

Shadowbrook Dining Room

Allergen & Ingredient Guide

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

Appetizers

- Artichoke Hearts** — Allium, Nightshade
- Bacon Wrapped Prawns** — Shellfish, Allium, Nightshade
- Baked Brie** — Milk, Gluten, Egg, Nightshade
- Calamari** — Milk, Fish, Egg, Allium, Nightshade
- Ahi Carpaccio** — Fish, Allium

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

Seafood

- Pacific Rim Salmon** — Fish, Gluten, Soy, Soybean, Egg, Coconut, Nightshade
- Lobster Tail** — Shellfish, Milk, Allium
- Shrimp Scampi** — Shellfish, Gluten, Milk, Allium, Nightshade
- Trout** — Fish, Milk, Gluten, Allium, Nuts
- 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
- Osso Bucco** — Pork, Beef, Gluten, Dairy, Allium, Nightshade
- 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

Shadowbrook Dining Room

Allergen & Ingredient Guide (Continued)

Vegetarian

Black Truffle Gnocchi — Gluten, Milk, Egg, Soybean

Grilled Vegetable Medley — Allium, Nightshade

Butternut Squash 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

Vegetable Kabob — Allium, Nightshade

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

Bread Pudding — Milk, Egg, Nuts

(Sometimes)

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

