

ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
STARTERS (NO SIDES/DIPS)											
Asian Chicken Bites*			✓			✓			✓	✓	✓
<i>Crispy Wonton*</i>						✓				✓	
<i>Chili Avocado Sauce</i>				✓		✓			✓		✓
Milestones Chicken Wings* (no add on sauce)									✓		
<i>Wing Sauce - Sriracha Buffalo Sauce</i>					✓						✓
<i>Wing Sauce - Sesame Ginger Sauce</i>			✓						✓	✓	✓
<i>Wing Sauce - Spicy Harissa</i>											
<i>Asian Slaw w/ Cilantro Lime Dressing</i>											✓
<i>Garlic Parmesan Dip</i>				✓	✓	✓			✓		✓
Coconut Calamari*	✓	✓					✓	✓	✓	✓	✓
<i>Mango Chili Sauce</i>							✓	✓	✓	✓	✓
Hot Spinach and Artichoke Dip (NO CHIPS / SALSA)					✓				✓	✓	
<i>Side: Crispy Tortilla Chips *</i>											
Mediterranean Goat Cheese Platter		✓			✓	✓			✓	✓	✓
<i>Side: Fig Jam</i>											
Prime Rib Slider (1)		✓	✓	✓	✓	✓			✓	✓	✓
Cantina Fish Taco (1)*				✓	✓	✓	✓		✓	✓	✓
French Onion Soup		✓			✓	✓			✓	✓	✓
Roasted Mushroom Soup		✓			✓	✓			✓	✓	✓
Yam Frites*										✓	
Crispy Cauliflower Bites*					✓	✓				✓	
Bruschetta Flatbread					✓				✓	✓	✓
Wham-Bam Shrimp*			✓	✓	✓	✓		✓	✓	✓	✓
SALADS (WITH DRESSINGS)											
Roasted Garlic Caesar Salad - Starter Size		✓		✓	✓	✓	✓	✓	✓	✓	✓
Roasted Garlic Caesar Salad - Entrée Size		✓		✓	✓	✓	✓	✓	✓	✓	✓
Milestones' California Spring Salad - Starter Size	✓	✓		✓	✓				✓		✓
Milestones' California Spring Salad - Entrée Size	✓	✓		✓	✓				✓		✓
Roasted Beet & Goat Cheese Salad	✓	✓			✓				✓	✓	✓
Seafood Salad*			✓	✓	✓		✓	✓	✓	✓	✓
The Chopped Salad	✓				✓			✓	✓	✓	✓
Add on: Grilled Steak (5 oz)				✓	✓						
Add on: Grilled Chicken Breast					✓				✓		✓
Add on: Grilled Salmon - (4 oz)					✓		✓				
Add on: Shrimp Skewers - 2 each/ 6 shrimps					✓			✓			✓
BRUNCH											
Fruit Plate											
California Eggs Benedict (NO BREAKFAST POTATOES)			✓		✓	✓		✓	✓	✓	✓
Traditional Eggs Benedict (NO BREAKFAST POTATOES)			✓		✓	✓			✓	✓	✓
Prime Rib Eggs Benedict (NO BREAKFAST POTATOES)			✓	✓	✓	✓			✓	✓	✓
Spinach and Feta Omelette (NO BREAKFAST POTATOES OR TOAST)					✓	✓			✓		
Steak and Eggs (NO BREAKFAST POTATOES OR TOAST)				✓	✓	✓			✓		
Three Cheese & Candied Bacon Omelette (NO BREAKFAST POTATOES OR TOAST)					✓	✓			✓		
Big Breakfast (NO KETCHUP)		✓			✓	✓			✓	✓	✓
Banana Nutella® French Toast		✓			✓	✓			✓	✓	✓
Strawberries and Cream French Toast		✓			✓	✓			✓	✓	✓
Prime Rib Hash (NO BREAD)				✓	✓	✓	✓	✓	✓	✓	✓
Breakfast Tacos (NO BREAKFAST POTATOES & SAUCE)					✓	✓			✓	✓	✓
Scrambled eggs - For Traditional and Big Breakfast						✓			✓		
<i>Side: Breakfast Potatoes*</i>					✓						
<i>Side: Multigrain toast with butter</i>		✓	✓		✓				✓	✓	
<i>Side: Breakfast Sausage</i>										✓	
<i>Side: Smoked Ham</i>											✓
<i>Side: Double-Smoked Bacon</i>											
MAINS											
Cajun Shrimp Creole				✓	✓			✓	✓	✓	✓
Ginger Glazed Salmon			✓	✓	✓	✓	✓	✓	✓	✓	✓
Miso Glazed Cod			✓		✓	✓	✓		✓	✓	✓
Portobello Mushroom Chicken				✓	✓	✓			✓	✓	✓
Mediterranean Chicken					✓				✓		✓
Roma Chicken Parmesan*				✓	✓	✓			✓	✓	✓
Steak Frites* 7oz				✓	✓	✓			✓	✓	✓
Surf n Turf Sirloin (no starch or veg)				✓	✓		✓	✓	✓		✓
Sirloin 8 oz (no starch, veg or topper)				✓	✓						
New York Striploin 12 oz (no starch, veg or topper)				✓	✓						
<i>Topper: Shrimp with Lobster Butter</i>					✓		✓	✓	✓		✓
<i>Topper: Wham-Bam Shrimp*</i>			✓		✓	✓		✓	✓	✓	✓
Slow Roasted Prime Rib (no starch or veg)				✓							
PASTAS & BOWLS											
Pesto Chicken Penne Asiago				✓	✓	✓			✓	✓	✓
Seafood Pasta					✓	✓	✓	✓	✓	✓	✓
Butternut Squash Ravioli	✓	✓		✓	✓	✓			✓	✓	✓
Crispy Chili Chicken Bowl*			✓		✓	✓	✓		✓	✓	✓
Thai Red Curry Bowl (with chicken) *	✓		✓		✓	✓			✓	✓	✓
Spicy Thai Basil Noodles	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
BURGERS & SANDWICHES (NO SIDES)											
Prime Rib Sandwich		✓	✓	✓	✓	✓			✓	✓	✓
<i>Herbed Au Jus</i>									✓	✓	✓
Naked Burger		✓	✓	✓	✓	✓			✓	✓	✓
California Burger		✓	✓	✓	✓	✓			✓	✓	✓
Old Fashioned Burger		✓	✓	✓	✓	✓			✓	✓	✓
Brie & Mushroom Melt Burger		✓	✓	✓	✓	✓			✓	✓	✓
Garden Burger		✓	✓	✓	✓	✓			✓	✓	✓
<i>Roasted Red Pepper Relish</i>											✓
Caprese Crispy Chicken Sandwich*				✓	✓	✓			✓	✓	✓
Rustic Chicken Sandwich		✓		✓	✓	✓			✓	✓	✓
<i>Fries* (NO DIP)</i>											
<i>French Onion Soup</i>		✓			✓	✓			✓	✓	✓
<i>Roasted Mushroom Soup</i>		✓			✓	✓			✓	✓	✓
<i>Gluten Free Burger Bun</i>			✓			✓			✓		
Cantina Fish Taco* -Duo				✓	✓	✓	✓		✓	✓	✓
SIDES											
Side: Beef Gravy					✓				✓	✓	✓
Side: Quinoa Pilaf	✓	✓			✓						
Side: Seasonal Vegetables					✓						
Side: Mushrooms				✓					✓	✓	✓
Side: Roasted Garlic Caesar Salad (WITH DRESSING)		✓		✓	✓	✓	✓	✓	✓	✓	✓
Side: Milestones' California Spring Salad (WITH DRESSING)	✓	✓		✓	✓				✓		✓

ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
Side: Red Corn Tortilla Chips*											
Side: Yukon Gold Mashed Potatos					✓						
Side: Fries*											
Side: Peppercorn sauce					✓				✓	✓	✓
Side: Creamed Horseradish				✓	✓				✓		✓
Side: Crisp Buttermilk Onion Strings*					✓					✓	
Side: Herbed Au Jus									✓	✓	✓
Side: Jasmine Rice									✓	✓	
Side: Yam Frites*										✓	
ADD ONS											
Add on: Grilled Steak (5 oz)				✓	✓						
Add on: Grilled Chicken Breast					✓				✓		✓
Add on: Grilled Salmon - (4 oz)					✓		✓				
Add on: Shrimp Skewers - 2 each/ 6 shrimps					✓			✓			✓
SAUCES											
Chili Avocado Sauce				✓		✓			✓		✓
Mango Chili Sauce							✓	✓	✓	✓	✓
Coconut Sambal	✓	✓									✓
Garlic Parmesan Dip				✓	✓	✓			✓		✓
Sriracha Buffalo Sauce					✓						✓
Sesame Ginger Soy Sauce			✓						✓	✓	✓
Horseradish Aioli				✓		✓			✓		✓
Sweet Thai Chilli Sauce									✓	✓	✓
Avocado Cream					✓						
Honey Sriracha Aioli Sauce			✓	✓	✓	✓			✓		✓
Lime Cilantro Vinaigrette											✓
Cholula Sauce											
Harissa Sauce											
Cucumber Mint Raita					✓						
Tomato Sauce											✓
Wham-Bam Sauce				✓		✓			✓	✓	
DRESSINGS											
Honey Lime Peanut Vinaigrette	✓							✓	✓	✓	✓
Honey Mustard Vinaigrette				✓							✓
Honey Citrus Vinaigrette				✓					✓	✓	✓
Caesar Dressing				✓	✓	✓	✓	✓	✓	✓	✓
Lemon Vinaigrette									✓	✓	✓
KID'S MENU (NO SIDES)											
Kid: Mini Burgers			✓		✓	✓			✓	✓	
Kid: Grilled Cheese Sandwich			✓		✓				✓	✓	✓
Kid: Grilled Chicken					✓	✓			✓		✓
Kid: Grilled Salmon					✓		✓				
Kid: Pasta - Noodles with Creamy Cheddar Sauce					✓	✓				✓	
Kid: Pasta - Noodles with Tomato Sauce					✓	✓				✓	
Kid: Chicken Fingers*					✓	✓			✓	✓	
Side: Plum Sauce											✓
Side: Ketchup											
Kid: Fries*											
Kid: Dessert - Add on: Salted Caramel Sauce					✓						
Kid: Dessert - Add on: Chocolate Sauce					✓				✓		✓
Kid: Dessert - Add on: Vanilla Whipped Cream					✓						
Kid: Dessert - Chapman's Li'l Sammich					✓				✓	✓	✓
DESSERTS											
Ganache Torte	✓	✓			✓	✓			✓		
White Chocolate Cheesecake		✓			✓	✓			✓	✓	✓
The Decadent Duo- White Chocolate Cheesecake & Ganache Torte	✓	✓			✓	✓			✓	✓	✓
Churros*					✓	✓			✓	✓	✓
The Show-Stopper					✓	✓			✓		✓
Apple Rhubarb Cobbler					✓				✓	✓	

*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination.

FOOD ALLERGY CAUTION!

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Cara Operations Limited (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.