

# Shadowbrook Dining Room

## Allergen & Ingredient Guide

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Major Allergens: Milk • Eggs • Peanuts • Tree Nuts • Fish • Crustacean Shellfish • Soy • Wheat (Gluten) • Sesame

### Appetizers

- Artichoke Hearts** — Allium, Nightshade
- Prawn Cocktail** — Shellfish, Allium, Milk, Nightshade
- Baked Brie** — Milk, Gluten, Egg, Nightshade
- Calamari** — Milk, Fish, Egg, Allium, Nightshade
- Ahi Carpaccio** — Fish, Allium
- Beef Carpaccio** — Allium, Soybean, Milk

### Soups & Salads

- Clam Chowder** — Milk, Gluten, Shellfish, Fish, Allium, Nightshade, Pork
- Artichoke Soup** — Milk, Allium, Soybean
- Wedge Salad** — Milk, Gluten, Pork, Fish, Egg, Allium, Nightshade
- Caesar Salad** — Milk, Fish, Egg, Allium
- House Salad** — Nuts, Pork, Allium, Nightshade
- Beetroot Salad** — Milk, Fish, Egg, Allium
- Heirloom Salad** — Pork, Nightshade

### Seafood

- Pacific Rim Salmon** — Fish, Soybean, Egg, Coconut, Nightshade
- Lobster Tail** — Shellfish, Milk, Allium
- Shrimp Scampi** — Shellfish, Gluten, Milk, Allium, Nightshade
- Seabass** — Fish, Milk, Allium, Alcohol
- Pan Seared Scallops** — Shellfish, Milk, Allium, Soybean

### Meat & Game

- Beef Wellington** — Gluten, Dairy, Allium, Nightshade
- Prime Rib** — Gluten, Milk, Allium, Nightshade, Soy
- Pork Chop** — Pork, Gluten, Milk, Allium, Soy
- Sirloin** — Gluten, Milk, Allium, Soybean, Pork, Fish
- Half Roasted Chicken** — Nuts, Allium, Nightshade
- Blackened Lamb** — Allium, Nightshade, Milk, Egg, Gluten
- New York Steak** — Milk, Gluten, Allium, Nightshade

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## Allergen & Ingredient Guide (Continued)

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### Vegetarian

**Black Truffle Gnocchi** — Gluten, Milk, Egg, Soybean

**Zucchini Fritters** — Allium, Nightshade

**Ricotta Ravioli** — Gluten, Egg, Soy, Milk

### Sides

**French Fries** — Soybean, Nightshade

**Mashed Potatoes** — Milk, Allium, Nightshade

**Au Gratin** — Milk, Allium, Nightshade, Gluten

**Mushroom Bread Pudding** — Gluten, Milk, Egg, Allium

**Sauteed Seasonal Vegetables** — Milk, Allium

**Sauteed Spinach** — Milk, Allium

**Creamed Spinach** — Allium, Dairy, Gluten

### Desserts

**Cheesecake** — Milk, Gluten, Egg

**Child Sundae** — Milk, Egg

**Crème Brulee** — Milk, Egg, Nuts

**House Ice Cream** — Milk, Egg

**Meltdown** — Milk, Egg

**Mud Pie** — Milk, Egg, Gluten

**Truffles** — Milk

**Seasonal Fruit Tart** — Milk, Egg, Gluten, Tree nuts, Soybean

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### Children's Menu

**Alfredo Pasta** — Gluten, Milk, Egg, Allium

**Marinara Pasta** — Gluten, Nightshade, Egg, Allium

**Butter Parmesan Pasta** — Gluten, Milk, Egg

**Fish and Chips** — Fish, Gluten, Allium, Egg, Soybean, Nightshade

**Mac and Cheese** — Gluten, Milk, Nightshade, Allium

**Grilled Cheese** — Gluten, Milk, Nightshade

**Kids Prime Rib** — Milk, Allium, Nightshade

**Kids Pizza** — Gluten, Milk, Allium, Nightshade

**Kids Burger** — Gluten, Nightshade, Soybean, Milk

**Chicken Tenders** — Soybean, Nightshade, Milk, Egg, Allium, Gluten **Kids**

**Salmon** — Fish, Milk, Allium, Nightshade