

# SWISS CHALET ALLERGY GUIDE



## HEALTH CHECK™

(FOR MORE INFORMATION ABOUT HEALTH CHECK, SEE BACK PANEL)

	PEANUTS AND PEANUT PRODUCT	TREE NUTS AND THEIR DERIVATIVES	SESAME	MILK AND MILK PRODUCTS	EGGS AND EGG SOURCES	FISH	SHELLFISH	SOY	WHEAT AND GLUTEN	SULPHITE
Garden Salad (with 1 fl oz Fat-Free Raspberry Vinaigrette)										
Chicken on a Kaiser (white meat without skin and Sweet Kernal Corn and no Chalet Dipping Sauce)										
Quarter Chicken (white meat without skin, no roll, Fresh Vegetable Medley, Sweet Kernel Corn or Garden Salad with no dressing and no Chalet Dipping Sauce)										
Spinach Chicken Salad (with 1 fl oz Fat-Free Raspberry Vinaigrette, no Tortilla Strips)										
West Coast Salad with Chicken & 1.5 fl oz Tuscan Italian FF Dressing, No Feta	•	•								
Sweet Heat Salad with Chicken & 1.5 fl oz Lime Kiwi Dressing										
Fresh Vegetable Medley										
Side Garden Salad (without dressing)										
Fat-Free Raspberry Vinaigrette										
Oven-Baked Potato										
Sweet Kernel Corn										
Kids Mini Chicken Sandwiches (2 sandwiches with Garden Salad with 1/2 fl oz Fat-Free Raspberry Vinaigrette, Milk and Apple Sauce)										
Kids Quarter Chicken (white meat without skin and Garden Salad with ½ fl oz Fat-Free Raspberry Vinaigrette, Milk and Apple Sauce)										
<b>STARTERS</b>										
Garden Salad (without dressing)										
Caesar Salad (without dressing)										
Mediterranean Tomato & Cucumber Salad (without dressing)										
Chalet Chicken Soup (bowl)										
Chicken Spring Rolls (4 pieces)*										
Seasoned Dry Ribs*										
Garlic Cheese Loaf										
Garlic Loaf (without cheese)										
Cheese Perogies (7 pieces)*										
Chalet Chicken Wings (per 8 pieces with mild sauce)*										
Poutine*										
<b>ROTISSERIE CHICKEN</b>										
Quarter Chicken (white meat with skin)										
Quarter Chicken (white meat skinless)										
Quarter Chicken (dark meat with skin)										
Quarter Chicken (dark meat skinless)										
Half Chicken (with skin)										
Half Chicken (skinless)										
Double Leg (with skin)										
Double Leg (skinless)										
Chicken Pot Pie										
<b>FROM THE GRILL</b>										
1/3 Rack BBQ Ribs										
Half Rack BBQ Ribs										
Full Rack BBQ Ribs										
Classic Hamburger (without bun and garnishes)										
Classic Hamburger (with bun)										
Classic Bacon Cheese Burger (without bun and garnishes)										
Classic Bacon Cheese Burger (with bun)										
Veggie Burger (without bun and garnishes)										
Veggie Burger (with bun)										
Striploin Steak										
<b>WRAPS &amp; SANDWICHES</b>										
Classic Hot Chicken Sandwich (white meat)										
Classic Hot Chicken Sandwich (dark meat)										
Rotisserie Chicken Club Wrap										
Chicken on a Kaiser (white meat)										
Chicken on a Kaiser (dark meat)										
Rotisserie Chicken Quesadilla (without salsa and sour cream)										
Hickory Chicken Flatbread Sandwich										
Southwest Chicken Flatbread Sandwich										
<b>ENTRÉE PASTAS, SALADS, STIR FRYS &amp; FISH</b>										
West Coast Salad with Chicken (without dressing)	•	•								
Sweet Heat Salad with Chicken (without dressing)										
Grilled Chicken Caesar Salad (without dressing)										
Spinach Chicken Salad (without dressing)										
Vegetable Stir Fry (without rice and chicken)										
Add on Jasmine Rice										
Add on Chicken										
Fish (1 piece)*										
Fish & Chips (1 piece Fish with Fries, Tartar sauce and Coleslaw)*										
Fish (2 pieces)*										
Fish & Chips (2 pieces of Fish with Fries, Tartar sauce and Coleslaw)*										
Pasta - Pesto Penne										
Pasta - Spicy Chipotle Linguine										
Butter Chicken Sauce (without add ons and sides)										
Add on Chicken										
Add on Shrimp										
Add on Jasmine Rice for Butter Chicken										
Garlic Bread - Side for Pasta										
Garlic Naan Bread- Side for Butter Chicken										
Cilantro Lime Cauliflower - Side for Butter Chicken										

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<b>SIDE SERVINGS</b>										
Fresh-Cut Fries*										
Sour Cream										
Butter										
Mashed Potatoes										
Gravy										
Side Caesar Salad (without dressing)										
Side Mediterranean Tomato & Cucumber Salad (without dressing)										
Creamy Coleslaw										
Ramekin of Creamy Coleslaw										
Sautéed Mushrooms										
Seasoned Rice										
White Roll										
Multigrain Roll										
<b>SALAD DRESSINGS &amp; DIPS</b>										
Chalet Dipping Sauce										
Ranch Dressing										
Chalet Dressing										
Caesar Dressing										
Blue Cheese Dip										
Cajun Sauce Dip										
Plum Sauce										
Sweet Chili Sauce										
Salsa										
Renee's Lime Kiwi Dressing										
Renee's Balsamic Dressing										
Renee's Greek Dressing										
Renee's Caesar Dressing										
Renee's Ranch Dressing										
Renee's Fat-Free Italian										
Renee's Italian										
<b>KIDS' MEALS</b>										
Chicken Strips (3 strips)*										
Mini Chicken Sandwiches (2 sandwiches)										
Mini Burgers (2 burgers)										
Cheesy Pizza										
Kids Quarter Chicken (white meat)										
Kids Quarter Chicken (dark meat)										
Kids Cheesy Pasta										
Add on Chicken										
Garlic Bread - Side for kids pasta										
<b>DESSERTS AND BEVERAGES</b>										
Apple Pie										
Pecan Pie										
Lemon Meringue Pie										
Coconut Cream Pie										
Classic Vanilla Cheesecake										
Fudge Cake										
Old-Fashioned Carrot Cake										
Sticky Toffee Pudding with Ice-Cream and Butterscotch Topping										
Ice Cream - Vanilla										
Ice Cream - Chocolate										
Ice Cream - No Sugar Added										
Super Sundae - Chocolate										
Super Sundae - Butterscotch										
Super Sundae - Strawberry										
Sauce - Chocolate										
Sauce - Butterscotch										
Sauce - Strawberry										
Apple Sauce										
Shirley Temple										
Milk										

\*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.