

Milestone's Nutrition and Allergy Table

	Peanuts and Peanut Product	Tree Nuts and their derivatives	Sesame	Milk and Milk Products	Eggs and Egg Sources	Fish	Shellfish & Crustacea	Soy	Wheat and Gluten Sources	Sulphites
<b>MILESTONE'S ALLERGY TABLE</b>										
<b>MENU ITEM</b>										
<b>Sodium Conscious Menu Items</b>										
California Spring Salad without Dressing	x	x	x	x				x		x
California Spring Salad with Dressing	x	x	x	x				x		x
California Spring Salad with Dressing & Grilled Salmon	x	x	x	x		x		x		x
California Spring Salad with Dressing & Grilled Chicken	x	x	x	x				x		x
Grilled Chicken with Steamed Veg & Jasmine Rice				x				x		x
Grilled Sirloin with Steamed Veg & Jasmine Rice				x						
Grilled Striploin with Steamed Veg & Jasmine Rice				x						
Tomato Basil Brown Rice Spaghetti				x						x
Wild Pacific Salmon no Lemon Aioli, Steamed veg & Jasmine rice				x		x				
Wild Pacific Salmon with Lemon Aioli, Steamed veg & Jasmine rice				x	x	x		x		
Butternut Squash Ravioli	x	x	x	x	x			x	x	x
<b>Appetizers</b>										
Mediterranean Bruschetta Flatbread		x	x	x	x			x	x	x
Bocconcini Garlic Bread			x	x				x	x	x
Roasted Mushroom & Goat Cheese Risotto Balls				x				x	x	x
Spicy Chicken Drummettes* <i>see below for Sesame mayo</i>	x					x		x	x	
Crispy Asian Chicken Bite			x		x			x	x	x
Crispy Honey Chipotle Shrimp							x	x	x	x
Dipping sauce - Honey Chipotle										
California Spring Salad(no dressing)	x	x	x	x				x		x
Roasted Garlic Caesar Salad (+dressing)		x		x	x	x		x	x	
Share Plate- Hot Spinach and Artichoke Dip(+Chips*,Salsa & Sour Cream)				x				x	x	x
Share Plate- Goat Cheese & Slow Roasted Garlic(+naan,toast, relish& fig jam)		x	x	x				x	x	x
Share Plate- Wicked Kobe Beef Sliders-3per order (+mustard sauce)			x	x	x	x		x	x	
Share Plate- Yam Fries								x	x	
Dipping sauce - Chipotle Mayonnaise				x	x			x		
Share Plate -Crispy Calamari & Andouille Sausage* <i>lemon aioli below</i>							x		x	x
Ciabatta toast		x						x	x	
Toasted Naan Bread				x				x	x	
<b>Brunch</b>										
Standard Fruit Plate										
Grilled Shrimp California Benedict incl. potatoes, salsas & sauce			x	x	x		x		x	x
Eggs Milestones incl. potatoes, salsas & sauce			x	x	x				x	x
Eggs Benedict incl. potatoes, salsa & sauce			x	x	x				x	x
Omelette--Spinach and Feta incl. potatoes, toasts & salsa		x	x	x	x			x	x	x
Omelette Californian incl. bacon, potatoes, toasts & salsas		x	x	x	x			x	x	x
Traditional Breakfast-Eggs, ham/bacon, potatpes, salsa & toasts		x	x	x	x			x	x	x
Signature Breakfast Wrap incl. <i>Potatoes &amp; salsas</i>				x	x			x	x	x
Steak and Eggs					x					
Prime Rib Hash					x				x	
Strawberry French Toast			x	x	x			x	x	x
Pear & Coconut Pancakes				x	x			x	x	x

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<b>MILESTONE'S ALLERGY TABLE</b>										
Sides-Grilled Maple Ham					X					
Sides - Grilled Cajun Andouille Sausage										
Multigrain Toast (no butter)		X	X					X	X	
<b>Soups and Salads (No Dressings)</b>										
Potato & Leek Soup				x				x	x	
Roasted Tomato & Red Pepper Bisque with Croutons		x	x	x				x	x	
Tomato Soup with Grilled Cheese Croutons and Asiago				x				x	x	x
<i>incl.tortilla strips*,sour cr. and cheddar cheese</i>				X					X	
Spiced Pecans*		X								
Milestone's Garden Greens <i>incl. Honey Mustard Vin.</i>		X		X						
California Spring Salad-- <i>no dressing</i>		X		X				X		X
Grilled Seafood Salad-- <i>no dressing</i>				X	X	X	X		X	X
Thai Noodle Salad- <i>incl.Honey Mustard Vin.</i>			X	X	X			x	X	x
Grilled Chicken Salad- <i>incl. dressing</i>	X			X			X	X	X	X
Roasted Garlic Caesar Salad - entrée (+dressing)		X		X	X	X		X	X	
Asian Slaw- <i>with sesame-lime vinaigrette</i>			X							
Add ons: Grilled Chicken Breast								X		X
Garlic Prawn Skewer-16 shrimp							X			X
Grilled Salmon-4 ounces						X				
<b>Mains--Meat and Chicken</b> (no potatoes & veg)										
Goat Cheese Chicken(+chick peas &garnish)				X				x		x
Red Curry Chicken Bowl (no rice & chips)			X	X				x		x
Kobe Meatloaf (no bread pudding)				X	X	X		X	X	
Portobello Mushroom Chicken 8oz. (+cepellini)				X	X			x	X	X
Certified Angus Beef 8oz. Top Sirloin				X						
Certified Angus Beef 8oz. Top Sirloin (+dipping sauce trio)			X	X		X		X		
Certified Angus Beef 8oz. Top Sirloin (+ peppercorn & Cognac Sauce)				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
Slow Roasted AAA Prime Rib (10 ozs.)				X						
Wine Country Lamb (+ garnish)				X						
Chicken Masala								x	x	x
<b>Mains--Fish and Seafood</b>										
Cajun Shrimp Diane (+trio mushrooms,rice & veg)				x			x	x	x	x
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				
Grilled Sweet Soy Salmon (+Rice & veg)			x	x		x		x	x	
Add ons: Sautéed Portobello and Button Mushrooms				X						
Miso glazed black cod			x	x	x	x		x	x	x
Pan Seared Atlantic Scallops in Madras Curry				x			x	x		x

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<b>MILESTONE'S ALLERGY TABLE</b>										
<b>Pasta</b>										
Grilled Chicken Pesto Fettucini (LG)		x		X	X			X	X	X
Seafood Fettucini(LG)				X	X	X	X	X	X	X
Fresh Spinach & Tomato Basil Brown Rice Spaghetini				x						x
Italian Sausage Ravioli		X		X	X			X	X	X
Butternut Squash Ravioli	x	X	x	X	X			X	X	X
Chicken Penne Asiago				X	X			X	X	X
Shanghai Noodle Stir-fry(LG)(+veg)			X		X	X	X	X	X	
<b>Wraps, Burgers and Sandwiches</b>										
Prime Rib Dip(no fries)		X	X	X	X			X	X	
Spicy Thai Roll-ups	X		X	X	X	X	X	X	X	X
Smoked Turkey Club		X	X	X	X			X	X	
Chicken Spinach Asiago Sandwich		X	X	X	X			X	X	x
Portobello Sandwich		X	X	X	X			X	X	
Sandwich--Grilled Vegetable Wrap				x				x	x	x
Sandwich--Panko Crusted Reggiano Chicken			x	x	x			x	x	x
Gluten Free Burger & Bun with garnish					x			x		x
Milestone's Beef Burger with garnish (no fries)			X		X			X	X	
Milestone's Veggie Burger (no sides)			X	X	X			X	X	
<b>Burger Toppings--Californian</b>										
Avocado Salsa										
Double Smoked Bacon										
<b>Burger Toppings--Four Cheese</b>										
Cheddar				X						
Mozzarella				X						
Feta Cheese				X						
Goat Cheese				X						
<b>Burger Toppings--American</b>										
Double Smoked Bacon										
Sharp Cheddar				X						
<b>Salsas, Vinaigrettes and Sauces</b>										
Avocado Salsa										x
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										x
Lemon Chardonnay Vinaigrette										
Mango Vinaigrette										
Sesame Cucumber Mayonnaise			X		X					
Dijon Tarragon Mayonnaise					X					
Kobe Mustard Sauce			X			X		X	X	
Dragon Sauce								X	X	

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Garlic Mayonnaise					X					
Caesar Dressing				X	X	X				
Ranch Dressing				X	X	X				
Peanut Sauce	X			X		X		X	X	
Lemon Aioli Sauce					X			x		
Gaucho Sauce										
Sesame Lime Vinaigrette			X					X	X	
Homemade Worcestershire sauce						X		X	X	
Peppercorn sauce				X					X	
<b>Sides</b>										
Pasta Bread -3 pieces			x	x				x	x	x
Red Tortilla Chips*								x	x	x
Jasmine Rice										
Summer Vegetables				x						
Seasonal Vegetables				X						
Garlic Mashed Potatoes 9oz.				X						
Lavender Roast Mini Potatoes 6oz.										
Curly Fries*								X	X	
Steamed Greens			X							
<b>Kids Menu</b>										
Kids Breakfast-Eggs-Bacon-Potatoes				X	X					
Kids Grilled Chicken Dinner-with Jasmine Rice				x				x		x
Grilled Cheese Sandwich									X	
Chicken Tenders with Fries*-and ranch dressing				X	X	X			X	
Kids Cheese Pizza				X					X	
Home-style Pasta (corn chip garnish*)				X	X				X	
Home-style Tomato Pasta (corn chip garnish*)				X	X				X	
Kids Dessert Vanilla Ice Cream with Sauce				X	X					
<b>Desserts</b>										
Chocolate Ganache Torte		x		X	X			x		
Mexican Chocolate Pudding Cake	X	X		X	X				X	
Ginger Caramel Apple Crisp		x		x	x			x	x	
White Chocolate Cheesecake (+cream,sauce, choc shavings & strawbwrry)	X	X		X	X			X	X	X
Pecan Pie Cheesecake (+sauces, choc shavings & fig jam)	x	x		x	x			x	x	x
The Decadent Duo (+cream,sauce, choc shavings,fig jam & strawbwrry)	x	x		x	x			x	x	x
The Cookie (with Vanilla Gelato & Sauces)	x	x		x	x			x	x	x
Milestone's Moment (Double white chunk - 3 pc)	x	x		x	x			x	x	x
Milestone's Moment (Vanilla Gelato)				X	X					
<b>Sauces:</b>										
Caramel				X						
Chocolate				X						
Crème Anglaise				X	X					
Famous "Break-Up" tub	x	x		x	x			x	x	x

