

At Monk's Bar & Grill we are dedicated to the health and safety of our customers. The information provided identifies the menu items that **contain ingredients** from the most common allergens (soy, egg, dairy, wheat, peanut, tree nut, fish and shellfish) and intolerances based on our supplier information. It **does not reflect the process** in which the food is prepared (i.e., deep fried, grilled, sautéed, etc.).

All of our kitchen operations share prep areas and equipment. **All fried items are prepared in oil which is also used to cook shellfish, fish and breaded items**, which makes it possible to have cross-contact exposure to other foods. Therefore, we **cannot** guarantee that any menu item can be 100% completely free of allergens.

We do have protocol set in place for our customers with food allergies, but even with our process and procedures in place, we cannot guarantee that any item is 100% completely free of allergens. Our staff and management is trained to answer questions about our food and preparation in order to do our best to accommodate anyone with an allergy or intolerance to certain types of food.



ALLERGEN GUIDE

KIDS' MENU

| | SOY | EGG | DAIRY | WHEAT/ GLUTEN | PEANUT | TREE NUT | FISH | SHELLFISH |
|--|-----|-----|-------|------------------|--------|-------------|------|-----------|
| KIDS' MEAL ALLERGEN INFORMATION | | | | | | | | |
| *KIDS' CHEESEBURGER | X | | X | X | | | | |
| MONK'S NUGGETS | | | | X | | | | |
| BRAIDED PRETZEL | | | X | X | | | | |
| MACARONI & CHEESE | | | X | X | | | | |
| 2 TACOS | X | | X | X | | | | |
| POPCORN SHRIMP | | X | X | X | | | | X |
| CHICKEN TENDERS | | | | X | | | | |
| KIDS' 100% FRUIT JUICE DRINKS/TREATS ALLERGEN INFORMATION | | | | | | | | |
| <small>THESE PRODUCTS HAVE BEEN CHOSEN AS HEALTHIER DRINK/DESSERT OPTIONS FOR CHILDREN. 100% FRUIT JUICE, NO ADDED SWEETENERS, NO ARTIFICIAL DYES.</small> | | | | | | | | |
| STRAWBERRY- MANGO SIDEKICKS SLUSHIE CUP | | | | | | | | |
| STRAWBERRY- KIWI SIDEKICKS SLUSHIE CUP | | | | | | | | |
| FRUITABLES JUICE BOX "POWER PUNCH" | | | | | | | | |
| FRUITABLES JUICE BOX "APPLE" | | | | | | | | |
| FRUITABLES JUICE BOX "TROPICAL TWIST" | | | | | | | | |
| KIDS' SIDES ALLERGEN INFORMATION | | | | | | | | |
| MONK'S CHIPPERS | | | | | | | | |
| BEER-BATTERED FRENCH FRIES | | | | X | | | | |
| CELERY STICKS | | | | | | | | |
| MANDARIN ORANGES | | | | | | | | |
| APPLESAUCE | | | | | | | | |
| SIDE SALAD | | | X | | | | | |

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APPETIZER ALLERGENS

| | SOY | EGG | DAIRY | WHEAT/ GLUTEN | PEANUT | TREE NUT | FISH | SHELLFISH |
|-------------------------------|-----|-----|-------|------------------|--------|-------------|------|-----------|
| CHEESE CURDS | | | X | X | | | | |
| DEEP-FRIED PICKLES | | X | X | X | | | | |
| BONE-IN WINGS | X | X | X | | | | | |
| SWEET CHILI CAULIFLOWER BITES | | | X | X | X | X | | |
| BUFFALO CHICKEN DIP | | X | X | X | | | | |
| HOT BRAIDED PRETZEL | | X | X | X | | | | |
| CHICKEN QUESADILLA | X | | X | X | | | | |
| ONION RINGS | | X | X | X | | | | |
| DELUXE NACHOS | X | | X | X | | | | |
| MONKEY FRIES | X | X | X | X | | | | |
| SPINACH ARTICHOKE DIP | | X | X | | | | | |
| MONK'S CHILI (CUP/BOWLS) | | | | | | | | |

FRESH GREENS & DRESSINGS ALLERGENS

| | SOY | EGG | DAIRY | WHEAT/ GLUTEN | PEANUT | TREE NUT | FISH | SHELLFISH |
|---|-----|-----|-------|------------------|--------|-------------|------|-----------|
| <i>SALAD ALLERGEN INFORMATION</i> | | | | | | | | |
| BUFFALO CHICKEN SALAD | | | X | X | | | | |
| CRANBERRY MANDARIN CHICKEN SALAD | X | | X | | | X | | |
| COBB SALAD | X | X | X | | | | | |
| TURKEY CAPRESE SALAD | | X | X | | | X | | |
| MONK'S TACO SALAD | X | | X | | | | | |
| SANTA FE CHICKEN SALAD | X | | X | | | | | |
| GREEK SALAD | | | X | X | | | | |
| SIDE SALAD | | | | | | | | |
| <i>DRESSING ALLERGEN INFORMATION</i> | | | | | | | | |
| CRANBERRY CITRUS VINAIGRETTE | | | | | | | | |
| BALSAMIC VINAIGRETTE | | | | | | | | |
| RANCH | | X | X | | | | | |
| SPICY RANCH | | X | X | | | | | |
| ITALIAN | | | | | | | | |
| FRENCH | | | | | | | | |
| HONEY MUSTARD | | X | | | | | | |
| BLEU CHEESE | | X | X | | | | | |
| THOUSAND ISLAND | | X | | | | | | |
| GREEK VINAIGRETTE | | | | | | | | |

MONKBURGER ALLERGENS

| | SOY | EGG | DAIRY | WHEAT/ GLUTEN | PEANUT | TREE NUT | FISH | SHELLFISH |
|--------------------------------------|-----|-----|-------|------------------|--------|-------------|------|-----------|
| *MONK'S ORIGINAL BURGER | X | | | X | | | | |
| *THE CHEESEBURGER | X | | X | X | | | | |
| *BACON CHEESEBURGER | X | | X | X | | | | |
| *MUSHROOM & SWISS BURGER | X | | X | X | | | | |
| *JALAPENO BACON BURGER | X | X | X | X | | | | |
| *WILD WEST BURGER | X | X | X | X | | | | |
| *BUCKY BADGER BURGER | X | X | X | X | | | | |
| *BLACK & BLEU BURGER | X | X | X | X | | | | |
| *'IT'S ALL GOUDA' BURGER | X | X | X | X | | | | |
| *AA BREAKFAST BURGER | X | X | X | X | | | | |
| *MONSTER BURGER | X | X | X | X | | | | |
| *BIG 10 MONKBURGER | X | X | X | X | | | | |
| <i>NON-BEEF ALLERGEN INFORMATION</i> | | | | | | | | |
| CALIFORNIA TURKEY BURGER | X | X | X | X | | | | |
| GREEK CHICKEN BURGER | X | X | X | X | | X | | |
| BLACK BEAN BURGER | X | X | X | X | | | | |

SANDWICH/WRAP ALLERGENS

| | SOY | EGG | DAIRY | WHEAT/ GLUTEN | PEANUT | TREE NUT | FISH | SHELLFISH |
|--|-----|-----|-------|------------------|--------|-------------|------|-----------|
| <i>SANDWICHES ALLERGEN INFORMATION</i> | | | | | | | | |
| EL CUBANO | X | | X | X | | | | |
| THE ULTIMATE CLUBHOUSE | X | X | X | X | | | | |
| SOUTHWESTERN CHICKEN | X | X | X | X | | | | |
| BRISKET SANDWICH | X | X | X | X | | | | |
| CALIFORNIA CHICKEN | X | X | X | X | | | | |
| THE CAROLINA | X | X | X | X | | | | |
| MONK'S CLASSIC REUBEN | X | X | X | X | | | | |
| PHILLY CHEESESTEAK | X | | X | X | | | | |
| MONK'S CHICKEN TENDERS | | | | X | | | | |
| <i>WRAPS ALLERGEN INFORMATION</i> | | | | | | | | |
| CHICKEN TENDER WRAP | | X | X | X | | | | |
| TURKEY BLT WRAP | | X | | X | | | | |
| BRISKET WRAP | X | X | X | X | | | | |
| SANTA FE CHICKEN WRAP | X | X | X | X | | | | |
| BUFFALO CHICKEN WRAP | X | X | X | X | | | | |
| BBQ CHICKEN WRAP | X | X | X | X | | | | |
| <i>TACO ALLERGEN INFORMATION</i> | | | | | | | | |
| MAHI TACOS | | X | X | X | | | X | |
| SHRIMP TACOS | | X | X | X | | | | X |

COMFORT FOOD ALLERGENS

| | SOY | EGG | DAIRY | WHEAT/ GLUTEN | PEANUT | TREE NUT | FISH | SHELLFISH |
|--|-----|-----|-------|------------------|--------|-------------|------|-----------|
| TATER TOT BACON MAC & CHEESE | X | X | X | X | | | | |
| CRISPY BBQ CHICKEN MAC & CHEESE | X | X | X | X | | | | |
| BRISKET MAC & CHEESE | X | X | X | X | | | | |
| BUFFALO CHICKEN MAC & CHEESE | X | X | X | X | | | | |
| *CARNIVORE TOTS | X | X | X | X | | | | |

DESSERT ALLERGENS

| | SOY | EGG | DAIRY | WHEAT/ GLUTEN | PEANUT | TREE NUT | FISH | SHELLFISH |
|-------------------------------------|-----|-----|-------|------------------|--------|-------------|------|-----------|
| LEMON MOUSSE LAYER CAKE | X | X | X | X | X | X | | |
| REESE'S PEANUT BUTTER PIE | X | X | X | X | X | X | | |
| MONK'S BROWNIE | X | X | X | X | | | | |
| CHOCOLATE CHIP COOKIE SUNDAE | X | X | X | X | | | | |
| FLOURLESS CHOCOLATE TORTE | X | X | X | | X | X | | |
| SHAKES | | | X | | | | | |
| MALTS | | | X | X | | | | |
| BIRTHDAY/ KIDS' SUNDAE | | | X | | | | | |