

MILESTONES ALLERGY TABLE

At Milestone's we take the nutritional needs of all our guests very seriously and that this chart is provided as a guide to assist in making menu selections. Please alert your server of any allergies at the time of ordering. Please note that this is a reference only and our recipes are subject to change without notice.

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
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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 Drummettes <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		

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									
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)

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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. (+ capellini)				X	X				X	X	
Wine Country Lamb (+ garnish)				X							

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 Raosted 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			X				<i>NOTE: Curry Paste may contain traces of shrimp</i>
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>

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OPEN WATER

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

WRAPS, BURGERS & SANDWICHES

Prime Rib Dip (no fries)		X	X	X	X			X	X		NOTE: au jus contains soy - ciabatta bread may contain soy, egg, treenut, sesame and milk
Spicy Thai Roll-ups	X		X	X	X	X	X	X	X	X	NOTE: sesame cucumber mayo contains sulphites, eggs and sesames, Thai marinade contains fish & peanut sauce contains soy, shellfish and milk.
Smoked Turkey Club		X	X	X	X			X	X		NOTE: ciabatta bread may contain soy, egg, treenut, sesame and milk
Chicken Spinach Asiago Sandwich		X	X	X	X			X	X		NOTE: ciabatta bread may contain soy, egg, treenut, sesame and milk
Portabello Sandwich		X	X	X	X			X	X		NOTE: ciabatta bread may contain soy, egg, treenut, sesame and milk
Milestone's Beef Burger with garnish (no fries)			X	X	X			X	X		
Milestone's Veggie Burger (no sides)			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							

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KIDS MENU

Kids Breakfast-Eggs-Bacon-Potatoes				X	X						
Kids Grilled Chicken Dinner-with Jasmine Rice											
Grilled Cheese Sandwich									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	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	

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