

Daily Calorie and Sodium Requirements - Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and Seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

<b>BIRDIES</b>	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)
<b>SOMETHING TO START</b>											
BIRDIES WINGS - NO DIP	272	820	54	15	0.5	330	1,520	1	0	0	78
BIRDIES WINGS + DIP	317	1,020	72	18	0.5	345	1,700	3	0	1	81
BIRDIES YAM FRIES	215	670	34	2	0	10	1,200	82	10	24	4
CRISPY CHICKEN LETTUCE WRAPS	369	850	57	10	0.2	110	2,590	60	3	12	23
OH SO STICKY KOREAN RIBS	254	890	56	21	0.4	175	1,000	45	2	16	45
SALSA + CHIPS	219	330	13	1	0	0	1,080	50	6	4	7
UNHOLY GUACAMOLE	353	690	39	5	0.1	10	1,560	75	16	7	13
UNHOLY GUACAMOLE (VEGAN)	335	610	32	4	0	0	1,370	74	16	7	11
<b>SALADS &amp; BOWLS (SEE 'ADD ON MORE' FOR ALTERNATE PROTEINS)</b>											
BIRDIES HARVEST CHICKEN SALAD	684	720	43	10	0.1	105	1,180	46	13	21	43
BIRDIES HARVEST SALAD	594	640	46	10	0.1	30	520	46	13	19	18
CAESAR SALAD	330	670	67	7	0.3	60	1,000	13	5	3	9
CHICKEN CAESAR SALAD	416	810	69	8	0.3	130	1,640	13	5	3	37
HEY POKÉ BOWL	634	1,030	48	8	0.2	30	2,280	119	10	18	33
SOUTHWEST BOWL	647	1,060	46	13	0.5	55	2,860	142	16	17	23
SOUTHWEST CHICKEN BOWL	803	1,380	68	18	1	135	3,430	144	17	17	49
<b>ADD ON MORE</b>											
CHAR GRILLED STEAK (3 OZ)	63	120	5	2	0.2	40	620	0	0	0	17
CHAR GRILLED STEAK (6 OZ)	124	240	10	4	0.3	85	650	0	0	0	34
CRISPY TOFU	148	320	28	3	0.1	0	740	7	0	3	11
GRILLED CHICKEN (1/2 BREAST)	85	130	2	1	0	70	350	0	0	0	27
GRILLED CHICKEN (CAJUN)	100	190	5	2	0.1	75	1,470	6	3	1	29
GRILLED PRAWNS (6 OZ)	159	240	11	2	0.1	275	1,520	4	1	0	30
OVEN ROASTED SALMON (6 OZ)	149	280	15	3	0	125	430	2	0	1	34
CAJUN SPICE	18	90	8	4	0.3	15	830	4	2	0	1
<b>PIZZAS</b>											
BEE STING	551	1,250	55	25	0.1	80	2,660	136	7	14	57
BEE STING - GLUTEN AWARE	417	900	50	24	0.1	80	2,360	74	8	15	41
THE FORAGER	578	1,610	101	21	1	60	3,260	139	9	9	50
THE FORAGER - GLUTEN AWARE	445	1,260	95	19	1	60	2,950	77	11	10	35
THE FORAGER (VEGAN)	591	1,590	96	15	0.4	0	3,170	164	10	9	31
THE FORAGER (VEGAN) - GLUTEN AWARE	591	1,480	93	13	0.4	0	3,390	152	18	12	22
THE MARG	457	940	35	17	0	35	1,610	122	6	2	43
THE MARG - GLUTEN AWARE	323	590	29	15	0	35	1,300	60	8	3	28
<b>MAINS</b>											
FISH & CHIPS (1 PC)	467	1,040	60	8	0.4	40	3,940	92	6	3	27
FISH & CHIPS (2 PC)	577	1,300	71	9	0.4	70	6,590	112	7	4	46
OVEN ROASTED SALMON	679	1,180	62	8	0.2	135	2,610	107	10	8	51
POLLO LOCO	772	1,600	106	38	2.5	250	2,310	97	10	20	65
SALSA VERDE STEAK (6 OZ)	527	1,010	69	13	1	105	2,130	55	14	6	49
SALSA VERDE STEAK (9 OZ)	589	1,130	74	15	1	150	2,160	55	14	6	66
STEAK + FRIES (6 OZ)	509	1,030	55	17	1	125	1,740	85	6	8	47
STEAK + FRIES (9 OZ)	570	1,140	60	19	1.5	165	1,780	85	6	8	64
<b>PASTA</b>											
SAFFRON PRAWN SPAGHETTINI	633	1,280	73	30	2	430	3,020	85	5	4	52
SPICY CALABRIAN PASTA	737	1,320	84	23	0.5	120	1,800	101	8	9	39
<b>HANDHELDS / TACOS (SIDES LISTED BELOW)</b>											
GLUTEN AWARE BUN	110	260	5	0	0	0	480	52	4	4	5
BIRDIES BURGER	340	1,030	76	32	0.4	185	1,960	39	2	9	46
THE BURGER	235	580	34	13	0.3	105	1,220	36	2	9	30
KICK'N FRIED CHICKEN SANDWICH	352	980	58	10	0.3	170	2,300	70	6	21	39
MALIBU BURGER	309	630	37	10	0.4	60	2,010	60	8	11	19
ACHIOTE CHICKEN TACOS	354	730	47	9	0.3	100	1,550	37	5	5	36
ACHIOTE STEAK TACOS	289	610	33	8	0.3	75	1,580	39	6	6	35
BAJA FISH TACOS	320	660	33	4	0.1	40	2,440	59	5	5	27
CRISPY BIRRIA TACOS	374	1,110	71	28	1.5	190	2,300	45	5	3	70
<b>SIDES FOR HANDHELDS / TACOS</b>											
1 FL OZ KETCHUP	30	35	0	0	0	0	250	9	0	7	1
SIDE BIRDIES SALAD	165	80	5	1	0	0	70	10	3	5	3
SIDE CAESAR SALAD	89	200	19	3	0.1	20	290	4	1	1	4
SIDE CHIPS & SALSA	117	260	9	1	0	0	1,520	40	5	2	6
SIDE FRIES	150	470	23	4	0.3	0	830	59	3	1	6
SIDE YAM FRIES	151	410	14	0	0	0	930	65	8	19	3
<b>DESSERT</b>											
CHOCOLATE TOFFEE CRUNCH SUNDAE	254	660	47	24	0.5	75	130	59	2	54	7
DRUNKEN TIRAMISU	240	710	34	20	0.1	370	470	75	2	56	16
<b>BRUNCH</b>											
BIRDIES BREAKFAST	552	1,320	101	31	1	475	2,600	72	8	9	39
CHICKEN & WAFFLES	360	1,310	67	24	0.5	175	1,600	137	6	73	40
HIPPIE HASH	592	1,040	73	12	0.4	380	2,330	74	14	8	30
HUEVOS RANCHEROS	556	910	43	10	1	435	3,280	82	14	7	50
THE AVO BENNY	590	1,190	91	35	0.2	685	2,150	76	12	11	29
THE BASIC BENNY	586	1,220	87	35	0.2	735	2,740	74	8	12	43
WAFFLES & CREAM	469	1,510	78	43	0.2	170	1,010	190	5	118	15
ADD SUNNY SIDE UP EGG	53	90	7	2	0	180	280	1	0	0	6
<b>BEVERAGES</b>											
COKE	240	100	0	0	0	0	30	26	0	26	0
DIET COKE	240	0	0	0	0	0	30	0	0	0	0
SPRITE	240	100	0	0	0	0	45	26	0	26	0
GINGER ALE	240	90	0	0	0	0	25	24	0	24	0

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CELIAC = no wheat, barley, rye and most oats

MENU ITEM	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
SOMETHING TO START	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
BIRDIES WINGS + DIP	YES - parmesan ranch dressing *MAY - wings	*MAY - wings	YES - parmesan ranch dressing *MAY - wings	*MAY - wings		*MAY - wings		*MAY - wings	YES - parmesan ranch dressing *MAY - wings		YES - parmesan ranch dressing *MAY - wings	
BIRDIES YAM FRIES	*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries		*MAY - fries		*MAY - fries	*MAY - fries		MAY - chipotle mayo *MAY - fries	
CRISPY CHICKEN LETTUCE WRAPS	*MAY - chicken	*MAY - chicken	YES - chicken	MAY - sesame seeds *MAY - chicken	YES - sesame seeds	*MAY - chicken	MAY - sesame seeds	MAY - sriracha (VEGAN) mayo, pickled cucumber *MAY - chicken	MAY - sriracha (VEGAN) mayo, pickled cucumber *MAY - chicken	YES - sriracha (VEGAN) mayo, pickled cucumbers	MAY - sriracha (VEGAN) mayo *MAY - chicken	
OH SO STICKY KOREAN RIBS	MAY - Korean BBQ sauce *MAY - ribs	MAY - Korean BBQ sauce *MAY - ribs	MAY - Korean BBQ sauce *MAY - ribs	MAY - sesame seeds *MAY - ribs	YES - Korean BBQ sauce, sesame seeds	YES - Korean BBQ sauce *MAY - ribs	MAY - sesame seeds	YES - Korean BBQ sauce, crispy onions *MAY - ribs	YES - Korean BBQ sauce, crispy onions *MAY - ribs	YES - Korean BBQ sauce, Chinese 5 spice, hunan peppers	YES - Korean BBQ sauce *MAY - ribs	
SALSA & CHIPS	*MAY - nacho chips	*MAY - nacho chips	*MAY - nacho chips	*MAY - nacho chips		*MAY - nacho chips		*MAY - nacho chips	*MAY - nacho chips		*MAY - nacho chips	
UNHOLY GUACAMOLE	*MAY - nacho chips	*MAY - nacho chips	YES - feta *MAY - nacho chips	*MAY - nacho chips		*MAY - nacho chips		*MAY - nacho chips	*MAY - nacho chips	YES - pickled shallots	MAY - chipotle mayo *MAY - nacho chips	
UNHOLY GUACAMOLE (VEGAN)	*MAY - nacho chips	*MAY - nacho chips	*MAY - nacho chips	*MAY - nacho chips		*MAY - nacho chips		*MAY - nacho chips	*MAY - nacho chips	YES - pickled shallots	*MAY - nacho chips	
<b>SALADS &amp; BOWLS</b> (SEE 'ADD ON MORE' FOR ALTERNATE PROTEINS)	<b>EGG</b>	<b>SEAFOOD</b>	<b>MILK</b>	<b>PEANUTS</b>	<b>SESAME</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>	<b>SULPHITES</b>	<b>MUSTARD</b>	<b>OTHER</b>
BIRDIES HARVEST CHICKEN SALAD	YES - parmesan, croutons		YES - parmesan, white balsamic avocado dressing, croutons	MAY - nut & seed mix	YES - nut & seed mix MAY - croutons		YES - nut & seed mix MAY - croutons	YES - croutons	YES - croutons	YES - white balsamic avocado dressing		
CHICKEN CAESAR SALAD	YES - dressing, parmesan, croutons	YES - anchovy (dressing)	YES - parmesan, croutons MAY - egg		MAY - croutons	MAY - egg	MAY - croutons	YES - croutons MAY - egg	YES - croutons, dressing	YES - dressing	YES - dressing	

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HEY POKÉ BOWL		YES - tuna	MAY - poke dressing	MAY - poke dressing	YES - poke dressing	YES - edamame, poke dressing, miso ginger vinaigrette	MAY - poke dressing	YES - crispy onions, poke dressing, miso ginger vinaigrette MAY - sriracha mayo	YES - crispy onions, poke dressing, miso ginger vinaigrette MAY - sriracha mayo	YES - sriracha mayo, poke dressing MAY - miso ginger vinaigrette	MAY - sriracha mayo, poke dressing	
SOUTHWEST CHICKEN BOWL	YES - avocado crema *MAY - nacho chips	*MAY - nacho chips	YES - spiced rice, avocado crema, feta *MAY - nacho chips	*MAY - nacho chips		*MAY - nacho chips		*MAY - nacho chips	*MAY - nacho chips		YES - chips, avocado crema	
ADD ON MORE	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
CHAR GRILLED STEAK												
CRISPY TOFU	*MAY - tofu	*MAY - tofu	*MAY - tofu	*MAY - tofu		YES - tofu, miso ginger vinaigrette		YES - miso ginger vinaigrette *MAY - tofu	YES - miso ginger vinaigrette *MAY - tofu	MAY - miso ginger vinaigrette	*MAY - tofu	
GRILLED CHICKEN (1/2 BREAST)												
GRILLED CHICKEN (CAJUN)	MAY - blackening spice	MAY - blackening spice	YES - spiced garlic butter MAY - blackening spice		MAY - blackening spice	MAY - blackening spice		MAY - blackening spice	MAY - blackening spice	MAY - blackening spice	YES - blackening spice	
GRILLED PRAWNS		YES - prawns										
OVEN ROASTED SALMON (6 OZ)		YES - salmon										
CAJUN SPICE	MAY - spice	MAY - spice	MAY - spice		MAY - spice	MAY - spice		MAY - spice	MAY - spice	MAY - spice	YES - spice	
PIZZAS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
GLUTEN AWARE CRUST									*MAY - oven		MAY - crust	
DAIYA VEGAN CHEESE												
BEE STING	YES - parmesan MAY - crust		YES - cheese, parmesan MAY - crust		MAY - crust	MAY - crust	MAY - crust	YES - crust	YES - crust	MAY - crust		
THE FORAGER	MAY - crust		YES - cheese MAY - crust		MAY - crust	YES - soy ginger mushroom mix MAY - crust	MAY - crust	YES - crust, soy ginger mushroom mix	YES - crust, soy ginger mushroom mix	MAY - crust	MAY - (VEGAN) mayo	
THE MARG	YES - parmesan MAY - crust		YES - cheese, parmesan MAY - crust		MAY - crust	MAY - crust	MAY - crust	YES - crust	YES - crust	MAY - crust		

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MAINS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
FISH & CHIPS	YES - coleslaw dressing, remoulade *MAY - cod, fries	YES - cod *MAY - cod, fries	*MAY - cod, fries	*MAY - cod, fries		*MAY - cod, fries		YES - cod *MAY - fries	YES - cod *MAY - fries	YES - coleslaw dressing, remoulade	YES - coleslaw dressing, remoulade *MAY - cod, fries	
LEMON HERBED SALMON	YES - roasted Brussels sprouts	YES - salmon	YES - roasted Brussels sprouts					YES - ginger scallion rice	YES - ginger scallion rice			
POLLO LOCO			YES - butter, spiced garlic butter, spiced rice					YES - crispy onions	YES - crispy onions			
SALSA VERDE STEAK	YES - roasted Brussels sprouts *MAY - potato pave	*MAY - potato pave	YES - spiced garlic butter, roasted Brussels sprouts	*MAY - potato pave		*MAY - potato pave		*MAY - potato pave	*MAY - potato pave		*MAY - potato pave	
STEAK & FRIES	YES - horseradish cream, brioche *MAY - fries	*MAY - fries	YES - garlic butter, white balsamic avocado dressing, horseradish cream, brioche *MAY - fries	MAY - nut and seed mix *MAY - fries	YES - nut and seed mix MAY - brioche	*MAY - fries	YES - nut and seed mix MAY - brioche	YES - brioche *MAY - fries	YES - brioche *MAY - fries	YES - white balsamic avocado dressing, horseradish cream	YES - horseradish cream *MAY - fries	artificial flavours (horseradish cream)
PASTA	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
SAFFRON PRAWN SPAGHETTINI	YES - parmesan	YES - prawns, clam, anchovy, pollock, crab, shrimp (saffron cream)	YES - butter, parmesan, prawns, saffron cream			YES - saffron cream		YES - pasta	YES - pasta	YES - saffron cream		
SPICY CALABRIAN PASTA	YES - parmesan MAY - Calabrian chili paste	MAY - Calabrian chili paste	YES - parmesan, spicy tomato sauce MAY - Calabrian chili paste	MAY - Calabrian chili paste		MAY - Calabrian chili paste	MAY - Calabrian chili paste	YES - pasta, toasted garlic crumb MAY - Calabrian chili paste	YES - pasta, toasted garlic crumb MAY - Calabrian chili paste	YES - Calabrian chili paste	YES - chorizo MAY - Calabrian chili paste	

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HANDHELDS / TACOS (SIDES LISTED BELOW)	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER	
GLUTEN AWARE BUN													
BIRDIES BURGER	YES - bun		YES - bun, cheese			MAY - bun		MAY - bun	YES - bun	YES - bun	YES - tomato aioli	YES - tomato aioli	colour (cheese)
THE BURGER	YES - bun		YES - bun, cheese			MAY - bun		MAY - bun	YES - bun	YES - bun	YES - tomato aioli	YES - tomato aioli	colour (cheese)
MALIBU BURGER	YES - bun		YES - bun, cheese			MAY - bun	YES - burger	MAY - bun	YES - bun, burger	YES - bun, burger	YES - tomato aioli	YES - tomato aioli	colour (cheese)
KICK'N FRIED CHICKEN SANDWICH	YES - bun, honey mustard mayo *MAY - chicken	*MAY - chicken	YES - bun, chicken, hot oil	*MAY - chicken		MAY - bun		MAY - bun	YES - bun *MAY - chicken	YES - bun *MAY - chicken	YES - honey mustard mayo	YES - kick'n hot spice, honey mustard mayo *MAY - chicken	
ACHIOTE CHICKEN TACOS	YES - avocado crema		YES - feta, avocado crema						YES- tortilla	YES- tortilla		YES - avocado crema	
ACHIOTE STEAK TACOS	YES - avocado crema		YES - feta, avocado crema						YES- tortilla	YES- tortilla		YES - avocado crema	
BAJA FISH TACOS	YES - avocado crema *MAY - cod	YES - cod *MAY - cod	YES - avocado crema *MAY - cod			*MAY - cod			YES- tortilla, cod	YES- tortilla, cod		YES - avocado crema *MAY - cod	
CRISPY BIRRIA TACOS			YES - cheese			YES - birria beef, birria broth			YES - birria beef, birria broth	YES - birria beef, birria broth	YES - birria beef, birria broth		
SIDES FOR HANDHELDS / TACOS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER	
1 FL OZ KETCHUP													
SIDE BIRDIES SALAD			YES - white balsamic avocado dressing			MAY - nut & seed mix	YES - nut & seed mix				YES - white balsamic avocado dressing		
SIDE CAESAR SALAD	YES - dressing, parmesan, croutons	YES - anchovy (dressing)	YES - parmesan, croutons MAY - egg			MAY - croutons		MAY - egg	MAY - croutons	YES - crouton MAY - egg	YES - crouton, dressing	YES - dressing	YES - dressing
SIDE CHIPS & SALSA	*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips				*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips	*MAY - spiced fried tortilla chips	YES - spiced fried tortilla chips	
SIDE FRIES	*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries				*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries	
SIDE YAM FRIES	*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries				*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries	

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<b>DESSERT</b>	<b>EGG</b>	<b>SEAFOOD</b>	<b>MILK</b>	<b>PEANUTS</b>	<b>SESAME</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>	<b>SULPHITES</b>	<b>MUSTARD</b>	<b>OTHER</b>
CHOCOLATE TOFFEE CRUNCH SUNDAE	YES - ice cream MAY - chocolate drizzle		YES - ice cream, toffee sauce MAY - chocolate drizzle	YES - peanuts MAY - ice cream, chocolate drizzle	MAY - ice cream, toffee sauce, chocolate drizzle	YES - chocolate drizzle MAY - ice cream, toffee sauce, peanuts	MAY - ice cream, chocolate drizzle, peanuts	MAY - ice cream, toffee sauce, chocolate drizzle	MAY - ice cream, toffee sauce, chocolate drizzle	MAY - ice cream, toffee sauce	MAY - chocolate drizzle	
DRUNKEN TIRAMISU	YES - tiramisu	MAY - tiramisu	YES - tiramisu MAY - chocolate shavings			YES - chocolate shavings MAY - tiramisu		YES - tiramisu	YES - tiramisu	YES - tiramisu	MAY - tiramisu	
<b>BRUNCH</b>	<b>EGG</b>	<b>SEAFOOD</b>	<b>MILK</b>	<b>PEANUTS</b>	<b>SESAME</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>	<b>SULPHITES</b>	<b>MUSTARD</b>	<b>OTHER</b>
BIRDIES BREAKFAST	YES - eggs, bread *MAY - potato pave	*MAY - potato pave	YES - butter, bread, white balsamic avocado dressing *MAY - potato pave	MAY - bread, nut & seed mix *MAY - potato pave	YES - nut & seed mix MAY - bread	MAY - bread *MAY - potato pave	YES - nut & seed mix MAY - bread	YES - bread *MAY - potato pave	YES - bread *MAY - potato pave	YES - white balsamic avocado dressing MAY - bread	YES - white balsamic avocado dressing	
CHICKEN & WAFFLES	YES - waffles *MAY - chicken	*MAY - chicken	YES - chicken, hot oil MAY - waffles	*MAY - chicken		YES - waffles *MAY - chicken		YES - waffles *MAY - chicken	YES - waffles *MAY - chicken		YES - kick'n hot spice *MAY - chicken	
HIPPIE HASH	YES - egg *MAY - potato pave	*MAY - potato pave	YES - feta *MAY - potato pave	MAY - nut & seed mix *MAY - potato pave	YES - nut & seed mix	*MAY - potato pave	YES - nut & seed mix	YES - crispy onions *MAY - potato pave	YES - crispy onions *MAY - potato pave	YES - pickled shallots, grainy mustard jus	YES - grainy mustard jus *MAY - potato pave	
HUEVOS RANCHEROS	YES - egg *MAY - nacho chips	*MAY - nacho chips	YES - feta *MAY - nacho chips	*MAY - nacho chips		YES - birria beef *MAY - nacho chips		YES - birria beef *MAY - nacho chips	YES - birria beef *MAY - nacho chips	YES - birria beef, pickled shallots	*MAY - nacho chips	
THE AVO BENNY	YES - eggs, hollandaise, bread *MAY - potato pave	MAY - hollandaise *MAY - potato pave	YES - hollandaise, butter, bread, white balsamic avocado dressing	MAY - bread, nut & seed mix *MAY - potato pave	YES - nut & seed mix MAY - bread	MAY - bread, hollandaise *MAY - potato pave	YES - nut & seed mix MAY - bread	YES - bread, hollandaise *MAY - potato pave	YES - bread, hollandaise *MAY - potato pave	YES - hollandaise, white balsamic avocado dressing MAY - bread	YES - hollandaise *MAY - potato pave	

Warning: The information provided above reflects the current information provided to Earls from their food suppliers or from food package labels and a review of the ingredients used in our recipes. We cannot guarantee that all of the allergens are listed for the pre-prepared items used.

\*MAY = Cross contamination from fryer

MAY = cross contamination from supplier

CELIAC = no wheat, barley, rye and most oats

MENU ITEM	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
THE BASIC BENNY	YES - eggs, hollandaise, bread *MAY - potato pave	MAY - hollandaise *MAY - potato pave	YES - hollandaise, butter, bread, white balsamic avocado dressing	MAY - nut & seed mix *MAY - potato pave	YES - nut & seed mix MAY - bread	MAY - hollandaise *MAY - potato pave	YES - nut & seed mix MAY - bread	YES - bread, hollandaise *MAY - potato pave	YES - bread, hollandaise *MAY - potato pave	YES - hollandaise, white balsamic avocado dressing MAY - bread	YES - hollandaise *MAY - potato pave	
WAFFLES & CREAM	YES - waffles		YES - chantilly cream MAY - waffles			YES - waffles		YES - waffles	YES - waffles			
ADD SUNNY SIDE UP EGG	YES - egg											

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MAY = cross contamination from supplier

GLUTEN = no wheat, barley, rye and most oats

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