



## **ALLERGY LIST**

### **BREAKFAST & BRUNCH**

**Chick'n Biscuit** – Contains Gluten, Soy, Sunflower

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

**Irie Rib Biscuit** – Contains Gluten, Contains Soy, Contains Mushroom

**Ackee & Saltfish with Calabasas Pumpkin** – Gluten-free, Oil Free, Soy Free, Contains Tomato, Contains Seaweed

**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; Contains Soy; Contains Sunflower

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

**Cheesecake –Stuffed French Toast**– Contains Gluten, Contains Soy

**Weekday Breakfast Bowl (tofu scramble, plantains, 2 buttermilk biscuits, massaged collard greens salad)**  
Contains Gluten, Contains Soy

**Cornmeal & Jerk Bbq Jackfruit Grilled Cheese Sammich with Mango Bbq Drizzle & Liquid Gold Bbq Sauce**–  
Gluten-free

**Island Brunch Bowl (tofu scramble with hollandaise sauce, breadfruit, plantains, massaged collard greens salad, roasted tomato)** – Gluten-free; Oil-free, Contains Soy

### 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
- **Pineapple**

### Proteins:

- **Original Crispy** – Contains Gluten, Soy, and Sunflower
- **Jerk Chick'n** – Contains Gluten, Soy and Sunflower
- **Hoax Tail** - Gluten-free, Oil-free, Contains Soy
- **Sweet & Spicy Cauliflower** – Contains Gluten, Sweet & Spicy Sauce contains Tomato (Soy free)
- **Buffalo Cauliflower** – Contains Gluten
- **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, Soy, and Sunflower. Remoulade contains Soy and tomato. Sweet and Spicy Sauce contains tomato. Pesto Cream contains nuts. Contains pineapple.
- **Buffalo Chick'n Sammich** – Contains Gluten, Soy, and Sunflower. Remoulade contains Soy and tomato. Sweet and Spicy Sauce contains tomato. Pesto Cream contains nuts.
- **Identity Crisis Sammich** – Contains Gluten, Soy, and Sunflower. 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)
- **Hoax Tail & Smoked Gouda Sammich** - Contains Gluten, Mushroom 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 (walnuts and sunflower)
- **Irie Rib Sammich** – Contains Gluten, Soy and Mushroom. Remoulade contains Soy and Tomato. Sweet and Spicy Sauce contains tomato. Pesto Cream contains nuts (walnuts and sunflower). 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 (walnuts, and sunflower seeds)**
  - o **All sammiches come with tomato (can be removed at client's request).**

## SALADS

### Proteins:

- **Toona** – Gluten-free, Soy Free, Oil Free
- **Jerk Chick'n** – Contains Gluten, Soy, and Sunflower
- **Crispy Chick'n** – Contains Gluten, Soy and Sunflower
- **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 Soy, Contains Tomato
- **Curry Chick'n Platter** – Contains Gluten, Contains Soy, Contains Sunflower. Remoulade contains Soy & Tomato
- **Mango Scotch Bonnet Boneless Spare Ribs** – Contains Gluten, Contains Mushroom, Contains Soy, Contains Tomato
- **Irie Platter** - Contains Gluten, Contains Mushroom, Contains Soy, Contains Sunflower, 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, Contains Sunflower, 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
- **Liquid Gold Bbq** - contains Tomato, Gluten free
- **Irie Sauce** - contains Tomato, Gluten Free
- **Mango Ginger Vinaigrette**, Gluten free, Soy free
- **Pesto Cream** – contains nuts (walnuts, sunflower seeds)

## 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

### I am GLUTEN FREE, I CAN HAVE:

- Ackee & Saltfish with calababas pumpkin
- Cornmeal Porridge (no crackers)
- Island Brunch Bowl (tofu scrambles with hollandaise, breadfruit, plantains, collard greens salad, roasted tomato)
- Cornbread & Jerk Bbq Jackfruit Grilled Cheese Sammich with Mango Bbq Drizzle and Liquid Gold Bbq *(The cornbread for this dish is specifically made gluten-free, and is different from the cornbread we use for sides)*
- Jamaican-Style Braised Liver & Onions with boiled banana and yam
- Build-A-Bowl – Pick 1 or 2 with Brown-Stew Cauliflower and/or Hoax Tail
- 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)

**Please note we are not an exclusively gluten-free restaurant. While we are proud to offer gluten-free options to our dining guests, we cannot control cross-contamination in the kitchen. Please exercise caution as needed.**

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

- Brown-Stew Cauliflower
- Sweet & Spicy Cauliflower
- Ackee & Saltfish
- Cornmeal Porridge
- 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:**

- Carrot Cake – contains walnuts
- Certain Irie Cream flavors may contain nuts. See flavors of the day.
- Pesto Cream on sammiches (to avoid nuts, ask for no pesto cream on your sammiches). Pesto contains walnuts and sunflower seeds.

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

- All Irie Cream flavors
- Bread Pudding
- Cornmeal Porridge

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

- Ackee & “Saltfish”
- Irie Cristo
- Sweet & Spicy Sauce
- Remoulade
- Jerk Remoulade
- Jamaican-Style Braised Liver and Onions
- Smoked Remoulade
- Brown-Stew Cauliflower
- Brown-Stew Chick’n with Cornbread and Mac & Cheese Platter
- Hoax Tail
- Rice Gravy (Ask for it to not be added to your Build-A-Bowls)
- Fish Gravy
- Mango Scotch Bonnet Boneless Spare Ribs
- Jerk Bbq Jackfruit
- Omit Tomato from salads
- Omit Tomato from Sammiches
- Omit Tomato from Burgers
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**I have a MUSHROOM ALLERGY, I should AVOID:**

- Curry Goat
- Hoax Tail
- Ribs
- Irie Platter (Ribs)
- Hump Day Platter (Ribs)
- Irie Rib Sammich
- Irie Rib Biscuit
- Jamaican-Style Braised Liver