



## ALLERGY LIST

### BUILD A BOWL

- **Rice** – Gluten free, Soy Free, Oil Free
- **Rice Gravy** – Gluten Free, Soy Free, Oil Free (Contains Tomato)
- **Rainbow Broccoli Slaw** – Gluten-Free, Soy Free (with no Remoulade), Oil Free
- **Remoulade** – Contains Soy and Tomato

### Proteins:

- **Original Crispy** – Contains Gluten (Soy free)
- **Jerk Chick'n** – Contains Gluten and Soy
- **Sweet & Spicy Cauliflower** – Contains Gluten, Sweet & Spicy Sauce contains Tomato (Soy free)
- **Buffalo Cauliflower** – Contains Gluten, Soy free
- **Brown-Stew Cauliflower** – Gluten-free, Oil-free, Soy Free, Contains Tomato
  - o **Sweet and Spicy sauce contains tomato. Do not drizzle with Sweet and Spicy Sauce if avoiding tomatoes**
  - o **Remoulade contains soy and tomato**

### SAMMICHES

- **Jerk Chick'n Sammich** – Contains Gluten and Soy. Remoulade contains Soy and tomato. Sweet and Spicy Sauce contains tomato. Pesto Cream contains nuts. Contains pineapple.
- **Buffalo Chick'n Sammich** – Contains Gluten and Soy. Remoulade contains Soy and tomato. Sweet and Spicy Sauce contains tomato. Pesto Cream contains nuts.
- **Identity Crisis Sammich** – Contains Gluten and Soy. Remoulade contains Soy and tomato. Sweet and Spicy Sauce contains tomato. Pesto Cream contains nuts. Contains pineapple.
- **Looney Toona Sammich** – Contains Gluten and Soy. Remoulade contains Soy and tomato.
- **Toona Melt** – Contains Gluten and Soy. Remoulade contains Soy and tomato. Cheese may contain Soy (verify brand packaging)
- **The Joe Joe Sammich** - Contains Gluten and Soy. Remoulade contains Soy and tomato. Sweet and Spicy Sauce contains tomato. Pesto Cream contains nuts.
- **Fish Sammich** - Contains Gluten, Soy, and Seaweed. Remoulade contains Soy & Tomato. Pesto Cream contains nuts
- **Irie Rib Sammich** – Contains Gluten, Soy and Mushroom. Remoulade contains Soy and Tomato. Sweet and Spicy Sauce contains tomato. Pesto Cream contains nuts. Contains Pineapple
  - o **Bread contains gluten and Soy**
  - o **Sweet & Spicy sauce contains tomato**
  - o **Remoulade contains soy and tomato**
  - o **Pesto Cream contains nuts**
  - o **All sammiches come with tomato (can be removed at client's request).**

## SALADS

### Proteins:

- **Caribbean Crab Salad** – Gluten free, Soy free, Oil free
- **Kingston-Havana** – Gluten free, Soy free, Oil Free
- **Toona** – Gluten-free, Soy Free, Oil Free
- **Jerk Chick'n** – Contains Gluten and Soy
- **Crispy Chick'n** – Contains Gluten, Soy free
- **Buffalo Cauliflower** – Contains Gluten
- **Sweet and Spicy Cauliflower** – Contains Gluten, Sweet and Spicy Sauce contains Tomato

### Sauces:

- **Remoulade** contains Soy and Tomato, Gluten free
- **Jerk Remoulade** contains Soy and Tomato, Gluten free
- **Smoked Remoulade** contains Soy & Tomato, Gluten free
- **Mango-Ginger Vinaigrette** – Gluten-free, Soy free

## DINNERS

- **Hump Day Platter** – Contains Gluten, and Mushroom, Contains Soy, Contains Tomato
- **Brown-Stew Chick'n (Braised) with Cornbread and Jerk Mac & Cheese** – Contains Gluten, Contains Tomato
- **Curry Chick'n Platter** – Contains Gluten, Chick'n is Soy free. Remoulade contains Soy & Tomato
- **Mango Scotch Bonnet Boneless Spare Ribs** – Contains Gluten, Contains Mushroom, Contains Soy, Contains Tomato
- **Fish Fry** – Fish contains Gluten, Soy, and Seaweed. Fish Gravy contains Tomato, Remoulade contains Soy & Tomato, Grits contain Soy
- **Super Sunday Sampler Platter** – Contains Gluten, Contains Soy, Contains Tomato

## FRIES

- **Plain Fries** – Gluten Free, Remoulade Contains Soy, Sweet & Spicy Sauce contains Tomato
- **Fully Loaded Jerk Fries** – Jerk Chick'n contains Gluten, Contains Soy, Sweet & Spicy Sauce contains tomato

## SAUCES

- **Remoulade** contains Soy and Tomato, Gluten free
- **Jerk Remoulade** contains Soy and Tomato, Gluten free
- **Smoked Remoulade** contains Soy & Tomato, Gluten free
- **Blue Cheese Remoulade** contains Soy & Tomato, Gluten free
- **Sweet & Spicy Sauce** contains Tomato, Gluten Free
- **Mango Ginger Vinaigrette**, Gluten free, Soy free
- **Pesto Cream** – contains nuts

## SIDES

- **Cornbread** – contains Gluten and Soy
- **Jerk Mac & Cheese** – Contains Gluten, Soy free
- **Buffalo Cauliflower** – contains Gluten
- **Sweet & Spicy Cauliflower**- contains Gluten, Sweet and Spicy sauce contains Tomato
- **Rainbow Broccoli Slaw** - Remoulade contains Soy and Tomato
- **Bread** – contains Gluten and Soy
- **Rice** – Gluten free, Oil free, Soy free

## BURGERS

: - **Regular buns contain gluten, GF buns available upon request**

- **Irie Steak Burger** – Contains Soy and Mushroom, Sweet & Spicy Sauce contains Tomato
- **Cheesus** – Contains Soy and Mushroom, Mac contains Gluten, Sweet & Spicy Sauce contains Tomato
- **The Chad** – Contains Soy and Mushroom, Contains Seaweed, Sweet & Spicy Sauce contains Tomato
- **The Dec** – Contains Soy and Mushroom, Ribs contain Gluten and Tomato, Sweet & Spicy Sauce contains Tomato
- **Holy Smokes** – Contains Soy & Mushroom, Sweet & Spicy Sauce contains Tomato
- **Burgatory** – Contains Soy & Mushroom, Sweet & Spicy Sauce contains Tomato

***\*All burgers come with tomato and cheese unless specified.***

***\*Remoulade contains Soy and Tomato***

***\*Sweet & Spicy Sauce contains Tomato***

## I am GLUTEN FREE, I CAN HAVE:

- Ackee & Saltfish (substitute salad or slaw instead of biscuit or toast)
- Cornmeal Porridge (no crackers)
- Build-A-Bowl – Pick 1 Brown-Stew Cauliflower
- Curry Goat Platter
- Hoax Tail Platter
- Caribbean Crab Salad
- Kingston-Havana Salad
- Toona Salad
- Mango Ginger Vinaigrette
- Fries (Plain)
- Irie Cream (Avoid flavors with cookies, beer, or cake)
- Burgers (sub gluten-free buns): Irie Steak, Holy Smokes, Burgatory, and The Chad Burgers

**I am SOY FREE, I CAN HAVE:**

- Crispy Chick'n (Omit Remoulade)
- Buffalo Chick'n (Omit Remoulade)
- Brown-Stew Chick'n with Cornbread and Jerk Mac & Cheese (Omit Cornbread, Remoulade on slaw)
- Brown-Stew Cauliflower
- Curry Chick'n Platter (Omit Remoulade on slaw)
- Ackee & Saltfish (substitute salad or slaw instead of biscuit or toast)
- Cornmeal Porridge
- Jerk Mac & Cheese
- Rice with Rice Gravy
- Rainbow Broccoli Slaw (Omit remoulade – substitute with Mango Ginger Vinaigrette)
- Caribbean Crab Salad (Omit remoulade, substitute with Mango Ginger Vinaigrette)
- Toona Salad (Omit Remoulade – substitute with Mango Ginger Vinaigrette)
- Caribbean Crab Cakes (Omit Remoulade)
- Fried Plantains

**I have a NUT ALLERGY (not including coconut milk), I should AVOID:**

- Biscuit – contains almond milk
- Chick'n Biscuit – contains almond milk
- Pesto Cream on sammiches (to avoid nuts, ask for no pesto cream on your sammiches)

**I have a COCONUT MILK ALLERGY, I should AVOID:**

- Lime in Da Coconut Irie Cream
- Cornmeal Porridge

**I have a TOMATO ALLERGY, I should AVOID**

- Ackee & "Saltfish"
- Irie Cristo
- Sweet & Spicy Sauce
- Remoulade
- Jerk Remoulade
- Smoked Remoulade
- Brown-Stew Cauliflower
- Brown-Stew Chick'n with Cornbread and Mac & Cheese Platter
- Hoax Tail
- Rice Gravy
- Fish Gravy
- Mango Scotch Bonnet Boneless Spare Ribs
- Jerk Bbq Jackfruit
- Omit Tomato from salads
- Omit Tomato from Sammiches
- Omit Tomato from Burgers

**I have a MUSHROOM ALLERGY, I should AVOID:**

- Curry Goat
- Hoax Tail
- All Burgers
- Ribs

## **BREAKFAST**

**Chick'n Biscuit** – Contains Gluten, Contains Almond Milk, Contains Soy

- **Original Crispy** – Contains Gluten, Contains Soy, Remoulade contains Soy and Tomato, Sweet and Spicy Sauce contains Tomato
- **Spicy** – Contains Gluten, Contains Soy, Remoulade contains Soy and Tomato, Sweet and Spicy contains Tomato
- **Buffalo** – Contains Gluten, Contains Soy, Remoulade contains Soy and Tomato, Sweet and Spicy Sauce contains Tomato
- **Island Jerk** – Contains Gluten, Contains Soy, Sweet and Spicy Sauce contains Tomato

**Ackee & Saltfish** – Oil Free, Soy Free, Contains Tomato, Contains Seaweed

- If with biscuit – Contains Gluten, Contains Almond milk
- If with Toast – Contains Gluten, Contains Soy
  - o ***Can be made gluten free if served with salad or slaw***
  - o ***Sweet and Spicy Sauce contains tomato***

**Cornmeal Porridge** – Oil Free, Soy Free, Gluten Free, Contains Coconut Milk

- o ***If served with crackers – crackers contain gluten***

**Irie Cristo** – Contains Gluten, Contains Soy, Contains Tomato

**Plantain Grilled Cheese Sammich** – Contains Gluten, Bread contains Soy

**Biscuits and Jerk Gravy** – Contains Gluten, Contains Soy

**Chick'n & Waffles** – Contains Gluten

**Chocolate Chip Waffles & Irie Cream** – Contains Gluten, Irie Cream Contains Soy and Coconut Milk

**French Toast & Irie Cream** – Contains Gluten, Irie Cream Contains Soy and Coconut Milk