

MILESTONE'S ALLERGY TABLE

Milestone's restaurants takes allergies very seriously and we understand that allergy awareness of our staff is vital to the safety and health of our guests. Due to the global influences on our menu some ingredients are made in other countries who do not have the stringent labelling laws that we do in Canada. This means we are not able to guarantee the items on our menu are nut free. Attached is a guide of the items on our menu that may or do contain nuts to help you educate our guests with nut allergies. Please refer to the chart and allergy policy below.

MENU ITEM	Peanuts and Peanut Product	Tree Nuts and their derivatives	Sesame	Milk and Milk Products	Eggs and Egg Sources	Fish	Shellfish	Soy	Wheat and Gluten Sources	Sulphites	Notes
-----------	----------------------------	---------------------------------	--------	------------------------	----------------------	------	-----------	-----	--------------------------	-----------	-------

IMPORTANT: ALL FRIED FOODS HAVE SHOW TRACES OF SHELLFISH DUE TO DEEP FRYING OF SHRIMP!

STARTERS & SHARE PLATES

Bocconcini Garlic Bread			X	X				X	X	X	
Spicy Chicken Drumettes <i>*see below for Sesame Mayo & Peanut Sauce</i>	X					X		X	X		
California Spring Salad(<i>no dressing</i>)		X		X				X		X	
Roasted Garlic Caesar Salad w. Ciabatta Croutons (<i>+dressing</i>)		X		X	X	X		X	X		
Share Plate- Hot Spinach and Artichoke Dip(<i>+ Chips*,Salsa & Sour Cream</i>)				X				X	X	X	
Share Plate- Goat Cheese & Slow Roasted Garlic(<i>+naan &salsa</i>)			X	X				X	X		
Share Plate- Wicked Kobe Beef Sliders-3per order (<i>+mustard sauce</i>)			X	X	X	X		X	X		<i>NOTE: Worcestershire sauce used in meat loaf recipe contains fish and soy</i>
NEW! Share Plate- Yam Fries								X	X		<i>NOTE: Fries contains wheat & soy, and chipotle mayonnaise contains milk, soy & eggs</i>
NEW! Dipping sauce - Chipotle Mayonnaise				X	X			X			
NEW! Crispy Asian Chicken Bite			X		X			X	X	X	<i>NOTE: chicken pieces are marinated in liquid egg</i>
NEW! Crispy Honey Chipotle Shrimp							X				
NEW! Dipping sauce - Honey Chipotle											
Share Plate -Crispy Calamari & Andouille Sausage <i>*le mon aioli below</i>							X		X	X	<i>NOTE: may contain sulphites from wine</i>
NEW! Share Plate - Salt & Pepper Dry Ribs								X	X		<i>NOTE: dusted red chilli flour contains wheat</i>
NEW! World Inspired Dip- Red Pepper and Chipotle Humus											
NEW! World Inspired Dip- Black Olive Tapanade											
NEW! World Inspired Dip- Bruschetta								X			
NEW! Ciabatta toast		X						X	X		
Toasted Naan Bread				X				X	X		

BRUNCH

Strawberry French Toast			X	X	X			X	X	X	<i>NOTE: parisian loaf may contain sesame and sulphites</i>
Milestone's French Toast--3 pieces			X	X	X				X		
Santa Fe Breakfast Burrito incl.Potatoes & Salsa				X	X			X	X	X	
Omelette--Spinach and Feta				X	X				X		
Omelette Californian				X	X				X		
Trio Mushroom Omelette <i>*roasted mushroom trio below</i>				X	X				X	X	
Eggs Benedict				X	X				X		<i>NOTE: the hollandaise contains sulphites</i>
Grilled Shrimp California Benedict				X	X		X		X		<i>NOTE: the hollandaise contains sulphites</i>
Eggs Milestones				X	X				X		<i>NOTE: the hollandaise contains sulphites</i>
Hollandaise Sauce				X	X					X	
Steak and Eggs					X						
Prime Rib Hash					X				X		
Sides-Grilled Maple Ham					X						
Sides-Double Smoked Bacon											
Breakfast Potatoes with Mediterranean Salsa				X							
Multigrain Toast		X	X					X	X		

*All fried products may contain one or all of the allergens in this table as the fryer oil can be a source of cross-contamination of allergens.

MENU ITEM	Peanuts and Peanut Product	Tree Nuts and their derivatives	Sesame	Milk and Milk Products	Eggs and Egg Sources	Fish	Shellfish	Soy	Wheat and Gluten Sources	Sulphites	Notes
-----------	----------------------------	---------------------------------	--------	------------------------	----------------------	------	-----------	-----	--------------------------	-----------	-------

SOUPS & BIG SALADS (No Dressings):

Roasted Corn and Potato Chowder				X					X		<i>NOTE: chips may have traces of shellfish</i>
NEW! Roasted Red Pepper and Tomato Bisque				X				X	X		
Tomato Soup with Grilled Cheese Croutons and Asiago <i>incl.tortilla strips*,sour cream and cheddar cheese</i>				X				X	X	X	
Spiced Pecans*		X		X					X		
Milestone's Garden Greens <i>incl. Honey Mustard Vin.</i>		X		X						X	
California Spring Salad-- <i>no dressing</i>		X		X				X		X	<i>NOTE: Pecan glazed contains soy and sulphites</i>
Grilled Seafood Salad-- <i>no dressing</i>				X	X	X	X		X	X	
Vegetarian Thai Noodle Salad- <i>incl.Honey Mustard Vin.</i>			X	X	X				X	X	
Grilled Chicken Salad- <i>incl. dressing</i>	X			X			X	X	X	X	<i>NOTE: Chips contains soy & sulphites, Peanut sauce contains soy, milk, peanut & shellfish and Honey lime dressing contains peanut & shellfish</i>
Roasted Garlic Caesar Salad w. Ciabatta Croutons(<i>+dressing</i>)		X		X	X	X		X	X	X	
Add ons: Grilled Chicken Breast								X		X	
Garlic Prawn Skewer-16 shrimp							X			X	
Grilled Salmon-4 ounces						X					

URBAN CLASSICS(no potatoes & veg)

Goat Cheese Chicken(+chick peas &garnish)				X							
Kobe Meatloaf (no bread pudding)				X	X	X		X	X		<i>NOTE: Worcestershire sauce used in meat loaf contains fish & soy</i>
Portabello Mushroom Chicken 8oz. (<i>+ capellini</i>)				X	X				X	X	
Wine Country Lamb (+ garnish)				X							

*All fried products may contain one or all of the allergens in this table as the fryer oil can be a source of cross-contamination of allergens.

MENU ITEM	Peanuts and Peanut Product	Tree Nuts and their derivatives	Sesame	Milk and Milk Products	Eggs and Egg Sources	Fish	Shellfish	Soy	Wheat and Gluten Sources	Sulphites	Notes
-----------	----------------------------	---------------------------------	--------	------------------------	----------------------	------	-----------	-----	--------------------------	-----------	-------

STEAKS & PRIME RIB

Certified Angus Beef 8oz. Top Sirloin				X							
Certified Angus Beef 8oz. Top Sirloin (+dipping sauce trio)			X	X		X		X			<i>NOTE: Sauce contains sesame, fish and soy</i>
Certified Angus Beef 8oz. Top Sirloin (+ peppercorn & Cognac Sauce)				X				X	X	X	
Canada AAA New York Striploin 10oz.				X							
Canada AAA New York Striploin 10oz.(+dipping sauce trio)			X	X		X		X			
Canada AAA New York Striploin 10 oz. (+ peppercorn & Cognac Sauce)				X				X	X	X	
Slow Roasted AAA Prime Rib (10 ozs.) <i>*au jus</i>				X							<i>NOTE: Soy in the au jus</i>
NEW! Grilled Sirloin & Half Lobster- Eastern Feature				X			X				
NEW! Grilled Sirloin with Scallop & Shrimp Brochetts - Western Feasute				X			X				

PERFECT PASTAS & BOWLS

Red Curry Chicken Bowl (<i>no rice & chips</i>)			X	X							
Grilled Chicken Pesto Fettucini				X	X			X	X	X	
Seafood Fettucini				X	X	X	X	X	X	X	
Fresh Spinach & Tomato Basil Capellini				X	X				X	X	
NEW! Italian Sausage Ravioli		X		X	X			X	X	X	
Butternut Squash Ravioli		X		X	X			X	X	X	
Chicken Penne Asiago				X	X			X	X	X	<i>NOTE: Pasta penne may contain traces of eggs</i>
Shanghai Noodle Stirfry(<i>incl. veg</i>)			X		X	X	X	X	X		<i>NOTE: Stir fry sauce contains sesame, soy, fish and shellfish</i>

OPEN WATER

Cajun Shrimp Diane (<i>+ trio mushrooms, rice & veg</i>)				X			X	X	X	X	
NEW! Sesame Shitake Mushroom Sea Bass (<i>+ rice & veg</i>)			X	X		X				X	
Mexican Corvina Sea Bass*(<i>+ rice & veg</i>)						X			X		
Fire Grilled Wild Coho Salmon				X		X		X			
NEW! Grilled Sweet Soy Salmon (<i>+ rice & veg</i>)			X	X		X		X	X		
Seafood Mixed Grill (<i>+ potatoes, veg & trio sauces</i>)				X		X	X				

*All fried products may contain one or all of the allergens in this table as the fryer oil can be a source of cross-contamination of allergens.

MENU ITEM	Peanuts and Peanut Product	Tree Nuts and their derivatives	Sesame	Milk and Milk Products	Eggs and Egg Sources	Fish	Shellfish	Soy	Wheat and Gluten Sources	Sulphites	Notes
-----------	----------------------------	---------------------------------	--------	------------------------	----------------------	------	-----------	-----	--------------------------	-----------	-------

WRAPS, BURGERS & SANDWICHES

Prime Rib Dip (no fries)		X	X	X	X			X	X		<i>NOTE: au jus contains soy - ciabatta bread may contain soy, egg, treenut,sesame and milk</i>
Spicy Thai Roll-ups	X		X	X	X	X	X	X	X	X	<i>NOTE: sesame cucumber mayo contains sulphites, eggs and sesames, Thai marinade contains fish & peanut sauce contains soy, shellfish and milk.</i>
Smoked Turkey Club		X	X	X	X			X	X		<i>NOTE: ciabatta bread may contain soy, egg, treenut,sesame and milk</i>
Chicken Spinach Asiago Sandwich		X	X	X	X			X	X		<i>NOTE: ciabatta bread may contain soy, egg, treenut,sesame and milk</i>
Portabello Sandwich		X	X	X	X			X	X		<i>NOTE: ciabatta bread may contain soy, egg, treenut,sesame and milk</i>
Milestone's Beef Burger with garnish (no fries)			X		X			X	X		
Milestone's Veggie Burger (<i>no sides</i>)			X	X	X			X	X		
Burger Toppings--Californian											
Avocado Salsa											
Double Smoked Bacon											
Burger Toppings--Four Cheese				X							
Cheddar				X							
Mozzarella				X							
Feta Cheese				X							
Goat Cheese				X							
Burger Toppings--American											
Double Smoked Bacon											
Sharp Cheddar				X							

SIDES

Garlic & Herb Focaccia Bread Stick		X	X		X			X	X	X	
Red Tortilla Chips*											
Jasmine Rice											
Summer Vegetables				X							
Garlic Mashed Potatoes				X							
Lavender Roast Mini Potatoes											
Curly Fries*								X	X		
Steamed Greens			X								
Sauteed Portabello and Button Mushrooms				X							

*All fried products may contain one or all of the allergens in this table as the fryer oil can be a source of cross-contamination of allergens.

MENU ITEM	Peanuts and Peanut Product	Tree Nuts and their derivatives	Sesame	Milk and Milk Products	Eggs and Egg Sources	Fish	Shellfish	Soy	Wheat and Gluten Sources	Sulphites	Notes
-----------	----------------------------	---------------------------------	--------	------------------------	----------------------	------	-----------	-----	--------------------------	-----------	-------

KIDS MENU

Kids Breakfast-Eggs-Bacon-Potatoes				X	X						
Kids Grilled Chicken Dinner-with Jasmine Rice											
Grilled Cheese Sandwich				X					X		
Chicken Tenders with Fries*- <i>and ranch dressing</i>				X	X	X			X		
Homestyle Pasta (<i>corn chip garnish*</i>)				X	X				X		
Homestyle Tomato Pasta (<i>corn chip garnish*</i>)				X	X				X		
Kids Dessert Vanilla Ice Cream with Sauce				X	X						

DESSERT

Chocolate Ganache Torte				X	X				X		
Mexican Chocolate Pudding Cake	X	X		X	X				X		
White Chocolate Cheese Cake	X	X		X	X			X	X	X	
Key Lime Pie (with strawberries and cream)				X	X			X	X	X	<i>NOTE: Bread may contain eggs, soy, sulphites, treenuts and seeds</i>
Milestone's Moment (Double white chunk - 3 pc)				X	X			X	X		
Milestone's Moment (Vanilla Gelato)				X	X						
Butterscotch Pot de Crème				X							
Sauces:											
Caramel				X							
Chocolate				X							
Crème Anglaise				X	X						

SALSAS, VINAIGRETTES & SAUCES

Avocado Salsa											
Roasted Corn and Onion Salsa											
Papaya and Roasted Red Pepper Salsa			X								
Mediterranean Salsa				X							
Cranberry Corn Relish											
Honey Lime Peanut Vinaigrette	X										
Honey Mustard Vinaigrette											
Lemon Chardonnay Vinaigrette											
Mango Vinaigrette											
Sesame Cucumber Mayonnaise			X		X						
Kobe Mustard Sauce			X			X		X	X		
Garlic Mayonnaise					X						
Cesear Dressing				X	X	X				X	
Ranch Dressing				X	X	X					
Peanut Sauce	X			X		X		X	X		
Preserved Lemon Aioli Sauce					X						
Gaucho Sauce											
Sesame Lime Vinaigrette			X					X	X		
Homemade worcestershire sauce						X		X	X		
Peppercorn sauce				X				X	X		
Roasted Mushroom Trio										X	

*All fried products may contain one or all of the allergens in this table as the fryer oil can be a source of cross-contamination of allergens.