

# **The Burg Allergen Guide**

We here at Burg Steakhouse treat each allergy with the utmost importance and care. As such, we have created this allergen guide for our guests to help ensure that each guest enjoys a comfortable and relaxing meal. If you or anyone in your party has any of the following allergens please let a member of our staff know, so we can help guide you through our menu.

Thank you for dining with us!!

-Burg Management

**“X”** = Contains product considered an allergen

**“\*”** = Next to an item, Item can be modified to suit allergen

## **Soups**

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<b>Steakhouse Vegetable Soup</b>	<b>X</b>					<b>X</b>		
<b>Beef &amp; Barley</b>								
<b>Vegetable Beef</b>								
<b>Gazpacho</b>								

## **Sauces & Dressings**

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<b>Buttermilk Ranch</b>	<b>X</b>	<b>X</b>						
<b>Classic Caesar</b>							<b>X</b>	
<b>Balsamic Vinaigrette</b>								
<b>Honey Mustard</b>		<b>X</b>						
<b>Blue Cheese Dressing</b>	<b>X</b>							

### Sauces & Dressings Cont.

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<u>Prime Sauce</u>	<b>X</b>							
<u>Au Jus</u>						<b>X</b>		
<u>Parmesan Horseradish Cream</u>	<b>X</b>							
<u>Lemon Garlic Aioli</u>		<b>X</b>						
<u>Cilantro Lime Ranch</u>	<b>X</b>	<b>X</b>						
<u>Sweet Chili Remoulade</u>		<b>X</b>						
<u>Honey Lemon Herbed Butter</u>	<b>X</b>							
<u>Burg Compound Butter</u>	<b>X</b>							

### Side Dishes

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<u>Garlic Mashed Potatoes</u>	<b>X</b>							
<u>Sweet Potato &amp; Carrot Souffle</u>	<b>X</b>							
<u>Baked Potatoes</u>								
<u>Baked Sweet Potatoes</u>								
<u>Burgundy Glazed Mushrooms &amp; Onions</u>	<b>X</b>							

### Side Dishes Con

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<u>Chorizo &amp; Craisin Stuffing</u>	<b>X</b>					<b>X</b>		
<u>Green Beans</u>	<b>X</b>							
<u>Corn on the Cob</u>	<b>X</b>							
<u>Wild Rice</u>	<b>X</b>							
<u>Potato Casserole</u>	<b>X</b>					<b>X</b>		
<u>Baked Cinnamon Apples</u>	<b>X</b>							
<u>Lemon Pepper Broccoli</u>	<b>X</b>							
<u>Smoked Gouda Mac &amp; Cheese</u>	<b>X</b>					<b>X</b>		

### Entrees

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<u>Prime Rib</u>								
<u>Ribeye *</u>	<b>X</b>							
<u>New York Strip *</u>	<b>X</b>							
<u>Filet Mignon *</u>	<b>X</b>							
<u>Porterhouse *</u>	<b>X</b>							

**Entrée's Cont.**

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<u>T-Bone *</u>	<b>X</b>							
<u>Snow Crab Legs *</u>	<b>X</b>							<b>X</b>
<u>Crab Imperial Stuffed Flounder *</u>	<b>X</b>	<b>X</b>					<b>X</b>	<b>X</b>
<u>Roasted Chicken *</u>	<b>X</b>							

**Children Entrée's**

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<u>Sirloin *</u>	<b>X*</b>							
<u>Popcorn Shrimp *</u>	<b>X</b>					<b>X</b>		<b>X</b>
<u>Spaghetti &amp; Meat Sauce *</u>	<b>X*</b>	<b>X</b>				<b>X*</b>		
<u>Chicken Tenders Grilled *</u>	<b>X*</b>							
<u>Chicken Tenders Fried *</u>	<b>X*</b>					<b>X*</b>		<b>X</b>

## Desserts

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<u>Layered Chocolate Cake</u>	X	X				X		
<u>Apple Pie</u>	X	X				X		
<u>Peach Cobbler</u>	X	X				X		
<u>New York Cheesecake</u>	X	X				X		
<u>Key Lime Pie</u>	X							
<u>Ice Cream</u>	X							

## Bar Appetizers

<u>Item</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Tree Nuts</u>	<u>Soy</u>	<u>Wheat/ Gluten</u>	<u>Fish</u>	<u>Shellfish</u>
<u>Charcuterie Board *</u>	X*			X*		X*		
<u>Steak Kabobs *</u>	X*	X*						
<u>Crab Cake</u>	X	X				X		X
<u>Pita Chips w/ Spinach &amp; Artichoke Dip</u>	X					X		
<u>Fried Calamari</u>	X	X				X		X
<u>Beer Battered Onion Rings</u>	X	X				X		X