



Allergens Guide

Kitchen Hours: Tuesday - Saturday 8:30am-8pm | Sunday 8:30am-6pm

*Please be advised that this guide is for informational purposes only and does not constitute a guarantee. **The allergens listed here reflect our standard recipes and assume the item is prepared exactly as described without any modifications or customizations.** Our kitchen is not a dedicated allergen-free environment. All of our menu items are prepared in a shared kitchen space that processes common allergens, including wheat, dairy, eggs, soy, peanuts, tree nuts, fish, and shellfish. While we take steps to minimize cross-contact, we cannot guarantee that any dish is completely free of allergens. Guests with severe sensitivities or allergies should exercise judgment when ordering.

Breakfast

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
Good Morning Skillet*/**	X	X	X					
Brekkie Sandie	X	X	X	X				
Sunrise Burrito	X	X	X	X				
Avocado Toast	X	X	X	X				
Little's Breakfast		X	X	X				

Breakfast Add-Ons

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
Bacon								
Sausage								
Soy Chorizo (V)		X						

**These items may be served raw or undercooked, or contain raw or undercooked ingredients*

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

***Those with moderate to severe sensitivity to wheat fillers that can be found in shredded/sliced cheese should also ask to remove the cheese from this dish.*



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Sweets & Pastries

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
House-Made Cookie	X	X	X					
Outrageous Bread			X					
Raspberry Crown Pastry			X	X				
Maple Pecan Plait	X		X	X		X		
Lemon Creme Fan	X		X	X				
House Made Muffin (varies)	X	X	X	X		X	X	
Cake Pop (varies)	X		X	X				



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Starters

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
Chips & Salsa		X						
Beer Battered Fries		X		X				
Sa-weet Potato Tots		X						
Fried Zucchini Bites	X	X	X	X				
TPH Green Chili	X			X				
Giant Bavarian Pretzel	X		X	X				

For The Littles

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
Tiny Tenders	X	X	X	X				
Half Pint Grilled Cheese	X	X		X				
Lil Turkey Sammie	X	X	X	X				
Lil Cutie Board	X	X		X				



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Salads & Wraps

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
Table Urban Farm Salad								
Table Urban Farm Wrap			X					
Buff Chicken Salad	X	X	X	X				
Buff Chicken Wrap	X	X	X	X				
Chicken Caesar Salad	X	X	X	X				X
Chicken Caesar Wrap	X	X	X	X				X



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Handhelds

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
Chicky Tender Basket	X	X	X	X				
Chicky Club Sandie	X	X	X	X				
Chipotle Black Bean Burger	X	X	X	X				
TPH Patty Melt	X	X		X				
Table Cheeseburger*	X	X		X				
TPH BBQ Bacon Burger*	X	X		X				

Sides

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
Beer Battered Fries		X		X				
Sa-weet Potato Tots		X						
Cut Veggies & Hummus								
Side House Salad				X				
Side Caesar Salad	X		X	X				X



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Sauce/Dressing

	Milk	Soy	Eggs	Wheat	Sesame	Tree Nuts	Peanuts	Fish
House Burger Sauce		X						
BBQ Sauce								
Buffalo Sauce	X							
Ranch	X	X						
Thousand Island		X						
Mayo		X						
Sriracha Aioli		X						
Balsamic Vinaigrette								
Caesar Dressing	X	X						X
Hummus								
Chipotle Sauce		X						
Salsa								
House Beer Cheese Sauce	X			X				

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