



ALLERGY GUIDE



HEALTHY
CHOICE



VEGAN
FRIENDLY



GLUTEN
FREE



ALLERGY
AWARE

1. Please alert your server of your specific allergies/dietary requirements.
2. Consult Allergy Guide & Ingredient Listing to select safe ingredients
3. Make the chef aware of your allergy before you hand over your bowl. We will thoroughly clean a large grill space, and use fresh red spatulas for your meal.

Thank you for choosing Mongolie Grill Whistler for your safe dining experience; We are an excellent place to dine in Whistler for anyone who has dietary restrictions and allergies.

At the Mongolie Grill, you get to choose your ingredients, & watch it being prepared right before your eyes. Our biggest concern here at the Mongolie Grill, when dealing with allergies, is the possibility of cross contamination at the food bar. All guests have access to the food bar & some may be unaware of the risk posed to individuals with food allergies. Our Team are constantly monitoring the food bar, restocking fresh ingredients and replacing items to ensure our highest standards are maintained.

If your allergy may cause an anaphylactic reaction, or if you have any questions about the process, please speak to the manager before making your meal.

QUICK-EAT GUIDE

NUTS

Peanut allergies tend to be the most severe, so we have made the decision to be peanut free.

We have Cashews at the end of the food bar, and the noodle options are made in a facility which may contain nuts.

GLUTEN-FREE

Below is a list of gluten-free options:

- All fresh vegetables!
 - Rice noodles
 - Plain meat and seafood plus;
 - Spicy Marinade Chicken
 - Red Wine Chorizo
 - Montreal Spiced Beef
 - Sweet Chili Sauce
 - Coconut Milk
 - Panang Curry Sauce
 - Sesame Oil
 - Red Hot Sauce
 - Lemon Juice
 - Chili Garlic Sauce
 - Spicy Marinade
 - Gluten-Free soy sauce available
 - Red Thai Sauce
 - Butter Chicken
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FISH/SHELLFISH

- We have prawns, scallops & salmon on the foodbar.
 - None of our sauces contain fish sauce.
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SOY

Below is a list of soy-free options:

- All fresh vegetables!
 - Rice noodles
 - Chow Mein noodles
 - Panang Ginger Curry sauce
 - Coconut Milk sauce
 - Sweet Chili sauce
 - Lemon Juice
 - Sesame Oil
 - Chili Garlic Hot Sauce
 - Spicy Marinade
 - Red Thai Sauce
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VEGETARIAN

- All fresh vegetables!
 - Firm Tofu
 - All Sauces are Vegetarian!
 - Sesame Sauce (contains honey)
 - Honey Garlic Sauce (contains honey)
 - Yaki Soba Noodles (contains eggs)
 - Chow Mein Noodles (contains eggs)
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SESAME

Below is a list of items that **CONTAIN SESAME**:

- Szechuan
- Sesame oil
- Sesame Sauce
- Hoisin Sauce

FULL INGREDIENTS



**VEGAN
FRIENDLY**



**GLUTEN
FREE**



**SOY
FREE**



**DAIRY
FREE**



**NUT
FREE**

NOODLES

RICE NOODLES:  

Rice flour, water, canola oil

CHOW MEIN:

Wheat flour, liquid whole egg (may contain citric acid), water, potassium carbonate, sodium bicarbonate. Canola oil

YAKI SOBA:

Wheat flour, eggs, water, canola oil

SAUCE INGREDIENTS

All of our sauces are vegetarian

SZECHUAN:  

Sugar/glucose-fructose, Water, Soy Sauce (water, wheat, soybeans, salt, sodium benzoate), Tomato Paste, Vinegar, Molasses, Modified Corn Starch, Salt, Sesame Oil, Spices, Dehydrated Garlic, Color, Potassium Sorbate, Sodium Benzoate.

SEA TO SKY:  

Teriyaki, Szechwan, Sweet Chili, Garlic, Hot Sauce

COCONUT MILK:    

Coconut Milk, Water, Potassium Meta-Gisulphite, Guar Gum

PANANG GINGER CURRY:    

Water, coconut cream, canola oil, ginger, tomato paste, sugar, salt, garlic, spices, red jalapeno peppers, flavor, dehydrated citrus pulp, lemongrass, lemon peel, dehydrated onion, lemon pulp, concentrated lime juice, concentrated lemon juice, citric acid, xanthan gum, acetic acid.

TERIYAKI:  

Water, Sugar, Soy Beans, Salt, Hydrolyzed Protein (Corn, Soy & Wheat), Vinegar, Modified Corn Starch, Caramel Color, Spices, Wheat Maltodextrin, Sodium Benzoate, Artificial Flavor, Partially Hydrogenated Soybean & Cottonseed Oil.

CAJUN SAUCE:    

Water, tomato puree, glucose-fructose, glucose, modified corn starch, vinegar, salt, vegetables (onion, garlic, red bell peppers), concentrated orange juice, sodium benzoate, spices

SWEET CHILI:    

Glucose fructose, water, vinegar, red jalapeno peppers, salt, modified corn starch, dehydrated garlic, spices, dehydrated red bell peppers, acetic acid, sodium benzoate, xanthan gum.

MONGOLIE:  

Water, Sugar, Soy Sauce (water, soybeans, wheat, salt), Orange Peel, Rice & Balsamic Vinegars, Modified Corn Starch, Hot Red Peppers, Green Onions, Garlic, Ginger, Salt, Acetic Acid, Potassium Sorbate, Spices.

RED HOT SAUCE:    

Aged Cayenne red peppers, vinegar, salt, xanthan gum, garlic.

SESAME SAUCE:  

Soyabean oil, water, spices & seasonings (contains wheat & soybean) vinegar, sugar, salt, honey, dried onion, ginger puree, sesame oil, sesame seeds, xanthan gum, potassium sorbate, phosphoric acid, acetylated monoglycerides, calcium disodium edta.

LEMON JUICE:    

100% Lemon Juice

SESAME OIL:    

Sesame oil, Sesame seeds

HONEY-GARLIC SAUCE:  

Water, sugar, honey, soy sauce (water, soy beans, wheat, salt), spices, caramel colour, hydrolyzed proteins (corn, wheat, soy) modified corn starch, salt, vinegar, maltodextrin, xanthum gum, citric acid, sodium benzoate (preservative), partially hydrogenated soybean & cottonseed oil.

HOISIN:  

Sugar, Water, Soybeans, Salt, Sweet Potato, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour, Chili Pepper, Spices, Color, Acetic Acid.

HOT CHILI GARLIC:    

Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate & Sodium Bisulfite. Xanthan Gum.

CHEF'S BLEND:  

Sesame sauce, Teriyaki sauce, Sweet & Sour sauce, lemon juice & garlic.

RED THAI SAUCE:    

Water, coconut milk, sugar, salt, modified corn starch, red chilis, concentrated lemon juice, herbs and spices, citric acid, acetic acid, colour.

BUTTER CHICKEN SAUCE:   

Water, tomato paste, cream, carrageenan, seasoning spice, dehydrated vegetables (red bell pepper, celery, onion, carrot, garlic), salt, brown sugar, yeast extract, annatto, disodium inosinate and disodium guanylate, high oleic sunflower oil, spice extracts, ascorbic acid, calcium silicate, sugar, vinegar, ginger, salt, dehydrated onion, concentrated lemon juice, modified corn starch, dehydrated garlic, flavour (modified butter oil, salt, dehydrated butter, guar gum, sodium bicarbonate, potassium sorbate, phosphoric acid, ground red pepper.

MARINADES & SPICES

SPICY MARINADE: 

Glucose fructose, water, vinegar, salt, red jalapeno peppers, modified corn starch, dehydrated garlic, spices, dehydrated red bell peppers, acetic acid, sodium benzoate, xanthan gum, aged Cayenne red peppers

MONTREAL BEEF SPICES: 

Salt, spices (mustard, red pepper, dehydrated garlic, onion), high oleic sunflower oil, spice extractives

TERIYAKI MARINADE:

Water, Sugar, Soy Beans, Salt, Hydrolyzed Protein (Corn, Soy & Wheat), Vinegar, Modified Corn Starch, Caramel Color, Spices, Wheat Maltodextrin, Sodium Benzoate, Artificial Flavor, Partially Hydrogenated Soybean & Cottonseed Oil.

DESERT INGREDIENTS

May contain traces of peanut and or other nuts.

GREEN TEA: Milk ingredients, sugar, glucose, green tea powder, mono and diglycerides, guar gum, carrageenan, salt.

COCONUT SURPRISE: Milk ingredients, sugar, glucose, coconut cream powder, natural flavour, monodiglycerides, xanthan gum, guar gum, carrageenan, salt, shredded coconut, sulfur dioxide. **MANGO CENTRE:** Mango puree, sugar, glucose,