



Union Bar Ingredients Listing for All Menu Items

Thank you for dining at Union Bar. We take the health and safety of all members seriously; this is a commitment that can be seen throughout the food and beverage department here at The American Club. Each of our F&B staff have undergone a full day training program on food allergies and working with diners that have food related allergies and intolerances. This training program was designed by the Culinary Institute of America and has been regularly administered by our training team with annual follow up refresher courses.

To extend further assurance to our members with dietary considerations, we will be regularly updating the below list of all menu and all component ingredients.

Each menu item will be tagged with a standardized icon denoting any and all of the major allergens contained within that menu item. These allergens are dairy, eggs, nuts, and shellfish. Additionally, we will denote which of the items are gluten free or vegetarian and which items contain pork products. *Any item that is deep fried will be fried in vegetable oil that may carry residues of other foods that have been fried in the oil. Wheat flour is default flour used; other flours will be named in the list.*

While the club does take all health related matters seriously, we would like to remind members that we do handle each of the allergens listed and they are present within the club. We undertake all reasonable precautions to reduce the risk of your exposure to these products.

Should you have any further questions regarding this information, please contact the outlet manager.

STARTER

Nachos Supreme

Jalapeños, Black Olives, Corn Chips Tortilla, Tomato, Fresh Guacamole (Avocado) Sauce, Tomato ,Cheddar Cheese Sauce, Cheddar Cheese Block, Light Sour Cream

Fresh Guacamole (Avocado) Sauce: garlic, tomato, salt, spring onion Chinese parsley, avocado, lime juice

Yellow Corn Tortilla: whole stoneground corn treated with lime, water, citric acid, calcium propionate, cellulose gum, carotenes (vegetable)

Texas Chili: minced beef, bay leaf, capsicum, onion, cayenne chilli ground, kidney bean, tomato

Tomato Salsa : ketchup, tomato dice puree, tomato salsa , garlic, Chinese parsley, chipotle chilli , red onion chardonnay vinegar , lime juice , salt, sugar .

Fresh Guacamole: avocado, red onion, chopped parsley, lime, tomato, salt, pepper, olive oil

Cheddar Cheese Sauce: Butter, Flour, UHT Milk, American Cheese, Cheddar Cheese, Swiss Cheese, Whipping Cream, White Sugar, Salt, Pepper



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Light Sour Cream: pasteurised cream (from milk), culture, minimum 35% milk fat

Mozzarella Sticks  

With Spicy Marinara Sauce

Marinara sauce: tomato chopped, garlic peeled, celery china, white onion, oregano, salt, and white sugar, black pepper, chili powder

Mozzarella sticks: pasteurized milk, cultures , salt , enzymes , bleached wheat flour , yellow corn flour ,water ,contains less than 2% of the following: food starch modified , salt , sugar, dextrose ,leavening (sodium acid pyrophosphate , sodium bicarbonate , monocalcium phosphate) , natural flavour , soybean oil , yeast ,egg , nonfat milk , garlic powder, onion powder, spices , Italian seasoning , dried parsley , whey .

Salt & Pepper Calamari  

Squid chunks: squid, wheat flour, water palm oil, thickeners, raising agents, sugar, salt, pepper, wheat gluten, celery seed

Garlic lime aioli: tabasco, lime juice, lime zest, cumin powder, cilantro, mayonnaise

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Chili Bowl with Corn Tortilla Chips  

Texas Chili: minced beef, bay leaf, capsicum, onion, cayenne chilli ground, kidney bean, tomato

Yellow Corn Tortilla: whole stoneground corn treated with lime, water, citric acid, calcium propionate, cellulose gum, carotenes (vegetable)

Kidney Bean: kidney bean , water, sugar, salt, firming agent (calcium chloride) antioxidant (calcium disodium edta)

Loaded Tater Tots   

Topped with melted mozzarella cheese & cheddar cheeses, smoked bacon, green onions and sour cream, served with a side of ranch dressing

Bacon: pork, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite



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Cheddar Cheese: pasteurized milk, cheese culture, salt, enzymes

Mozzarella Cheese: pasteurized milk, potato starch, salt, lactic culture, microbial rennet

Classic Buffalo Chicken Wings

Buffalo Wings (naked): chicken wings & drum sticks, carrot sticks, celery sticks, blue cheese dressing, Italian parsley (garnish), wing sauce

Wing Sauce: white vinegar, cayenne pepper, red pepper, salt, canola oil, garlic powder, butter

Blue Cheese Dressing: lemon juice, danish blue cheese, light sour cream, evaporated milk, white vinegar, mayonnaise, sugar

Danish Blue Cheese: pasteurized milk, salt, lactic culture, microbial rennet, penicillium R"fort

Light Sour Cream: pasteurised cream (from milk), culture, minimum 35% milk fat

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Korean Fried Cauliflower Bites

Battered, tossed with Korean hot sauce & jalapeño lime aioli

Battered flour: rice flour, tapioca flour, glutinous rice flour, potato starch, baking powder, custard powder, salt

Jalapeno lime aioli: sour cream, mayonnaise, fresh jalapeno, apple cider vinegar, fresh lime juice, salt, black pepper ground

Korean hot sauce: minced garlic, honey, miso paste, sesame oil, sesame seed, chili sauce, tomato ketchup, orange juice, white onion

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Truffle Parmesan Fries

Shoestring fries, salt, truffle oil, parmesan cheese

Truffle oil: olive oil, flavoring



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Parmesan Cheese: pasteurized milk, rennet, lipase, anti caking agent

Buttermilk Chicken Tenders

With Honey Mustard Dip

Chicken Tenders: Chicken breasts, buttermilk, egg, Salt, Pepper

Honey mustard sauce: honey, mayonnaise, yellow mustard

Buttermilk: skim milk, milk, concentrated skim milk, culture

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Quesadillas

Toasted Flour Tortilla With Grilled Lime Chicken, Bell Peppers, Onions & Monterey Jack Cheese, served with Sour Cream & Roasted Tomato Salsa

Flour Tortilla: wheat flour, water, vegetable shortening (soybean oil), hydrogenated soybean oil, salt, sodium bicarbonate, corn starch, calcium sulphate, calcium propionate, sorbic acid, potassium sorbate

Lime Chicken Breast: skinless chicken breast, fresh lime juice, olive oil, lime seasoning powder, black pepper powder, salt, and lime zest

Monterey Jack Cheese: pasteurized non-fat milk, milk fat, cheese culture, salt, enzymes, natamycin (mold inhibitor)

Sour Cream: pasteurised cream (from milk) culture

Tomato Salsa: ketchup, tomato dice puree, tomato salsa , garlic, Chinese parsley, chipotle chilli , red onion , chardonnay vinegar , lime juice , salt, sugar

Tomato Ketchup: tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavouring

Grilled Chicken Satay

Served with Spicy Peanut Sauce, Rice Cakes, Cucumbers & Onions



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Peanut Sauce: peanuts, water, vegetable oil, sugar, salt, chilli, tamarind, garlic, shallots, fennel, cumin, coriander, galangal, lemongrass and ginger

Chicken Satay: chicken, sugar salt, garlic, shallot, turmeric, ginger, lemongrass, galangal, coriander, cumin, fennel

SALADS

Caesar Salad

Romaine Lettuce, Garlic Croutons & Bacon Tossed With Caesar Dressing

Garlic Croutons: multigrain: Olive Oil, Salt, Garlic, Pepper

Caesar Dressing: mayonnaise, garlic, parmesan cheese, olive oil, white vinegar, L&P Worcestershire sauce, anchovies

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Crispy Bacon Bits: pork, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate

L&P Worcestershire Sauce: malt vinegar, white vinegar, molasses, sugar, salt, anchovies, tamarind

Multigrain Bread: wholemeal wheat flour, wheat flour, honey, wheat gluten, oat fibre, palm oil, skimmed milk powder, salt, yeast, inulin, emulsifiers, yeast nutrients, edible gum thiamine, riboflavin, niacin, iron, calcium propionate

The Olympian Salad

Baby spinach ,mixed green , avocado , feta cheese ,tomatoes, cucumbers , peppers , corn & edamame, pickle onion , almonds ,served with lime & honey dressing

Feta cheese : pasteurised whole milk, sea salt, culture enzymes, powdered cellulose (TP Prevent) allergens (contain milk)

Lime and honey dressing : mayonnaise , minced garlic, honey , fresh lime juice , lime zest , white pepper powder , kohsar salt ,paprika powder , chopped coriander , lime powder , olive oil .

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard



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Kale & Quinoa Salad

Toasted Pumpkin Seeds, Dried Cranberries, Parmesan Cheese , Cherry Tomato , Japanese Cucumber , Roasted Pumpkin With Lemon Vinaigrette

Parmesan Cheese: pasteurized milk, rennet, lipase, anti caking agent

Lemon vinaigrette : lemon juice , salt , pepper , dijon mustard , honey , olive oil

Maharajah Salad

Sliced Mangoes, Mesclun Greens, Carrots & Onions, Japanese Cucumber, Cherry Tomatoes

Marinated Chicken: boneless chicken legs, ginger, garlic, mustard oil, red chili powder, yogurt, cumin powder, garam masala, green chili, coriander powder, cardamom powder, lemon zest, kasoori mathi (dried fenugreek leaf)

Mint yoghurt: yoghurt, garam masala, salt, mint leaf, Chinese parsley, young ginger, green chilli padi, chopped garlic

FLAT BREAD PIZZAS

Sambal Prawn Pizza

Tiger Prawn, Onions, Cherry Tomatoes, Coriander, Pineapples, Mozzarella Cheese

Pizza Crust: flour, oregano dry, yeast, salt, milk, water, olive oil

Sambal Chili: chili padi, lemongrass, shallots, belachan, candlenuts (buah keras), dried prawn, cooking oil, chili paste, salt, sugar

Mozzarella Cheese: pasteurized milk, potato starch, salt, lactic culture, microbial rennet

Tomato Sauce: vine ripened tomatoes, salt, basil, citric acid

Veggie Lovers

Spinach, Bell Peppers, Pumpkin, Onions, Garlic & Olive Oil with Mozzarella Cheese & Tomato Sauce



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Pizza Crust: flour, oregano dry, yeast, salt, milk, water, olive oil

Mozzarella Cheese: pasteurized milk, potato starch, salt, lactic culture, microbial rennet

Tomato Sauce: vine ripened tomatoes, salt, basil, citric acid

Parmesan Cheese: pasteurized milk, rennet, lipase, anti caking agent

Bacon: pork, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite

Meat Lovers

Italian Sausage, Pepperoni & Applewood Bacon & Tomato Sauce

Mozzarella Cheese: pasteurized milk, potato starch, salt, lactic culture, microbial rennet

Tomato Sauce: vine ripened tomatoes, salt, basil, citric acid

Pizza Crust: flour, oregano dry, yeast, salt, milk, water, olive oil

Italian Sausage: pork, water, corn syrup, salt, spices, sugar, MSG

Pepperoni: pork, beef, salt, water, dextrose, spices, lactic acid, starter culture, oleoresin of paprika, garlic powder, sodium nitrite, bha, bht, citric acid

Parmesan Cheese: pasteurized milk, rennet, lipase, anti caking agent

HAND-CRAFTED SANDWICHES

Served with a side of shoestring, sweet potato or sidewinder fries

Roasted Turkey, Honey Ham & Avocado Club

With Lettuce, Tomatoes, Cheese & Avocado On Toasted Whole Wheat Bread



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Whole Wheat Bread: wholemeal wheat flour, wheat flour, honey, wheat gluten, oat fibre, palm oil, skimmed milk powder, salt, yeast, inulin, emulsifiers, yeast nutrients, edible gum, thiamine, riboflavin, niacin, iron, calcium propionate

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Turkey: turkey breast, salt, sugar, sodium phosphate, ascorbic acid, citric acid, sodium nitrite, sodium propionate

Honey Baked Ham: pork leg, salt, sodium lactate, sugar, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite

Cheddar Cheese: pasteurized milk, salt, rennet, water, emulsifier, milk solids, acidity regulator, lecithin from soy

Coleslaw: white cabbage, carrots, bell peppers, mayonnaise, lemon juice, salt, pepper

Gherkin: gherkins, spirit vinegar, sugar, salt, potassium sorbate, sodium benzoate, herbs

Classic Reuben

Shaved Pastrami with Sauerkraut & Russian Dressing On Toasted Rye Bread

Dark Rye Bread, Thousand Island Dressing, Butter, Beef Pastrami, Sauerkraut, Emmental Cheese, Shoestring Fries, Coleslaw, Gherkin,

Dark Rye: enriched wheat flour, water, rye flour, wheat gluten, yeast, soybean oil, whole grain rye flour, salt, ground caraway, molasses, calcium propionate, mono glycerides, lactic acid, malted barley flour, garlic and onion powder, dextrose, soy lecithin

Thousand Island Dressing: stuffed olives, gherkins, white onions, green bell pepper, red bell pepper, lemon juice, chili sauce, tomato ketchup, mayonnaise

Beef Pastrami: beef, water, sea salt, black pepper, sodium phosphate, sugar, natural flavourings, dextrose

Sauerkraut: white cabbage, wine, salt

Emmental Cheese: part skim milk, cheese culture, salt, enzymes

Coleslaw: white cabbage, carrots, bell peppers, mayonnaise, lemon juice, salt, pepper

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Gherkin: gherkins, spirit vinegar, sugar, salt, potassium sorbate, sodium benzoate, herbs

Slow Smoked B.B.Q Brisket Melt



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With Colby Jack Cheese, Dill Pickles & Jalapeños On Toasted Multigrain Bread

Multigrain Bread: wholemeal wheat flour, wheat flour, honey, wheat gluten, oat fibre, palm oil, skimmed milk powder, salt, yeast, inulin, emulsifiers, yeast nutrients, edible gum thiamine, riboflavin, niacin, iron, calcium propionate

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Colby Jack Cheese: pasteurized milk, starter culture, coagulating enzyme

Coleslaw: white cabbage, carrots, bell peppers, mayonnaise, lemon juice, salt, pepper

Gherkin: gherkins, spirit vinegar, sugar, salt, potassium sorbate, sodium benzoate, herbs

TAC Signature Rub Spice: onion powder, smoked sweet paprika, ground oregano, ground cayenne pepper, salt, ground coarse black pepper

Mushroom Melt

Button Mushrooms Sautéed with Caramelized Onions & Touch Of Parmesan Cheese, Spinach, Swiss Cheese On Toasted Multigrain Bread

Multigrain Bread: wholemeal wheat flour, wheat flour, honey, wheat gluten, oat fibre, palm oil, skimmed milk powder, salt, yeast, inulin, emulsifiers, yeast nutrients, edible gum thiamine, riboflavin, niacin, iron, calcium propionate

Caramelized Onion: sautéed onion, balsamic vinegar, honey, brown sugar

Parmesan Cheese: pasteurized milk, rennet, lipase, anti caking agent

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Swiss Cheese: part-skim milk, cheese culture, salt, enzymes

BALL-PARK BURGERS

Made in-house with fresh, never frozen U.S. beef

Served with a side of shoestring, sweet potato or sidewinder fries

The American Classic

Char-Grilled Beef with American Cheese, Lettuce, Tomatoes, Dill Pickles & Onions On Toasted Sesame Bun



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Hamburger Bun with Sesame Bun: wheat flour, water, sugar, yeast, soybean oil, wheat gluten, salt, calcium sulfate, grain vinegar, calcium propionate, datem, cellulose gum, monoglycerides, corn flour, citric acid, potassium iodate, soy lecithin, mono calcium phosphate

American Cheese : cheese pasteurised milk , salt , culture , enzyme , water , emulsifier milk solid , acidity regulator, preservative ,lecithin(soy) , colour

Coleslaw: white cabbage, carrots, bell peppers, mayonnaise, lemon juice, salt, pepper

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Gherkin: gherkins, spirit vinegar, sugar, salt, potassium sorbate, sodium benzoate, herbs

The Impossible Burger

Plant-Based Protein Patty, Coby Jack Cheese, Mushrooms, Pickled Onions, Tomatoes, Teriyaki Miso Dressing

Impossible Burger Patty: water, pea protein isolate, canola oil, refined coconut oil, bamboo cellulose, methylcellulose, potato starch, maltodextrin, yeast extract, salt, sunflower oil, vegetable glycerine, dried yeast, arabic gum, citrus extract, ascorbic acid, beet juice extract, acetic acid, succinic acid, modified food starch, annatto

Hamburger bun W / sesame bun : wheat flour, water, sugar, yeast, soybean oil, wheat gluten, salt, calcium sulfate, grain vinegar, calcium propionate, datem, cellulose gum, monoglycerides, corn flour, citric acid, potassium iodate, soy lecithin, mono calcium phosphate

Colby Jack Cheese: pasteurized milk, starter culture, coagulating enzyme

Teriyaki miso dressing : miso paste , sesame oil , teriyaki sauce, mayonnaise, orange juice

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Gherkin: gherkins, spirit vinegar, sugar, salt, potassium sorbate, sodium benzoate, herbs

Chili-Cheese Dog

All Beef Hot Dog With Picked Red Onions & Jalapeño, Topped with Signature Chili Con Carne & Melted Cheese On Hot Dog Bun

Chili con carne: minced beef, bay leaf, capsicum, onion, cayenne chilli ground, kidney beans, tomato

Beef Frank Hot Dog: beef, chicken, spices, starch, sugar, potassium acetate, antioxidant (E315), nitrite b/n: 050819

Gardenia Hot Dog Bun: wheat flour, sucrose, vegetable oil, skimmed milk powder, salt, dextrose, bakers yeast, emulsifiers, yeast nutrients, thiamine, niacin, iron, calcium propionate



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Kidney Bean: kidney bean , water, sugar, salt, firming agent (calcium chloride) antioxidant (calcium disodium edta)

Pickled Onion: red onion, beetroot, vinegar water

MAINS

Grilled Salmon with Basil Pesto    

Served with Choice Of Garlic Whipped Potatoes or Shoestring fries

Basil Pesto : basil , sunflower oil , salt and acidity regulator , canola oil , soy grits , cashew nuts , parmesan cheese ,garlic, soy flour , white vinegar

Whipped Potatoes: garlic, whipped cream, butter, salt, pepper

Whipped Cream: cream, milk, stabiliser E407.

Parmesan Cheese: pasteurized milk, rennet, lipase, anti-caking agent

Fish & Chips  

Battered Snapper Filet served with Shoestring Fries, Coleslaw & Tartar Sauce

Battered: rice flour , tapioca flour, glutinous rice flour , potato starch , baking powder , custard powder , salt

Tartar Sauce: mayonnaise, pickles, parsley, white vinegar, lemon juice

Coleslaw: white cabbage, carrots, bell peppers, mayonnaise, lemon juice, salt , pepper

Mayonnaise: soybean oil, eggs, sugar, white vinegar, salt, acidity regulator, mustard

Slow Braised B.B.Q Back Ribs  

With Jack Daniels B.B.Q Sauce

Served with seasonal vegetables & potatoes wedges

Back Ribs: Cajun spice seasoning

Cajun spice : garlic, spices , paprika , oregano, red pepper , salt , onion

Jack Daniel B.B.Q. Sauce: Jack Daniel’s, B.B.Q sauce, B.B.Q sauce, orange juice, tomato ketchup, chipotle adobo,



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honey, brown sugar

B.B.Q sauce : tomato puree(water tomato paste) ,high fructose corn syrup , distilled white vinegar , natural hickory smoke flavour , salt , corn syrup ,contain less than 2 % of spices , paprika (color) soy sauce (wheat ; soy bean ,salt , corn maltodextrin , salt) guar gum , dehydrated garlic , xanthan gum , sodium benzoate, caramel color , dehydrated onion, dextrose natural flavors.

(contain soy)

Contains soybean, wheat

La Costena-Chipotle Peppers In Adobo Sauce: chipotle peppers, water, vinegar, tomatoes, onions, iodized salt, sugar, paprika, soybean oil, spices

Ribeye Steak  

Served with Seasonal Vegetables, Jack Daniels Peppercorn Sauce & Choice Of Garlic Whipped Potatoes or Shoestring Fries

Jack Daniel Peppercorn Sauce: red wine sauce, madeira wine, herb thyme, green peppercorn dried, garlic chopped, shallot chopped, Jack Daniel's

Whipped potatoes: garlic, whipped cream, butter, salt, pepper

DESSERTS

Cinnamon Sugar Churros

Served with Fresh Berries, Salted Caramel & Brandy Chocolate Dips

Cinnamon Sugar Churros: butter, water, flour, egg, salt, sugar, cinnamon powder, frying oil

Salted Caramel Sauce: sugar, water, cream, butter, salt

Brandy Chocolate Sauce: brandy, dark chocolate, evaporated milk

Fresh Strawberry Fruit