ALLERGY AWARE

Triple O's®
BURGERS
by WHITE SPOT

FOOD ALLERGY & SENSITIVITY INFORMATION

White Spot Restaurants is pleased to offer ingredient information concerning the most common allergies identified by Health Canada. Representatives from Health Canada, the Canadian Food Inspection Agency (CFIA), allergy associations and the medical community have identified ten substances most frequently associated with food allergies and allergic-type reactions. These substances are often referred to as the ten priority food allergens and include eggs, milk, mustard, peanuts, seafood (including fish, crustaceans and shellfish), sulphites, sesame, soy, tree nuts, and wheat and other cereal grains containing gluten. The tree nuts of concern are almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio nuts and walnuts.

Health Canada and the CFIA work together to provide information to consumers and the food industry, and have created a series of pamphlets with information on each of the priority food allergens: http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index-eng.php

When looking at menu items, it is important to remember that we have included only those ingredients used in preparing the main menu item and consideration must be given to those products that accompany the main menu item. For example, an Original hamburger includes the meat, bun and all dressing ingredients, but does not include such accompaniments such as fries, which are listed separately. Please ensure that when making your choices, you include all specific items.

Not all allergens are included in this list. Sensitivities and allergies to other foods may occur among some individuals. The management does not assume responsibility for a particular sensitivity or allergy to any food provided at Triple O's.

Hamburger meat contains beef only and hamburger patties are grilled and are seasoned without MSG.

We are fanatical about quality ingredients. If you have a food allergy or concern with the ingredients of a Triple O's recipe or beverage, we advise you against ordering it.

If you have any additional questions, please call or write:

Culinary Department
White Spot Restaurants
200-8223 Sherbrooke Street
Vancouver, BC
V5X 4E6

Phone: (604) 321-6631

Office Hours: 8:30 AM - 5:00 PM

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	GRAVY	MAYONNAISE	RELISH	PARMESAN CAESAR DRESSING	TARTAR SAUCE	CHIPOTLE MAYONNAISE	HONEY MUSTARD MAYONNAISE	RANCH DRESSING
Eggs		●		●	●	●	●	●
Milk				●				●
Mustard		●	●	●	●		●	●
Peanuts								
Seafood (fish, crustaceans & shellfish)				●				
Sesame								
Soy	●							
Soybean Oil		●		●	●	●	●	
Sulphites			●	●				
Tree Nuts								
Wheat & other gluten sources								

	VEGGIE PATTY	DIPPIN' CHICKEN	ONION RINGS	GARLIC PARMESAN FRIES	FRIES	SWEET POTATO FRIES	POUTINE
Eggs	●	*may contain traces*		●			
Milk	●	*may contain traces*	●	●			●
Mustard	*may contain traces*			●			
Peanuts							
Seafood (fish, crustaceans & shellfish)				●			
Sesame							
Soy	*may contain traces*	●					●
Soybean Oil				●			
Sulphites	*may contain traces*	*may contain traces*		●	●		●
Tree Nuts							
Wheat & other gluten sources	●	●	●				

	PICKLE CHIPS	CAJUN FRIES	CHEESE CAKE ON A STICK
Eggs	●	●	●
Milk	●	●	●
Mustard	●	●	
Peanuts			
Seafood (fish, crustaceans & shellfish)		●	
Sesame			
Soy			●
Soybean Oil	●	●	
Sulphites		●	
Tree Nuts			
Wheat & other gluten sources	●		●

	HASH-BROWNS	ORIGINAL SUNNY START - BACON	ORIGINAL SUNNY START - SAUSAGE	BREAKFAST CLUB – BACON OR SAUUSAGE	EGG BLT CIABATTA	BREAKFAST WRAP	BREAKFAST BURGER
Eggs		●	●	●	●	●	●
Milk		●	●	●	●	●	●
Mustard		●	●	●	●	●	●
Peanuts							
Seafood (fish, crustaceans & shellfish)							
Sesame		*may contain traces*	*may contain traces*	*may contain traces*	*may contain traces*		*may contain traces*
Soy		●	●	●	●	●	●
Soybean Oil	●	●	●	●	●	●	●
Sulphites		●	●	●	●		●
Tree Nuts							
Wheat & other gluten sources	●	●	●	●	●	●	●

	SEMOLINA CIABATTA	KID'S GRILLED CHEESE
Eggs		●
Milk		●
Mustard		
Peanuts		
Seafood (fish, crustaceans & shellfish)		
Sesame		
Soy		●
Soybean Oil		
Sulphites		●
Tree Nuts		
Wheat & other gluten sources	●	●

	ORIGINAL BURGER	ORIGINAL CHEESE BURGER	CHEDDAR BACON BURGER	DOUBLE DOUBLE	MONTY MUSHROOM	SMOKEHOUSE SUPREME	MUSHROOM VEGGIE
Eggs	●	●	●	●	●	●	●
Milk	●	●	●	●	●	●	●
Mustard	●	●	●	●	●	●	●
Peanuts							
Seafood (fish, crustaceans & shellfish)							
Sesame	*may contain traces*	*may contain traces*	*may contain traces*	*may contain traces*	*may contain traces*	*may contain traces*	*may contain traces*
Soy	●	●	●	●	●	●	●
Soybean Oil	●	●	●	●	●	●	●
Sulphites	●	●	●	●	●	●	●
Tree Nuts							
Wheat & other gluten sources	●	●	●	●	●	●	●

	BUFFALO CHICKEN	CHICKEN BACON CHEDDAR	SPICY ULTIMATE CRUNCH	CRISPY CHICKEN CLUB	CRISPY FISH BURGER	HONEY MUSTARD CRUNCH	3 PIECE FISH & CHIPS
Eggs	●	●	●	●	●	●	
Milk	●	●	●	●	●	●	
Mustard	●	●	●	●	●	●	
Peanuts							
Seafood (fish, crustaceans & shellfish)					●		●
Sesame		*may contain traces*					
Soy	●	●	●	●	●	●	
Soybean Oil	●	●	●	●	●	●	●
Sulphites	*may contain traces*	●	*may contain traces*	●		*may contain traces*	●
Tree Nuts							
Wheat & other gluten sources	●	●	●	●	●	●	●

	CHOCOLATE CHUNK COOKIE	MILKSHAKE – COOKIES & CREAM	MILKSHAKES – VANILLA, CHOCOLATE & STRAWBERRY	ICED COFFEE	FRAPPUCCINO
Eggs					
Milk	●	●	●	●	●
Mustard					
Peanuts	*may contain traces*	*may contain traces*	*may contain traces*		
Seafood (fish, crustaceans & shellfish)					
Sesame					
Soy	●	●	●		
Soybean Oil		●			
Sulphites	*may contain traces*	●			
Tree Nuts	*may contain traces*	*may contain traces*	*may contain traces*		
Wheat & other gluten sources	●	●			