

DINOSAUR BAR-B-QUE ALLERGENS

May 2018

Dinosaur Bar-B-Que makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. Every effort is made to instruct our food production staff on the severity of food allergies. However, there is always a risk of ingredients coming in contact with other ingredients. We are a scratch kitchen that makes all our food to order. There is also a possibility that manufacturers of the foods we use could have come in contact with other ingredients. We cannot guarantee that an item one may be allergic to has not come in contact with the food you choose. Dinosaur Bar-B-Que will not assume any liability for adverse reactions to food consumed, or items one may come in contact with while eating at Dinosaur Bar-B-Que restaurants.

Items prepared as described on menu

Yellow are new items

MENU ITEM	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH	SOY
APPETIZERS, SALAD & DRESSINGS							
Balsamic "Lo-Cal" Dressing					X		
Bar-B-Blues Dressing	X	X		X	X		
Bar-B-Que Shrimp- Contains beer and worcetersir sauce	X			X	X	X	
BBQ Taco		X		X	X		X
Bleu Cheese	X	X			X		
"Burnt Ends" Meatballs	X	X		X	X		
Cayenne Buttermilk Ranch- Contains xantham gum	X	X		X	X		
Chicken Salad (Bruschetta Topping)			X		X		
Chili Con Queso Nachos	X	X		X	X		
Chili Nachos	X	X		X	X		
Chili on the halfshell	X	X		X	X		
Chopped Salad (can be served without nuts)			X	X			
Creole Honey Mustard Vinaigrette				X	X		
Deviled Eggs				X	X		
Dino Poutine	X	X		X	X		
Fried Green Tomatoes (Fancy- With pimento cheese)	X	X		X	X		
Fried Green Tomatoes (Fancy)	X	X		X	X	X	
Fried Green Tomatoes (Original)	X	X		X	X		
Fried Green Tomatoes (Shrimp Remoulade)	X	X		X	X	X	
Garlic Ginger Vinaigrette				X	X		
Green Goddess					X	X	
Gumbo (Newark) Chicken & Sausage	X				X		
Gumbo (Special)- sometimes made with shrimp	X			X	X	X w/shrimp	
Reberg wedge- topped with bacon, tomatoes and nuts, no dressing			X	X			
Jerk Glaze (wing sauce)				X	X		X
Jumbo Chicken Wings				X	X		

MENU ITEM	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH	SOY
Maple Sherry Vinaigrette							
Pork & Black Bean Nachos		X		X	X		
Pork Eggrolls	X			X	X		X
Red Wine Vinaigrette					X		
Rib Hacks							
Salmon Fritters	X			X	X		
Salsa				X	X		
Sausage, Cheese & Crackers	X	X			X		
Slider - Lamb	X				X		X
Slider - Pork Belly				X	X		X
Spicy Peel & Eat Shrimp- boiled in beer that contains gluten	X				X	X	

SOUPS & STEWS							
Broccoli Cheddar	X	X		X	X		
Cheddar Ale	X	X		X	X		
Chicken Noodle	X				X		
Chicken Velvet	X	X		X	X		
Crab & Avocado	X	X		X	X	X	
Gumbo w/Chicken, Chorizo & Shrimp	X			X	X	X	
Jambalaya- Rice is Uncle Ben's and verified gluten free				X	X		
Mexican Chicken Tortilla				X	X		
New England Clam Chowder	X	X			X	X	
Roasted Poblano	X	X			X		
Sausage & Onion	X	X		X	X		
Tomato Basil	X	X		X	X		

ENTREES							
Asian Skirt Steak- marinade contains soy sauce	X			X	X		X
BBQ Catfish (BBQ Glaze)- contains soy sauce	X	X		X	X		
BBQ Catfish Creole HM Glaze		X		X	X		
BBQ Jerked Lamb Steak- no sauce (not over sweet potatoes)					X		X
Beef Brisket- no sauce					X		
Beef Ribs- no sauce- soy sauce in marinade	X				X		
Bone-In Chicken (Half & Quarters)- no sauce					X		
Bourbon Molasses Steak sauce-soy sauce in worcestershir sauce	X			X	X	X	

MENU ITEM	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH	SOY
Breakfast All Day	x	x			x		
Bronzed Catfish-marinated in Buttermilk & Tabasco w/ Creole HM Glaze		x		x	x		
Chimmichurri Sauce					x		
Churrasco Chicken Steak				x	x		
Crispy Catfish-no texas caviar, no black eye pea salad, no BBQ Tartar sauce)	x				x		
Deboned Half Chicken (Chicken Steak)					x		
Flat Iron Steak				x	x		x
Habanero Cooks Butter		x		x	x		
Jerk Salmon- butter in greens, nuts topping		x	x	x	x		x
Jumbo Chicken Wings- no sauce					x		
Kids Chicken Fingers	x	x					
Korean Finishing Glaze- beef ribs				x	x		x
Pork 3-Way							
Pulled Pork- no sauce				x	x		
Red Chimmichurri Sauce- contains soy sauce	x			x	x		
Ribeye				x	x		
Ribs- no sauce				x	x		
Skirt Steak				x	x		
Smoke Fried Half Chickens	x			x	x		
Smoked Pineapple Salsa				x	x		x
Tres Niños				x	x		

SANDWICHES (WITHOUT A BUN)							
Bacon Burger Delux	x	x		x	x		x
BBQ Prime Rib sandwich				x	x		
BBQ Reuben (Sauerkraut)		x		x	x		
BBS	x	x		x	x		x
Beef Ruben		x		x	x		
Blues Burger (old)	x	x			x		
Blues Burger w/Danish Bleu Cheese	x	x		x	x		x
Brazen Burger					x		
Brisket sandwich (Original)	x			x	x		
(Brisket) Blues sandwich		x		x	x		
Broad Shoulder	x	x		x	x		x
Burger Deluxe		x		x	x		
C.B.L.T.		x		x	x		

MENU ITEM	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH	SOY
Chicken Aristocrat		x		x	x		
Chicken Bar-B-San		x		x	x		
Chicken Cajun				x	x		
Chicken Chow Chow	x	x		x	x		
Chicken Club				x	x		
Chicken Diablo				x	x		
Chicken Dream Club		x		x	x		
Chicken Jerk & Pulled (old)		x		x	x		
Chicken Philly		x		x	x		
Chicken Popeye		x		x	x		
Chicken, Pulled		x		x	x		
Chili Cheeseburger		x		x	x		
Chopped Cheesesteak	x	x		x	x		x
Chopped Brisket Melt		x		x	x		x
Ck Porto		x		x	x		
Crispy Chicken	x	x		x	x		
Cuban		x		x	x		
Diablo Burger		x		x	x		
Dino Burger	x	x		x	x		x
F.G.T.V.		x		x	x		
Green Chili Burger				x	x		
Jalapeno Chili Cheeseburger		x		x	x		
Mr. Crisp	x	x		x	x		x
Ode to Domolise	x	x		x	x		
Original Chicken Sandwich	x	x		x	x		x
Pig City	x		x	x	x		x
Pork Carolina				x	x		
Pork Chow Chow	x	x		x	x		
Pork Memphis				x	x		
Pork Porto sandwich		x		x	x		
Pork-sket		x		x	x		
Jerked and Pulled Chicken	x			x	x		x
Pulled Melt (chicken)		x		x	x		
Pulled Pork sandwich				x	x		
Smoke-Roasted Turkey Breast sandwich	x	x		x	x		x
Smoked "Hot Link" Sausage		x		x	x		
Smoked Broccoli Reuben		x		x	x		
Southbound Burger	x	x	x	x	x		x

MENU ITEM	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH	SOY
Southerner Burger		X		X	X		
Twice Cooked Lamb Shoulder	X						
Ultimate BLT	X	X		X	X		X
Veg Melt		X		X	X		
Vegetarian Smoked Portobello	X	X		X	X		X
Works Burger	X	X		X	X		

SIDE DISHES							
A.K. Chili				X	X		
Applesauce							
BBQ Beans					X	X	
BBQ Fried Rice-contains eggs	X				X		X
BBQ Sauerkraut				X	X		
Black Beans & Rice					X		
Black Eyed Greens		X			X		
Black Eyed Pea Salad		X			X		
Black Eyed Peas & Kale		X		X	X		
Broccoli Carrot Salad				X	X		
Cajun Corn		X		X	X		
Carrot & Raisin salad					X		
Coleslaw					X		
Cornbread	X	X					
Cottage Cheese	X	X					
Cucumber Salad (this is a variable item so allergens may change)					X		
Fresh Cut Fries** PLEASE SEE NOTE BELOW			X **		X		
Fresh Fruit salad							
Fresh Salad Greens				X			
Gravy	X			X	X		
Harlem Potato Salad					X		
Mac & Cheese	X	X		X	X		
Macaroni Salad	X			X	X		
Maple Whipped Sweet Potatoes- (without nut topping)		X					
Mashed Potatoes (no gravy)		X			X		
Salt Potatoes with Cajun Garlic butter		X		X	X		
Simmered Greens (Turkey Neck)- Syracuse, Rochester, Newark, Stamford		X			X		
Simmered Greens- Harlem and Troy		X			X		
Sweet & Sour Cole Slaw					X		

MENU ITEM	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH	SOY
Sweet and Sour Cucumber Salad			X		X		X
Texas Caviar				X	X		
Tomato Cucumber salad				X	X		
White Rice					X		

DESSERTS							
Apple Crunch Pie	X	X					
Banana Coconut Pudding	X	X					
Brownies	X	X					
Caramel Whiskey sauce		X					
Cheesecake- plain- graham crust may contain traces of nuts	X	X	X				
Chocolte Cake	X	X					
Chocolate Icebox Pie	X	X					
Fruit Cobbler	X						
Key Lime Pie- graham crust may contain traces of nuts	X	X	X				
Lemon Pie- graham crust may contain traces of nuts	X	X	X				
Peanut Butter Pie	X	X	X				
Sweet Potato Pecan Pie	X	X	X				

DINO SAUCES							
BBQ Glaze				X	X		X
New BBQ Mayo	X		X	X	X		X
BBQ Tartar Sauce				X	X		
Cajun Forplay					X		
Chipotle Crema		X		X	X		
Cocktail Sauce- soy sauce in worcestershire sauce	X			X	X	X	X
Creole Honey Mustard				X	X		
Devil's Duel				X	X		
Diablo Sauce				X	X		
Garlic Chipotle				X	X		
Hunk of Honey Hush Cornbread	X	X					X
Jerk BBQ				X	X		X
Korean BBQ (New)	X		X	X	X		X
Mojito Marinade					X		
Pickled Onion and Jalapeno Relish					X		
Roasted Garlic Honey sauce				X	X		
Sensuous Slathering sauce				X	X		
Sesame Hoisin Sauce	X			X	X		X

MENU ITEM	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH	SOY
Wango Tango sauce				x	x		
Zip Sauce	x		x	x	x		x
Horsey Mayo	x						x
CUSTOM QUE OFFERINGS							
Bone In Prime Rib					x		x
Fried Chicken	x		x	x	x		x
Pastrami Que	x	x		x	x		
Porchetta and Friends	x			x	x		x
Thunder Ribs	x				x		x