatbread	YES - flatbread	MAY - flatbread	YES - double smoked bacon	
Oven Roasted Salmon Collar	YES - honey horseradish dressing	YES - salmon	YES - honey horseradish dressing							YES - honey horseradish dressing	YES - honey horseradish dressing	
Oysters on the Half Shell		YES - oysters		MAY - wakame seaweed salad	YES - wakame seaweed salad	YES - wakame seaweed salad	MAY - wakame seaweed salad	YES - wakame seaweed salad	YES - wakame seaweed salad, malt vinegar mignonette	MAY - wakame seaweed salad		
Parmesan Fries	YES - parmesan, truffle mayo *MAY - fries	*MAY - fries	YES - parmesan			*MAY - fries		*MAY - fries	*MAY - fries		YES - parmesan truffle mayo	
Salmon Poke	YES - Japanese mayo	YES - salmon, tuna, bonito, mackerel (salmon poke dressing)		MAY - furikake, wakame seaweed salad	YES - wakame seaweed salad, furikake	YES - wakame seaweed salad, Japanese mayo, salmon poke dressing	MAY - furikake, wakame seaweed salad	YES - wakame seaweed salad, salmon poke dressing	YES - wakame seaweed salad, mignonette, salmon poke dressing	MAY - wakame seaweed salad		

APPETIZERS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Seafood Tower	YES - salmon poke, Beach House Roll	YES - oysters, salmon, crab, prawn, snow crab, lobster, flying fish (Beach House roll), tuna, bonito, mackerel (salmon poke)	YES - Beach House Roll	MAY - furikake crackers, wakame seaweed salad, ponzu tuna tartare	YES - Beach House Roll, wakame seaweed salad, salmon poke, ponzu tuna tartare, furikake crackers	YES - Beach House Roll, wakame seaweed salad, salmon poke, ponzu tuna tartare	MAY - furikake crackers, wakame seaweed salad, ponzu tuna tartare	YES - Beach House Roll, wakame seaweed salad, salmon poke, ponzu tuna tartare	YES - Beach House Roll wakame seaweed salad, mignonette, salmon poke, ponzu tuna tartare	YES - cocktail sauce, Beach House Roll MAY - wakame seaweed salad	YES - cocktail sauce, Beach House Roll	MSG, sunset yellow & allura red colour, Artificial colour, yellow #5, blue #1 (Beach House Roll)
Sablefish Corn Chowder		YES - sablefish, clams, anchovy, pollock, crab, shrimp	YES			YES		YES	YES	YES		
Duck Confit Salad Rolls - missing spec sheet	*MAY - crispy shallots	YES - anchovies (nam jim sauce) *MAY - crispy shallots		YES - peanut sauce	YES - peanut sauce	YES - peanut sauce *MAY - crispy shallots		YES - peanut sauce *MAY - crispy shallots	YES - peanut sauce *MAY - crispy shallots	YES - peanut sauce		
SALADS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Grilled Gem Caesar Salad	YES - dressing, parmesan MAY - crouton	YES- salmon, anchovy (dressing)	YES- parmesan, dressing MAY - crouton					YES - crouton	YES - crouton	YES - dressing	YES- dressing	
Skirt Steak Cobb Salad	YES - egg MAY - crouton		YES - blue cheese dressing, crème fraiche, blue cheese crumble MAY - crouton					YES - crouton	YES - crouton		YES - pork lardon	
Farmer's Salad	YES - honey horseradish dressing MAY - crouton		YES - cheese, honey horseradish dressing MAY - crouton	MAY - pumpkin seeds (salad)			MAY - pumpkin seeds (salad)	YES - crouton	YES - crouton	YES - honey horseradish dressing	YES - honey horseradish dressing	
Farmer's Side and Brunch Salad	YES - honey horseradish dressing		YES - cheese, honey horseradish dressing	MAY - pumpkin seeds (salad)			MAY - pumpkin seeds (salad)			YES - honey horseradish dressing	YES - honey horseradish dressing	
PASTAS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER

APPETIZERS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Braised Beef Pappardelle	YES - parmesan	MAY - king beef pasta portion	YES - confit garlic butter, parmesan	MAY - king beef pasta portion	MAY - king beef pasta portion	YES - red wine beef jus, king beef pasta portion	MAY - king beef pasta portion	YES - pappardelle, red wine beef jus	YES - pappardelle, red wine beef jus	YES - confit garlic butter, red wine beef jus, king beef pasta portion	YES - confit garlic butter	caramel colour (beef)
Arctic Char with Celery Root Ravioli	YES - ravioli, white wine garlic sauce *MAY - fried shallots	YES - Arctic char *MAY - fried shallots	YES - white wine garlic sauce, vegetables, butter, ravioli			*MAY - fried shallots		YES - ravioli *MAY - fried shallots	YES - ravioli *MAY - fried shallots	YES - white wine garlic sauce	YES - white wine garlic sauce	
Scallop Spaghettini Pasta	YES - parmesan, arugula basil pesto	YES - prawns, scallops, clams, anchovy, pollock, crab, shrimp (clam pasta base)	YES - parmesan, confit garlic butter, arugula basil pesto, clam pasta base	MAY - arugula basil pesto		YES - clam pasta base	YES - almonds (arugula basil pesto) MAY - others (arugula basil pesto)	YES - spaghettini	YES - spaghettini	YES - confit garlic butter, clam pasta base	YES - confit garlic butter	
Primavera Pasta	YES - parmesan, pasta *MAY - fried eggplant	*MAY - fried eggplant	YES - confit garlic butter, parmesan			*MAY - fried eggplant		YES - pasta *MAY - fried eggplant	YES - pasta *MAY - fried eggplant	YES - confit garlic butter, primavera vegetable portion MAY - capers	YES - confit garlic butter, olives	
BURGERS + SANDWICHES	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Burger Bun	YES		MAY					YES	YES			
Avocado												
Dry Cured Bacon												
Mushrooms			YES - butter									
Cheddar Cheese			YES - cheese									artificial colour
King Beyond Burger	YES - bun		YES - cheese, bun					YES - bun	YES - bun	YES - vegan Dijon mayo MAY - pickle	YES - vegan Dijon mayo	
Dockside Burger	YES- chipotle mayo, bun		YES - cheese, bun					YES - bun	YES - bun	MAY - pickle	YES- chipotle mayo	
Turducken Club Sandwich	YES - truffle mayo MAY - bread		YES - cheese, confit garlic butter, butter MAY - bread					YES - bread, turducken	YES - bread, turducken	YES - confit garlic butter	YES - confit garlic butter, pancetta, truffle mayo MAY - turducken	
STEAKS & ENTRÉES	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER

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Steaks												
Beef Tenderloin with Parsnip Puree	YES - hollandaise		YES - hollandaise, confit garlic butter, smoked potato base, parsnip puree			YES - chicken jus		YES - chicken jus	YES - chicken jus	YES - hollandaise, chicken jus, confit garlic butter	YES - hollandaise, confit garlic butter	
Grilled Ribeye Steak with Potato Pave	YES - caesar butter	YES - anchovies (caesar butter)	YES - potato pave, caesar butter							YES - caesar butter	YES - caesar butter	
Skirt Steak Frites	YES - caesar butter *MAY - fries	YES - anchovies (caesar butter) *MAY - fries	YES - confit garlic butter, caesar butter			*MAY - fries		YES - pan bread *MAY - fries	YES - pan bread *MAY - fries	YES - confit garlic butter, caesar butter, horseradish	YES - confit garlic butter, caesar butter, horseradish	
MARINE	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Monkfish with Smoked Potato + White Wine Mustard Sauce	*MAY - potato chips	YES - Monkfish *MAY - potato chips	YES - confit garlic butter, smoked potato, white wine mustard sauce			*MAY - potato chips		*MAY - potato chips	*MAY - potato chips	YES - confit garlic butter, white wine mustard sauce	YES - confit garlic butter, white wine mustard sauce, vegetable portion (lardon)	
Roasted Salmon with Jalapeno Corn Sauce	*MAY - sunchoke chips	YES - salmon MAY - sunchoke chips	YES - spicy corn sauce			*MAY - sunchoke chips		*MAY - sunchoke chips	*MAY - sunchoke chips			
Sablefish with Truffle Dashi	MAY - croutons	YES - sablefish, bonito tuna (leek dashi)	YES - melted leeks, truffle butter, smoked potato MAY - croutons					YES - croutons	YES - croutons			MSG (leek dashi)
Chorizo Mussel Pot		YES - mussels	YES - confit garlic butter, tomato broth					YES - bread	YES - bread	YES - confit garlic butter	YES - confit garlic butter, chorizo	
SIDES	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Sautéed Prawns		YES - prawns	YES - confit garlic butter							YES - confit garlic butter	YES - confit garlic butter	
Sautéed King Oyster Mushrooms			YES - confit garlic butter			YES - chicken jus		YES - chicken jus	YES - chicken jus	YES - chicken jus, confit garlic butter	YES - confit garlic butter	

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Garlic Snow Crab Claws		YES - snow crab	YES - confit garlic butter							YES - confit garlic butter	YES - confit garlic butter	
DESSERTS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Salted Caramel Peanut Butter Alaska Cake	YES		YES	YES	MAY	MAY	YES - almonds MAY - others	YES	YES	MAY		
Apple + Pear Galette	YES - ice cream, galette		YES - ice cream, galette	MAY - ice cream	MAY - galette, ice cream	YES - galette MAY - ice cream	YES - almonds (galette) MAY - ice cream	YES - galette MAY - ice cream	YES - galette MAY - ice cream	MAY - galette, ice cream		Artificial colour (galette)
Warm Chocolate Cake	YES - cake, ice cream		YES - cake, ice cream, Feuilletine, Skor chocolate chips, chocolate coating	MAY - ice cream	MAY - ice cream	YES - Feuilletine, Skor chocolate chips MAY - ice cream	YES - almonds (Skor chocolate chips) MAY - ice cream	YES - cake, Feuilletine MAY - ice cream	YES - cake, Feuilletine MAY - ice cream	MAY - ice cream		artificial flavour (chocolate coating)
BRUNCH	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
Crab Benedict	YES - eggs, hollandaise, honey horseradish dressing MAY - bread *MAY - potato pave	YES - crab *MAY - potato pave	YES - hollandaise, butter, potato pave, honey horseradish dressing	MAY - pumpkin seeds (salad)	MAY - English muffin	MAY - English muffin *MAY - potato pave	MAY - pumpkin seeds (salad)	YES - English muffin *MAY - potato pave	YES - English muffin *MAY - potato pave	YES - hollandaise, honey horseradish dressing	YES - hollandaise, honey horseradish dressing	
Eggs Benedict	YES - eggs, hollandaise, honey horseradish dressing MAY - bread *MAY - potato pave	*MAY - potato pave	YES - hollandaise, butter, potato pave, honey horseradish dressing	MAY - pumpkin seeds (salad)	MAY - English muffin	MAY - English muffin *MAY - potato pave	MAY - pumpkin seeds (salad)	YES - English muffin *MAY - potato pave	YES - English muffin *MAY - potato pave	YES - hollandaise, honey horseradish dressing	YES - hollandaise, double smoked bacon, honey horseradish dressing	
English Breakfast	YES - eggs MAY - sourdough bread *MAY - potato pave	*MAY - potato pave	YES - butter, potato pave MAY - sourdough bread			*MAY - potato pave		YES - sourdough bread, banger sausage *MAY - potato pave	YES - sourdough bread, banger sausage *MAY - potato pave		YES - banger sausage	

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Nutella French Toast	YES - French toast		YES - French toast, butter, chantilly cream, almond crumble	MAY - almond crumble			YES - hazelnut (French toast), almond crumble MAY - others (almond crumble)	YES - French toast, almond crumble	YES - French toast, almond crumble			
Smoked Salmon	YES - egg *MAY - potato pave	YES - salmon *MAY - potato pave	YES - lemon crème fraiche, potato pave			*MAY - potato pave		*MAY - potato pave	*MAY - potato pave	MAY - pickled red onion		
Prawn Omelette	Yes - omelette, honey horseradish dressing, parmesan *MAY - potato pave	YES - prawns *MAY - potato pave	YES - honey horseradish dressing, potato pave , omelette, confit garlic butter, parmesan	MAY - pumpkin seeds (salad)		*MAY - potato pave	MAY - pumpkin seeds (salad)	*MAY - potato pave	*MAY - potato pave	YES - honey horseradish dressing, confit garlic butter	YES - honey horseradish dressing, confit garlic butter	

*MAY = Cross contamination from fryer

MAY = cross contamination from supplier

GLUTEN = no wheat, barley, rye and most oats

Warning: The information provided above reflects the current information provided to Earls from their food suppliers or from food package labels and a review of the ingredients used in our recipes. We cannot guarantee that all of the allergens are listed for the pre-prepared items used.