

# ALLERGY GUIDE



CONTAIN  
GLUTEN



CONTAIN  
SOY



CONTAIN  
FISH/SHELLFISH



CONTAIN  
SESAME



CONTAIN  
EGGS

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.



**We have made the decision to be a peanut free establishment.**

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

# FULL INGREDIENTS



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## SAUCE INGREDIENTS

All of our sauces are vegetarian, dairy free and nut free!


**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.

**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.

**SESAME SAUCE:**     Water, Sugar, Soybean oil, Vinegar, Sesame oil, Soy sauce, Salt, Sesame seed, Spices, Tomato paste, Xanthan gum, Liquid egg yolk, lemon juice, Sodium benzoate, Propylene glycol alginate, Dehydrated garlic, Dehydrated onion, Calcium disodium EDTA, Natural flavor.

**CHEF'S BLEND:**     Sesame sauce, Teriyaki sauce, Sweet & Sour sauce, lemon juice, garlic.

**HOISIN:**  Water, Sugar, Pineapple, Soy sauce (Fermented soybeans, wheat and salt), modified corn starch, Hydrolyzed corn soy and wheat protein, vinegar, Caramel color, ginger, spices, Xanthan gum, cooking liquor, sodium benzoate.

**COCONUT CREAM:** Coconut extracted, Water, Guar gum, Sucrose ester, Sodium carboxy methyl cellulose, Xanthan gum, Sodium metabisulfite.

**PANANG CURRY:** Lemon Grass, Shallot, salt, Galangal, Dried red chilli, Coriander seed, Kaffir lime peel, Cumin, Cinnamon, Mace, Tumeric, Cardamom.

**SWEET AND SOUR:** Sugar, Water, Vinegar, Crushed pineapple, Pineapple juice, Tomato paste, Modified corn starch, Salt, Dehydrated red bell pepper, Xanthan gum, citric acid, Paprika extract, Natural flavor, Sodium benzoate, Spices, Dehydrated garlic. Contains Mustard.

**SWEET CHILLI:** Sugar, Red chilli, Garlic, Salt, Modified corn starch, Acetic acid.

**LEMON JUICE:** 100% Lemon Juice.

**SESAME OIL:**  Sesame oil, Sesame seeds.

**RED HOT SAUCE:** Aged Cayenne red peppers, vinegar, salt, xanthan gum, garlic.



**HOT CHILI GARLIC:** Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate & Sodium Bisulfite. Xanthan Gum.



**GREEN CURRY:** Fresh green chili, lemongrass, garlic, shallot, salt, galangal, cumin, coriander seed, coconut cream.


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## 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.




**UDON NOODLES:**  Wheat flour, water, modified tapioca starch, salt, propylene glycol alginate, potassium carbonate, sodium carbonate, canola oil.

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## 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, canola 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.


**FRESH GARLIC:** Garlic, canola oil.


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## DESSERT INGREDIENTS


May contain traces of peanut and or other nuts.

**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, water, xanthan gum, sodium alginate, guar gum, may contain traces of peanut and or other nuts.

**BACIO NERO:**  Milk ingredients, sugar, cocoa, glucose, stabilizer (mono diglyceride, guar gum, xanthan gum, carrageenan) salt, unsweetend chocolate cocoa, cocoa butter, soya lecithin, natural flavor, water, modified starch, artificial kahlua flavor, salt, potassium sorbate, color, may contain traces of peanut and or other nuts.

**RASPBERRY CHEESECAKE PIE:**  Gelato (milk ingredients, sugar, coconut oil, rice syrup, solids mono and diglycerides, guar gum, xanthan gum, carrageenan, salt, graham crumb crust (contains wheat flour), graham flour, palm oil, high fructose corn syrup, molasses, raspberry ripple, caramel colour. May contain traces of peanuts/tree nuts, eggs, soy, sesame seeds and sulphite.

**MANGO FLOWER:** Milk ingredients, sugars (cane sugar, rice syrup solids), mango puree, coconut oil, mono & diglycerides, guar gum, xanthan gum, carrageenan, tartrazine, sunset yellow fcf, amaranth, salt, natural and artificial flavors.

**COOKIES AND CREAM PIE:**  Gelato (Milk ingredients), sugar (cane sugar, rice syrup solids), coconut oil, vanillin, mono & diglycerides, guar gum, xanthan gum, carrageenan, natural flavor), chocolate cookies (wheat flour, sugar, palm oil, cocoa, corn syrup, chocolate liquor, salt, natural flavor, baking soda, soy lecithin), chocolate graham crust (wheat flour), sugar, palm oil, cocoa powder, high fructose, corn syrup, yellow corn flour, caramel color, whey, slat, baking soda, soy lecithin) Contains: Milk, Soy, Wheat.