

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)

BIRDIES	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)
SOMETHING TO START											
ALL DRESSED FRIES (10 oz)	213	760	47	7	0.4	10	1,480	75	3	1	7
ANGRY SHRIMP	517	810	50	6	0.1	180	2,360	68	13	7	30
BAJA CALAMARI	373	940	69	6	0.2	390	1,740	53	8	3	30
BIRDIES YAM FRIES	215	670	34	2	0	10	1,200	82	10	24	4
CRISPY BIRRIA TACOS	374	1,110	71	28	1.5	190	2,300	45	5	3	70
CRISPY CHICKEN LETTUCE WRAPS	369	850	57	10	0.2	110	2,590	60	3	12	23
HUMMUS & PITA	408	1,090	57	9	0.3	25	2,860	100	11	8	31
HUMMUS & PITA (VEGAN)	356	1,000	51	6	0.1	0	2,720	98	11	6	26
OH SO STICKY KOREAN RIBS	254	890	56	21	0.4	175	1,000	45	2	16	45
SPICY THAI CAULI WINGS	338	550	28	3	0.1	0	1,910	52	5	22	9
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
YUZU BLACK PEPPER WINGS	471	1,350	102	23	1	390	3,640	12	1	1	90
SALADS											
ITS OUR CAESAR	467	450	32	8	0.3	45	880	28	9	8	17
WEST COAST	594	640	46	10	0.1	30	520	46	13	19	18
THAI NOODLE	472	700	33	6	0	10	2,720	88	12	33	18
BOWLS											
HEY POKÉ	634	1,030	48	8	0.2	30	2,280	119	10	18	33
MIDDLE EASTERN BOWL	506	730	42	7	0.2	20	1,910	68	15	12	27
THE BIG WOK	796	890	51	9	0.1	255	3,040	91	8	32	21
THE BIG WOK (VEGAN)	736	790	45	7	0.1	0	2,780	90	8	32	13
YOU HAD ME AT HALLOUMI	699	650	29	9	0.4	130	1,250	74	13	11	28
SPICE IT UP											
BIRDIES SECRET HOT SAUCE	30	80	8	1	0	0	210	3	0	1	1
HABANERO HOT SAUCE	30	0	0	0	0	0	210	0	0	0	0
CAJUN SPICE	18	90	8	4	0.3	15	830	4	2	0	1
UMAMI SAUCE	30	35	0	0	0	0	780	8	0	6	1
ADD ON MORE											
CAJUN SALMON (6 OZ)	166	390	24	9	0.5	150	1,570	7	3	1	36
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 CHILI TOFU	195	420	21	2	0.1	0	2,280	43	0	35	13
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	159	240	11	2	0.1	275	1,520	4	1	0	30
LEMON HERBED SALMON (6 OZ)	149	280	15	3	0	125	430	2	0	1	34
PIZZAS											
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
EL CARTEL	786	1,870	114	27	1.5	130	4,290	151	11	9	71
EL CARTEL - GLUTEN AWARE	653	1,520	108	25	1.5	130	3,980	89	13	10	56
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
MAINS											
POLLO LOCO	772	1,600	106	38	2.5	250	2,310	97	10	20	65
LEMON HERBED SALMON	679	1,180	62	8	0.2	135	2,610	107	10	8	51
SALSA VERDE STEAK	527	1,010	69	13	1	105	2,130	55	14	6	49
PASTA											
SAFFRON PRAWN SPAGHETTINI	633	1,280	73	30	2	430	3,020	85	5	4	52
RIGATONI ARRABIATA W/ CHICKEN	793	2,200	126	14	1	100	4,530	205	12	13	67
RIGATONI ARRABIATA (VEGETARIAN)	666	1,890	105	10	1	15	4,720	205	12	13	39
HANDHELDS (SIDES LISTED BELOW)											
GLUTEN AWARE BUN	110	260	5	0	0	0	480	52	4	4	5
BIRDIES DOUBLE BURGER	395	1,190	87	36	0.5	230	2,010	39	2	9	62
THE BURGER	235	580	34	13	0.3	105	1,220	36	2	9	30
IMPOSSIBLE BURGER	295	710	40	23	0.1	60	1,990	44	2	10	41
THE TURKEY PASTRAMI SANDWICH	401	1,170	66	31	2.5	265	1,800	72	7	8	69
SIDES FOR HANDHELDS											
SIDE FRIES	150	470	23	4	0.3	0	830	59	3	1	6
1 FL OZ KETCHUP	30	35	0	0	0	0	250	9	0	7	1
SIDE YAM FRIES	151	410	14	0	0	0	930	65	8	19	3
SIDE WEST COAST SALAD	165	80	5	1	0	0	70	10	3	5	3

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BIRDIES	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)
DESSERT											
KEY LIME BAR	283	860	45	26	1	315	480	102	2	84	17
DRUNKEN TIRAMISU	240	710	34	20	0.1	370	470	75	2	56	16
SEVILLE ORANGE CREAMSICLE SOFT SERVE	196	430	20	12	0.2	70	220	52	0	47	8
BRUNCH											
ALOHA BOWL	545	870	43	27	0	0	350	106	13	53	16
BIRDIES BREAKFAST	552	1,320	101	31	1	475	2,600	72	8	9	39
BRIOCHE FRENCH TOAST	493	1,350	94	55	2	515	760	113	4	63	22
DUTCH BABY PANCAKE	559	1,320	65	37	3	640	1,530	150	2	92	34
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
POACHED PEAR DUTCH BABY PANCAKE	724	1,760	98	54	3	825	1,710	183	4	119	39
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
ADD SUNNY SIDE UP EGG	53	90	7	2	0	180	280	1	0	0	6
BEVERAGES											
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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*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
SOMETHING TO START	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
ALL DRESSED FRIES	YES - all dressed mayo *MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries		*MAY - fries		*MAY - fries	YES - all dressed mayo *MAY - fries		YES - all dressed mayo *MAY - fries	
ANGRY SHRIMP	*MAY - nacho chips	YES - shrimp *MAY - nacho chips	*MAY - nacho chips	*MAY - nacho chips		*MAY - nacho chips		*MAY - nacho chips	*MAY - nacho chips	YES pickled shallots	YES - Nashville hot spice *MAY - nacho chips	
BAJA CALAMARI	YES - kale aioli MAY - calamari *MAY - calamari	YES - calamari MAY - kale aioli *MAY - other seafood	YES - kale aioli MAY - calamari *MAY - calamari	*MAY - calamari		MAY - calamari, kale aioli *MAY - calamari	MAY - calamari	MAY - kale aioli *MAY - calamari	MAY - kale aioli *MAY - calamari	YES - pickled shallots, kale aioli	YES - kale aioli, calamari	
BIRDIES YAM FRIES	*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries		*MAY - fries		*MAY - fries	*MAY - fries		YES - chipotle mayo *MAY - fries	
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		
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	
HUMMUS & PITA	*MAY - pita chips, crispy chickpeas	*MAY - pita chips, crispy chickpeas	YES - labneh *MAY - pita chips, crispy chickpeas	*MAY - pita chips, crispy chickpeas	YES - hummus, Za'atar, sesame seeds	MAY - pita chips *MAY - pita chips, crispy chickpeas		YES - pita chips *MAY - crispy chickpeas	YES - pita chips *MAY - crispy chickpeas	MAY - olives	*MAY - pita chips, crispy chickpeas	
HUMMUS & PITA (VEGAN)	*MAY - pita chips, crispy chickpeas	*MAY - pita chips, crispy chickpeas	*MAY - pita chips, crispy chickpeas	*MAY - pita chips, crispy chickpeas	YES - hummus, Za'atar, sesame seeds	MAY - pita chips *MAY - pita chips, crispy chickpeas		YES - pita chips *MAY - crispy chickpeas	YES - pita chips *MAY - crispy chickpeas	MAY - olives	*MAY - pita chips, crispy chickpeas	
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	

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SPICY THAI CAULI WINGS	*MAY - cauliflower	*MAY - cauliflower	*MAY - cauliflower	MAY - cauliflower *MAY - cauliflower	YES - cauliflower	YES - spicy chili sauce *MAY - cauliflower	MAY - cauliflower	YES - spicy chili sauce, cauliflower	YES - spicy chili sauce, cauliflower	YES - spicy chili sauce	*MAY - cauliflower	
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	YES - 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	
YUZU BLACK PEPPER WINGS	YES - kale aioli *MAY - wings	MAY - kale aioli *MAY - wings	YES - kale aioli *MAY - wings	*MAY - wings		YES - wings MAY - kale aioli		YES - wings MAY - kale aioli	YES - wings MAY - kale aioli	YES - kale aioli	YES - kale aioli *MAY - wings	
SALADS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
ITS OUR CAESAR	YES - parmesan, croutons		YES - parmesan, croutons, tahini yogurt dressing	MAY - croutons	YES - tahini yogurt dressing MAY - croutons	MAY - croutons	MAY - croutons	YES - croutons	YES - croutons			
WEST COAST	YES - parmesan, croutons		YES - parmesan, white balsamic avocado dressing, croutons	MAY - croutons, nut & seed mix	YES - nut & seed mix MAY - croutons	MAY - croutons	YES - nut & seed mix MAY - croutons	YES - croutons	YES - croutons	YES - white balsamic avocado dressing		
THAI NOODLE	YES - farkay noodles *MAY - fried peanuts	YES - anchovy (spicy cashew dressing) *MAY - fried peanuts	*MAY - fried peanuts	YES - fried peanuts MAY - spicy cashew dressing		*MAY - fried peanuts	YES - spicy cashew dressing	YES - farkay noodles *MAY - fried peanuts	YES - farkay noodles *MAY - fried peanuts	YES - pickled shallots	*MAY - fried peanuts	
BOWLS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
HEY POKÉ		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	

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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										
LEMON HERBED SALMON (6 OZ)		YES - salmon										
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		
EL CARTEL	YES - parmesan MAY - crust		YES - cheese, sour cream MAY - crust		MAY - crust	YES - birria beef MAY - crust	MAY - crust	YES - crust, birria beef	YES - crust, birria beef	YES - pickled shallots, birria beef MAY - crust	MAY - (VEGAN) mayo	
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		
MAINS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
POLLO LOCO			YES - butter, spiced garlic butter, spiced rice					YES - crispy onions	YES - crispy onions			
LEMON HERBED SALMON	YES - roasted Brussels sprouts	YES - salmon	YES - roasted Brussels sprouts					YES - ginger scallion rice	YES - ginger scallion rice			
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	
PASTA	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
RIGATONI ARRABIATA W/ CHICKEN	YES - parmesan *MAY - fried eggplant	*MAY - fried eggplant	YES - parmesan *MAY - fried eggplant	*MAY - fried eggplant		YES - toasted garlic crumb *MAY - fried eggplant		YES - rigatoni, toasted garlic crumb *MAY - fried eggplant	YES - rigatoni, toasted garlic crumb *MAY - fried eggplant		*MAY - fried eggplant	

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RIGATONI ARRABIATA (VEGETARIAN)	YES - parmesan *MAY - fried eggplant	*MAY - fried eggplant	YES - parmesan *MAY - fried eggplant	*MAY - fried eggplant		YES - toasted garlic crumb *MAY - fried eggplant		YES - rigatoni, toasted garlic crumb *MAY - fried eggplant	YES - rigatoni, toasted garlic crumb *MAY - fried eggplant		*MAY - fried eggplant	
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		
HANDHELDS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
GLUTEN AWARE BUN												
BIRDIES DOUBLE BURGER	YES - bun		YES - bun, cheese	MAY - bun	MAY - bun	MAY - bun	MAY - bun	YES - bun	YES - bun	YES - tomato aioli	YES - tomato aioli	colour (cheese)
HH BURGER (SINGLE)	YES - bun		YES - bun, cheese	MAY - bun	MAY - bun	MAY - bun	MAY - bun	YES - bun	YES - bun	YES - tomato aioli	YES - tomato aioli	colour (cheese)
IMPOSSIBLE BURGER	YES - bun		YES - bun, cheese	MAY - bun	MAY - bun	YES - burger MAY - bun	MAY - bun	YES - bun	YES - bun	YES - tomato aioli	YES - tomato aioli	colour (cheese)
THE TURKEY PASTRAMI SANDWICH	YES - grainy mustard dressing MAY - bread, turkey		YES - butter, Swiss cheese MAY - bread, turkey	MAY - bread, turkey	MAY - bread, turkey	MAY - bread, turkey	MAY - bread, turkey	YES - bread, turkey	YES - bread, turkey	YES - grainy mustard dressing	YES - turkey, grainy mustard dressing, chipotle mayonnaise	
SIDES FOR HANDHELDS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
SIDE FRIES	*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries		*MAY - fries		*MAY - fries	*MAY - fries		*MAY - fries	
1 FL OZ KETCHUP												
SIDE YAM FRIES	*MAY - fries	*MAY - fries	*MAY - fries	*MAY - fries		*MAY - fries		*MAY - fries	*MAY - fries		*MAY - fries	
SIDE WEST COAST SALAD			YES - white balsamic avocado dressing	MAY - nut & seed mix	YES - nut & seed mix		YES - nut & seed mix			YES - white balsamic avocado dressing		
DESSERT	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
DRUNKEN TIRAMISU	YES - tiramisu	MAY - tiramisu	YES - tiramisu MAY - chocolate shavings			YES - chocolate shavings MAY - tiramisu		YES - tiramisu	YES - tiramisu	YES - tiramisu	MAY - tiramisu	

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KEY LIME BAR	YES - key lime bar	MAY - key lime bar	YES - chantilly cream, key lime bar, graham crumble	MAY - strawberry powder		YES - key lime bar, graham crumble	MAY - strawberry powder	YES - key lime bar, graham crumble	YES - key lime bar, graham crumble		MAY - key lime bar	artificial colour (graham crumble)
SEVILLE ORANGE CREAMSICLE SOFT SERV	YES - meringue	MAY - meringue	YES - ice cream MAY - meringue			MAY - meringue		MAY - meringue	MAY - meringue		MAY - meringue	artificial flavour, sunset orange food colour (ice cream)
BRUNCH	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
ALOHA BOWL				MAY - coconut cashew granola		YES - coconut cashew granola	YES - coconut cashew granola MAY - others	MAY - chia seed pudding	MAY - chia seed pudding			
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	
BRIOCHE FRENCH TOAST	YES - French toast, lemon curd, candied walnut crumble	MAY - French toast, candied walnut crumble	YES - French toast, butter, chantilly cream, lemon curd MAY - candied walnut crumble	MAY - French toast, candied walnut crumble	MAY - French toast	MAY - French toast, candied walnut crumble	YES - candied walnut crumble MAY - French toast	YES - French toast MAY - candied walnut crumble	YES - French toast MAY - candied walnut crumble		MAY - French toast, candied walnut crumble	
DUTCH BABY PANCAKE	YES - Dutch baby	MAY - Dutch baby	YES - butter, Dutch baby			MAY - Dutch baby		YES - Dutch baby	YES - Dutch baby		MAY - Dutch baby	
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	

