

## Tradewinds Ingredients Listing for All Menu Items

Thank you for dining at Tradewinds. 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.

### **COLD BREAKFAST**

#### **Avocado Toast**

Garlic, Multigrain Bread, Mixed Green Salad, Butter, Avocado, Olive Oil, Lemon Juice, Salt

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

**Skimmed Milk Powder:** Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

#### **Add on: Norwegian Smoked Salmon**

**Norwegian Smoked Salmon:** Salmon, Salt, Sugar

#### **Tradewinds Granola**

Granola, Blueberry, Strawberry Greek Yogurt

**Greek Yogurt:** milk, cream, yogurt cultures

**Granola:** coconut flake, oat meal, dried apricot, dark raisin, almond, dried cranberry

**Fresh Fruit Platter**

Honeydew, Rock melon, Watermelon, Blueberry, strawberry

**HOT BREAKFAST**

**Creamy Oatmeal**

Oats, UHT Milk, Water, Banana, Golden Raisin, Brown Sugar

**Smoked Salmon Benedict**

Eggs, English Muffins, Smoked Salmon, Spinach, Asparagus, Hollandaise Sauce, Vinegar, Water

**English muffins:** flour, activated yeast, water, milk, tapioca flour, safflower oil, salt, potato starch, calcium, carbonate, glucose, lecithin, delta lactose

**Smoked Salmon:** salmon, salt, sugar

**AMClub Breakfast**

Eggs, Choice Of Sausage, Roasted Potatoes, Roasted Tomatoes, Multigrain Bread

**Pork Sausage:** pork, water, corn syrup, salt, spices, sugar, MSG

**DIY Omelette**

Butter, Eggs, Roasted Tomato, Milk, Salt, Pepper, Hash Brown, Topping Of Choice (Sautéed Mushrooms, Bell Peppers, Tomatoes, Red Onions, Bacon, Sausage, Swiss Cheese, Cheddar Cheese)

**Hash Brown:** potato, egg, vegetable oil, salt, pepper

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

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

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

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

**Southern Breakfast**   

Biscuits, Sausage Gravy, Bacon, Eggs, Hash Brown

**Sausage Gravy:** pork sausage, cream, chicken powder, garlic, onion

**Cream:** Cream, stabiliser E407

**Smoked Bacon:** pork, water, salt, sugar, flavouring, sodium phosphate, sodium erythorbate, sodium nitrate

**Biscuits:** butter, sugar, salt, cake flour, baking powder, buttermilk

**Pancake**   

Blueberry, Banana, Caramelized Walnut, Maple Butter, Honeycomb

**Caramelized Walnut:** honey, walnut, water

**Pancake:** flour, baking powder, baking soda, salt, sugar

**Crisp Malted Waffles**   

Blueberry, Banana, Caramelized Walnut, Maple Butter

**Waffles:** wheat flour, malted barley flour, palm & soybean oil, rice flour, baking powder, sugar, dextrose, eggs white, salt

**Contains:** wheat flour, eggs, milk

**HOT BREAKFAST (LOCAL)**

**Fish Congee** 

Toman Fish Fillet, Congee, Ginger, Spring Onion, Soya Sauce, White Pepper Powder

**Chicken Congee**

Chicken Rice Chicken, Congee, Ginger, Spring Onion, Soya Sauce, White Pepper Powder

**Congee:** rice, water, salt, ginger

**Light Soya Sauce:** water, soybeans, wheat, salt

**Sambal Fried Bee Hoon**  

Chicken Rice Chicken, Bean Sprout, Chye Sim, Egg, Bee Hoon, Vegetable Oil, Garlic, Oyster Sauce, Soya Sauce, Sambal Chili, Salt, Pepper

**Bee Hoon:** rice, corn flour, saga starch

**Oyster Sauce:** water, modified starch, soya protein, sugar, salt, caramel, MSG, sodium benzoate

**Sambal Chili:** chili padi, lemongrass, shallot, belachan, candlenuts, dried shrimp, vegetable oil, chili paste, salt, sugar

**Singapore Laksa**   

Thick Bee Hoon, Prawn, Quail Egg, Bean Sprout, Chicken, Laksa Broth, Tau Pok, Fishcake, Sambal Chili, Laksa Leaf

**Thick Bee Hoon:** rice, corn flour, saga starch

**Laksa Broth:** laska paste, dried shrimp, coconut cream, lemon grass, tau pok, laska leaf, vegetable oil, chili oil

**Tau Pok:** tofu

**Fish Cake:** fish meat, vegetable oil, corn-starch, garlic, modified tapioca starch, enhancer e365

**Sambal Chili:** chili padi, lemongrass, shallot, belachan, candlenuts, dried shrimp, vegetable oil, chili paste, salt, sugar

**Nasi Lemak**    

Coconut Rice, Fried Chicken Wings, Otak, Ikan Bilis, Peanut, Hard Boiled Egg, Cucumber, Sambal Chili

**Sambal Chili:** chili padi, lemongrass, shallot, belachan, candlenuts, dried shrimp, vegetable oil, chili paste, salt, sugar

**Otak:** raw fish, chopped onions, coconut milk, herbs and spices bound together with egg

**Coconut Rice:** rice, coconut milk, ginger, panda leave, chicken powder

**Ravi Idli**  

Indian Idli, Sambar, Chutney Mango, Chutney Onion

**Sambar:** chama dal, water, vegetable oil, ginger, green chili, curry leave, mustards seeds, turmeric powder, sambar masal, dry chili, asafoetida, gourd, vegetable drumsticks, long bean, tomato, kashmiri chili powder, tamarind water, coconut

**Mango Chutney:** mango, sugar, spices, salt, vinegar

**Onion Chutney:** onion, sugar, spices, salt, vinegar

**Idli:** semolina mata, yogurt, water, baking powder, salt

**Southern Indian Dosa** 

Indian Dosa, Potato, Cauliflower, Sambar, Chutney Mango, Chutney Onion

**Sambar:** chama dal, water, vegetable oil, ginger, green chili, curry leave, mustards seeds, turmeric powder, sambar masal, dry chili, asafoetida, gourd, vegetable drumsticks, long bean, tomato, kashmiri chili powder, tamarind water, coconut

**Mango Chutney:** mango, sugar, spices, salt, vinegar

**Onion Chutney:** onion, sugar, spices, salt, vinegar

**Dosa Batter:** rice, lentils, chickpeas, fenugreek seeds, salt, pepper

**APPETIZER**

**Gobi Manchurian**  

Salad, Cauliflower, Batter, Tangy Sauce

**Batter:** tempura flour, water, salt, English parsley chopped

**Tempura Flour:** wheat flour, emulsifier, carotene pigment, gardenia pigment, egg, milk

**Tangy Sauce:** chili sauce, onion, tomato, red & green chili, vinegar, soya sauce, garlic, spring onion

**Hummus**  

Hummus, Carrot, Cherry Tomato, Capsicum, Naan

**Hummus:** garbanzo beans, tahini, garlic, lemon juice, sesame oil, olive oil, salt

**Tahini:** roasted sesame seed

**Garbanzo bean:** water, salt, calcium chloride, sodium sulphite, calcium disodium

**Naan:** plain flour, salt, rice, flour, cooking oil, cumin

**Fried Mac and Cheese**   

Salad, Honey Mustards

**Mac & Cheese:** bread crumb, eggs, macaroni, parmesan cheese, whipping cream, mozzarella cheese, flour, salt

**Macaroni:** durum wheat semolina, water

**Honey Mustard Sauce:** honey, mayonnaise, yellow mustard

**Bread Crumbs:** wheat flour, yeast, baking powder, vegetable shortening, sugar, salt

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

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

**Nachos**  

Yellow Corn Chips, Mozzarella Cheese, Cheddar Cheese, Jalapenos, Refried Bean, Olives, Tomatoes, Guacamole, Sour Cream, Salsa

**Yellow Corn Chips:** stoneground corn, citric acid, calcium propionate, cellulose gum, vegetable oil

**Guacamole:** garlic, tomato, salt, pepper, avocado, lime juice, spring onion, cilantro

**Refried bean:** water, pinto beans, salt, garlic powder, cottonseed oil

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

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

**The Wings**  

Carrot, Celery, Chicken Wings & Drum Stick, Blue Cheese Dressing, Buffalo Wing Sauce

**Buffalo Wings Sauce:** white vinegar, cayenne pepper, red pepper, salt, canola oil, garlic powder, butter

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

**Szechuan:** Szechuan peppercorn, salt, dried chili, fennel, cinnamon stick, cumin, black pepper corn, garlic, bay leave, ginger, leek, bay leave, ginger, leek, spring onion, cooking oil, sugar, anise star, sesame seeds

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

**SALADS**

**Crunchy Kale with Garlicky Quinoa & Wakame**  

Kale, Garlicky Quinoa, Wakame, Goma Dressing, Tandoori Chickpea

**Garlicky Quinoa:** quinoa, garlic, honey, goma dressing

**Goma Dressing:** wheat, sesame oil, sugar, salt, sesame seeds, citrus

**Tandoori Chickpea:** chickpea, kasoori methi, garlic, chili, cumin, mustards oil, garam masala, yogurt, cilantro, ginger

**Yogurt:** milk, cream, yogurt cultures

**Super Chopped Salad**  

Kale, Spinach, Romaine Lettuce, Avocado, Broccolini, Grape, Blueberry, Sunflower Seed, Chia Seed, Almond Flakes, Cherry Tomato, Cucumber, Lemon Vinaigrette

**Lemon Vinaigrette:** olive oil, lemon juice, apple cider vinegar, ginger, salt

**Signature Caesar Salad**   

Romaine Lettuce, Caesar Dressing, Garlic Crouton, Bacon Bits, Soft Boiled Egg, Parmesan Cheese, Lemon Wedge

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

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

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

**Parmesan cheese:** pasteurized milk, rennet, lipase, anti-caking agent

**House Salad**  

Mesclun Green, Cherry Tomatoes, Red Onion, Cucumber, Carrot, Dijon Mustard Vinaigrette

**Dijon Mustard Vinaigrette:** whole grain mustard, olive oil, pure honey, white vinegar, salt, pepper

**Whole grain Mustards:** water, mustard seed, citric acid, white vinegar, salt

## DIY PIZZAS

Oregano Crust Finished With Mozzarella Cheese & Extra Virgin Olive Oil  
Gluten-free version available

Option for Cauliflower Crust for gluten free/low carb 

**Signature Oregano Crust:** flour, oregano dry, yeast dry, salt, milk, water, olive oil

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

**Cauliflower Crust:** cauliflower, mozzarella, parmesan, dried oregano, garlic salt, eggs

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

### Red Pizza

Pizza Crust, Tomato Sauce, Mozzarella Cheese

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

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

**Tomato Sauce:** chopped tomato, salt, basil leave, garlic

### White Pizza

Pizza Crust, Olive Oil, Garlic, Oregano Dry, Mozzarella Cheese

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

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

### Choice of 2 Toppings

Regular Toppings: Bacon, Bell Peppers, Ham, Italian Sausage, Jalapeno, Mushrooms, Pepperoni, Pineapples, Red Onions, Tomatoes

Premium Toppings: Artichoke, Arugula, Avocado, Chicken Breast, Feta Cheese

**Pepperoni:** pork, salt, paprika, spice extracts, sugar, ascorbic acid, sodium erythorbate, yeast extracts, chili, garlic, starter culture, sodium nitrite

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

## Tradewinds Ingredients Listing for All Menu Items

**Ham:** pork leg, salt, sodium lactate, sugar, sodium, phosphate, sodium diacetate, sodium erythorbate

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

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

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

**Jalapeno:** jalapeno peppers, water, vinegar, iodized salt, onions, spices and soybean oil

### **SANDWICHES & WRAPS**

Choice Of Fries or Side Salad / Gluten Free Bread

**Side Salad:** mesclun green, Italian dressing

**Gluten Free Bread:** cornstarch, rice flour, tapioca starch, potato flour

**Italian Dressing:** water, vinegar, sugar, onion, salt, garlic, food acid (sodium citrate, citric) capsicum, thickener (carrageenan gum) pepper, basil, oregano, marjoram, rosemary

### **California Club**

Whole Wheat Bread, Mayonnaise, Smoked Turkey Breast, Honey Baked Ham, Bacon, Cheddar Cheese, Avocado, Tomato, Lettuce, Fries, Coleslaw

**Whole Wheat Bread:** wholemeal wheat flour, wheat flour, honey, wheat gluten, oats 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

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

**Coleslaw:** white cabbage, carrot, bell pepper, mayonnaise, lemon juice salt, pepper

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

**Classic Reuben**  

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

**Stuffed Olives:** green olive, water, pimiento paste, salt, acidulants, lactic, citric acid

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

**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, carrot, bell pepper, 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

**Paneer and Spinach Chickpea Wrap**  

Flour Tortilla, Paneer, Spinach, Mint Yogurt, Cucumber Raita, Garbanzo Bean

**Flour Tortilla:** wheat flour, water, vegetable shortening (soybean oil), hydrogenated soybean oil, salt

**Garbanzo Bean:** water, salt, calcium chloride, sodium sulphite, calcium disodium

**Paneer:** milk solids, citric acid

**Cucumber Raita:** cucumber, yogurt, salt and pepper

**Greek Yogurt:** milk, cream, yogurt cultures

**Smokey Pulled Pork Sandwich**   

Sesame Hamburger Bun, Grillhouse Pulled Pork, B.B.Q Sauce, Vegetable Oil, Fries, Dill Pickle, Coleslaw

## Tradewinds Ingredients Listing for All Menu Items

**Pork Rub:** Grillhouse pulled ground cayenne pepper, brown sugar, cumin, mustard, lemon pepper seasoning, onion powder, garlic powder, smoked paprika, ground coarse black pepper, salt

**Hamburger 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 white sesame seed

**Coleslaw:** white cabbage, carrot, bell pepper, 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

### **SIGNATURE BURGERS**

Made in-house with Fresh Ground American Chuck & Sirloin.

Choice of Fries, French or sweet potato, or Side Salad, Sesame Seed Bun

Gluten-free Bun available 

Impossible Plant-based Patty 

Optional: Replace Sesame Seed Bun to Lettuce bun 

**French Fries:** potatoes, modified potato starch, vegetable oil, rice flour, dextrin, salt, disodium dihydrogen pyrophosphate, sodium, bicarbonate, dextrose, xanthan gum

**Sweet Potato:** sweet potatoes, vegetable oil, modified potato starch, rice flour, dextrin, sugar, salt, disodium dihydrogen pyrophosphate, sodium, bicarbonate, dextrose, xanthan gum

**Side Salad:** mesclun green, Italian dressing

**Gluten-free Bun:** cornstarch, rice flour, tapioca starch, potato flour

**Italian Dressing:** water, vinegar, sugar, onion, salt, garlic, food acid (sodium citrate, citric) capsicum, thickener (carrageenan gum) pepper, basil, oregano, marjoram, rosemary

### **Classic Burger**

Butchery Beef Hamburger, Sliced Cheddar Cheese, Coleslaw, Fries, Burger Bun, Burger Setting (Lettuce, Tomato, Onion), Gherkin

**Fresh Ground American Chunk:** beef fat, beef chunk

**Sesame Seed Bun:** wheat flour, water, sugar, yeast, soybean oil, wheat gluten, salt, calcium sulphate, 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 ChopHouse Burger**  

Angus Beef Patty, Fries, Swiss Cheese, Smoked Bacon, Pickled Red Onions, Sesame Seed Bun, Sautéed Mushrooms, Burger Setting (Lettuce, Tomato, Onion), Gherkin

**Fresh Ground American Chunk:** beef fat, beef chunk

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

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

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

**Sautéed Mixed Mushrooms:** portobello mushrooms, button mushrooms, honshimeji mushrooms, olive oil, white wine (cooking), thyme, garlic, salt, pepper

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

**Impossible Burger**  

Impossible Burger Patty (Plant Based Protein), Burger Bun , Burger Setting (Lettuce, Tomato, Onion), Blue Cheese Crumbs, Pickled Onion, Sautéed Mushrooms, Chipotle Ketchup, Arugula, Fries, Gherkin

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

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

**Blue Cheese:** pasteurized milk, salt, lactic culture, microbial rennet, penicillium r'fort

**Pickled Onion:** red onion, beetroot, vinegar water

**Sautéed Mixed Mushrooms:** portobello mushrooms, button mushrooms, honshimeji mushrooms, olive oil, white wine (cooking), thyme, garlic, salt, pepper

**Chipotle Ketchup:** ketchup, chipotle in adobo

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

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

**MAINS**

**Wood-Fire roasted ½ chicken**

Marinated Chicken, Roasted Potato and Vegetable, Rosemary Sauce

**Chicken Marinated:** Cajun spices

**Cajun Spices:** Garlic, paprika, oregano, red pepper, salt, onion

**Rosemary Sauce:** rosemary, shallots, red wine (cooked), bay leaves, chicken stock, butter, roux, salt

**Roux:** butter, flour

**Chicken Stock:** chicken bones, water, carrots, onions, celery

**Roasted Potatoes and Vegetable:** new potato, garlic, carrot, zucchini, olive oil, salt, pepper

**Chargrilled Rib Eye Steak**  

Green Peppercorn Sauce, Whipping Potatoes, Olive Oil, Carrot, Green Zucchini, Yellow Zucchini, Broccoli, Salt, Pepper

**Green Peppercorn Sauce:** green peppercorn in brine, shallots, red wine (cooked), bay leaves, beef stock, thyme, butter, butter roux, salt

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

**Green Peppercorn in Brine:** green peppercorns, water, salt

**Beef Stock:** beef bones, water, carrots, onions, celery

**Roux:** butter, flour

**Fish and Chips**   

White Snapper Fillet, Tempura Batter, Fries, Tartar Sauce, Coleslaw, Salt, White Pepper, Lemon Wedge, Mixed Salad, Carrot,

**Tempura Batter:** tempura flour, water, Italian parsley, fine salt

**Tempura flour:** wheat flour, emulsifier, carotene pigment, gardenia pigment, egg, milk

**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

**Roasted Cauliflower**   

Asparagus, Roasted Cherry Tomatoes, Pesto Yogurt Dip

**Pesto Yogurt Dip:** pesto sauce, yogurt, salt, pepper

**Greek Yogurt:** milk, cream, yogurt cultures

**Pesto Sauce:** pine nuts, parmesan, garlic, basil leave, olive oil, salt

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

**PASTA**

**Meatballs Spaghetti**  

Tomato Sauce, Spaghetti, Meat Ball, Garlic, Parmesan Cheese, Butter

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

**Meat Ball:** ground beef, bread crumb, eggs, onion, garlic, salt, pepper

**Bread Crumbs:** wheat flour, yeast, baking powder, vegetable shortening, sugar, salt

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

**Spaghetti:** durum wheat grains, water, nutritional value

## Laksa Linguine

Prawns, Creamy Laksa Sauce, Linguine, Parmesan Cheese, Butter

**Linguine:** durum wheat, semolina, water

**Creamy Laksa Sauce:** cooking cream, laksa paste, coconut milk

**Laksa Paste:** palm oil, dried chili, dried prawn, salt, shallot, galangal, shrimp, turmeric powder, yeast extract, laksa leaf, lemongrass, white pepper

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

## Mushroom Linguine

Linguine, Mix Mushroom, Cooking Cream, Butter, Parmesan Cheese

**Linguine:** durum wheat, semolina, water

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

**Sautéed Mixed Mushrooms:** portobello mushrooms, button mushrooms, honshimeji mushrooms, olive oil, thyme, garlic, salt, pepper

## Baked Mac & Cheese

Spinach, Elbow Macaroni, Tomato Dice, Cheese Sauce

**Elbow Macaroni:** durum semolina, Niacin, Ferrous, thiamine mononitrate, riboflavin, folic acid

**Cheese Sauce:** cream, American cheese, orange cheddar cheese, Swiss cheese, salt, pepper, sugar

**Cream:** Cream, stabiliser E407

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

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

**Orange Cheddar Cheese:** milk, cheese culture, salt, enzymes), whey, water, protein concentrate, sodium citrate, calcium phosphate, sodium phosphate, lactic acid as a preservative, annatto and paprika

## ASIAN MENU

**Mala Stir Fry**  

Broccoli, Mushroom, Cauliflower, Carrot, Cabbage, Dried Chilli, Spring Onion, Szechuan Peppercorn, Lotus Root, Capsicum, Mala Sauce, Steam Rice

**Mala Sauce:** soybean, chili, butter, horse bean, leek, ginger, fennel, aniseed, salt, sugar

**Steamed Rice:** rice, water, salt

**Thai Green Curry**  

Thai Green Curry, Eggplant, Red Chilli, Cherry Tomatoes, Lime Leaf, Thai Basil, Steam Rice

**Thai Green Curry:** green curry paste, coconut milk, fish sauce, salt

**Green Curry Paste:** green chili, garlic, lemongrass, salt, galangal, kaffir lime peel, coriander seed, pepper, cumin, turmeric

**Fish Sauce:** anchovy fish extract, salt, water

**Steamed Rice:** rice, water, salt

**Gong Bao Chicken** 

Chicken Thigh Debone, Onion White , Green, Yellow Zucchini, Cashew Nut, Gong Bo Sauce, Dried Chili Padi, Ginger , Szechuan Peppercorn, Garlic, Cooking Oil, Carrot, Cilantro Leaf, Steamed Rice

**Gong Bao Sauce:** black vinegar, white vinegar, water, light soy sauce, dark soy sauce, sugar

**Black Vinegar:** water, millet, sorghum husk, acetic acid, maltose, salt white vinegar: grain, acetic acid, water

**Dark Soya:** water, soybeans, wheat, salt, sugar, flavour enhancer(e621), sodium benzoate

**Light Soya:** water, soybeans, wheat, salt

**Steamed Rice:** rice, water, salt

**Steamed Fish with Black Bean Sauce** 

Red Snapper Fillet, Chinese Broccoli, Tofu, Steam White Rice, Garlic, Black bean sauce

**Black Bean Sauce:** fermented black bean, soy sauce, water, garlic, sugar, salt, soybean oil, corn starch (contains soybean, wheat)

**Tofu:** soybeans, water

**Steamed Rice:** rice, water, salt

**Light Soya:** water, soybeans, wheat, salt

### Hainanese Chicken Rice

Chicken Breast or Thigh, Chicken Rice, Chicken Soup, Kai lan, Ginger, Chili Sauce, Dark Soy Sauce, Tomato, Cucumber, Deep Fry Scallions, Chicken Rice Soy Sauce

**Chicken Rice:** rice, chicken fat, ginger, sesame oil

**Chili Sauce:** chili padi, garlic, lime juice, ginger, salt, white pepper

**Dark Soya:** water, soybeans, wheat, salt, sugar, flavour enhancer (e621), sodium benzoate

**Chicken Rice Soya:** dark soya, oyster sauce, sesame oil, sugar

**Oyster Sauce:** water, modified starch, soybean protein, sugar, salt, caramel, MSG, sodium benzoate

**Sesame Oil:** toasted sesame seed

### Stir Fried Bee Hoon with Seafood

Bee Hoon, Garlic, Chye Sim, Dark Soya Sauce, Light Soya Sauce, Oyster Sauce, Sesame Oil, Prawn, Pacific Dory Fillet, Fish Cake Slice, Egg, Bean Sprouts, Chicken Powder, White Pepper, Cilantro Leaf, Carrot, Green Chili in Vinegar, Cooking Oil

**Bee Hoon:** rice, corn flour, sago starch

**Dark Soya:** water, soybeans, wheat, salt, sugar, flavour enhancer (e621), sodium benzoate

**Light Soya:** water, soybeans, wheat, salt

**Oyster Sauce:** water, modified starch, soybean protein, sugar, salt, caramel, MSG, sodium benzoate

**Fish Cake:** fish meat, vegetable oil, refined soya bean oil, corn starch, modified tapioca starch, salt, sugar, flavour enhancer, garlic

**chicken Powder:** salt, maltodextrin, flavour enhancer, corn starch, chicken meat, sugar, flavouring(egg), soy sauce (wheat), palm fat, spice

**Seafood Hor Fun**  

Kway Teow, Dark Soya Sauce, Light Soya Sauce, Prawn, Pacific Dory Fillet, Fish Cake Slice, Egg, Chye Sim, Bean Sprout, Spring Onion, Motor Car Flour, Chicken Powder, Cooking Oil, Water, Salt, Pepper Powder

**Kway Teow Noodles:** rice, corn flour, sago starch

**Dark Soya:** water, soybeans, wheat, salt, sugar, flavour enhancer(e621), sodium benzoate

**Light Soya:** water, soybeans, wheat, salt

**Fish Cake:** fish meat, vegetable oil, refined soybean oil, corn starch, modified tapioca, starch, salt, sugar, flavour enhancer, garlic

**Chicken Powder:** salt, meltodextrin, flavour enhancer, corn starch, chicken meat, sugar, flavouring(egg), soy sauce (wheat), palm fat, spice

**Vegetarian Fried Rice**  

Steam Rice, Mixed Vegetable, Egg, Shiitake Mushroom, White Cabbage, Garlic, Light Soya Sauce, Vegetarian Oyster Sauce, Carrot, Green Chili in Vinegar, Cooking Oil

**Light Soya:** water, soybeans, wheat, salt

**Steamed Rice:** rice, water, salt

**Vegetarian Oyster Sauce:** water, modified starch, soya protein, sugar, salt, caramel, MSG, sodium benzoate

**Green Chili in Vinegar:** green chilies, salt, sugar, vinegar

**Cauliflower Fried Rice**  

Cauliflower, mixed Vegetable, Egg, Shiitake Mushroom, White Cabbage, Garlic, Light Soya Sauce, Vegetarian Oyster Sauce, Carrot, Green Chili in Vinegar, Cooking Oil

**Vegetarian Oyster Sauce:** water, modified starch, soya protein, sugar, salt, caramel, MSG, sodium benzoate

**Green Chili in Vinegar:** green chilies, salt, sugar, vinegar

**Light Soya:** water, soybeans, wheat, salt

**INDIAN**

**Mutton Vindaloo**   

Marinated Mutton, Turmeric, Tomatoes, Vindaloo Gravy, Lime, Chili, Steam Rice, Papadum, Cucumber Raita

**Steamed Rice:** rice, water, salt

**Mutton Marinated:** yogurt, mutton, white onion, tomatoes, cooking oil, cinnamon stick, bay leaves, green cardamom, brown cardamom, clove, chestnut, garam masala, cardamom powder, coriander powder, cumin powder, turmeric powder, nutmeg powder, red chili powder, garlic ginger paste, yogurt, salt, pepper

**Vindaloo Gravy:** white vinegar, dry chili, coriander seeds, cumin seed, cinnamon stick, green cardamom, ginger, garlic

**Papadum:** urid flour, salt, rice flour, cooking oil, cumin

**Cucumber Raita:** cucumber, yogurt, salt, pepper

**Yogurt:** milk, cream, yogurt cultures

**Murgh Tandoor Tikka** 

Marinated Chicken Tikka Skewer, Papadum, Cucumber Raita, Mint Yogurt, Indian Salad, Lemon Wedge, Naan

**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)

**Cucumber Raita:** cucumber, yogurt, salt, pepper

**Indian Salad:** cucumber, carrot, cabbage, mint yogurt, chat masala

**Naan:** plain flour, salt, sugar, water, yeast

**Papadum:** urid flour, salt, rice flour, cooking oil, cumin

**Mint Yoghurt:** yogurt, mint leave, coriander leave, ginger, onion, chat masala

**Aloo Gobi** 

Cauliflower, Potato, Onion Masala, Whipping Cream, Naan Bread, Biryani Rice, Papadum, Cucumber Raita, Coriander Leaves, Tomato, Butter

**Onion Masala:** white onions, tomatoes, green chili, garlic, coriander leaves, turmeric powder, cumin powder, coriander powder, cumin seeds, salt, garam masala, butter, ghee, cooking oil

**Naan:** plain flour, salt, sugar, water, yeast

**Cucumber Raita:** cucumber, yogurt, salt, pepper

**Papadum:** urid flour, salt, rice flour, cooking oil, cumin

**Paneer Makhani**  

Paneer, Cashew Nuts, Mild Gravy, Papadum, Naan, Yogurt

**Mild Spicy Gravy:** tomatoes, cashew nut, butter, cooking cream, cumin, garam masala, kastoori mathi,

**Papadum:** urid flour, salt, rice flour, cooking oil, cumin

**Naan:** plain flour, salt, sugar, water, yeast

**Paneer:** milk solids, citric acid

**Yoghurt:** milk, cream, yogurt cultures

**Fish Capsicum Masala**   

Fish, Capsicum Masala, Papadum, Naan, Cucumber Raita

**Capsicum Masala:** garlic, ginger, onion, tomatoes, coconut, cumin, Coriander, garam masala

**Cucumber Raita:** cucumber, yogurt, salt, pepper

**Naan:** plain flour, salt, sugar, water, yeast

**Papadum:** urid flour, salt, rice flour, cooking oil, cumin

**Yoghurt:** milk, cream, yogurt cultures

## DESSERT

**Cheese Cake**  

Cream Cheese, Cream, Sugar, Egg

**Raspberry Sauce:** sugar, glucose, raspberry, citric acid, pectin

**Chocolate Lave Cake**  

**Chocolate Lava:** whole egg, egg yolk, sugar, flour, butter, chocolate

**Chocolate Sauce:** chocolate, evaporated milk, vanilla ice cream, water, sugar, palm kernel oil, milk powder, whey powder, emulsifiers, stabilisers, food flavouring

**Vanilla Ice Cream:** Cream, skim milk, sugar, egg yolk, Guar gum, vanilla extract, carrageenan

## KIDS MENU

### Lil' Classic Burger

Beef Patty, Burger Bun, Salt, Pepper, American cheese

**Beef Patty:** beef, salt, pepper

**Burger Bun:** flour, yeast, water, sugar, salt

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

### Lil' Chicken Cheese Burger

Cilantro-lime Chicken breast, Burger Bun, American cheese, Salt, Pepper

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

**Burger Bun:** flour, yeast, water, sugar, salt

**Cilantro-Lime Chicken:** skinless chicken breast, fresh lime juice, olive oil, lime seasoning powder, black pepper powder, salt, lime zest

### Kids Classic Pizza

Pizza Crust, Red Sauce, Mozzarella Cheese

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

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

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

**Grilled Cheese Sandwich**  

Whole Wheat Bread, Cheddar Cheese, Butter

**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

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

**Mac and Cheese**  

Elbow Macaroni, Cheese Sauce

**Elbow Macaroni:** durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid

**Cheese Sauce:** butter, flour, UHT milk, American cheese, cheddar cheese, Swiss cheese, whipping cream, sugar white, salt, white pepper

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

**Spaghetti Bolognese** 

Spaghetti, Bolognese Sauce, Parmesan Cheese, Butter

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

**Spaghetti:** durum wheat grains, water, nutritional value

**Bolognese sauce:** ground beef, tomato sauce, flour, onion, garlic, salt, pepper,

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

**Penne Pasta** 

Whole Wheat Penne Pasta, Choice of Red Sauce, Cream Sauce or Butter Parmesan Sauce

**Whole Wheat Penne:** durum whole wheat flour

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

**Cream Sauce:** butter, flour, heavy cream, salt

**Butter Parmesan Sauce:** butter, parmesan

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

**Fish Fingers**    

Red Snapper, Batter, Breading (Optional), Cooking Oil, Salt, Pepper, Coleslaw, Tartar Sauce

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

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

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

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

**Tempura Batter:** tempura flour, water, Italian parsley, fine salt

**Chicken Tenders** 

Chicken Breast, Breading (Optional), Cooking Oil, Salt, Pepper, Honey Mustard Sauce

**Honey Mustard Sauce:** honey, mayonnaise, yellow mustard

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

**Stir Fried Whole Grain Noodles**  

Whole Grain Noodles, Broccoli, Carrots, Spring Onion, Mushrooms, Garlic, Light Soya Sauce, Fried Egg

**Wholegrain Noodles:** whole wheat flour, wheat flour, salt, sodium carbonate, disodium phosphate

**Light Soya:** water, soybeans, wheat, salt

**Fried Rice**  

Steamed Rice, Cooking Oil, Garlic, Ginger, Corn, Carrots, Green Peas, Light Soya Sauce, Fried Egg

**Light Soya:** water, soybeans, wheat, salt

**Steamed Rice:** rice, water, salt

**Hainanese Chicken Rice** 

Chicken Breast or Thigh, Chicken Rice, Chicken Soup, Kai lan, Tomato, Cucumber, Deep Fry Scallions, Chicken Rice Soy Sauce

**Chicken Rice:** rice, chicken fat, ginger, sesame oil

**Dark Soya:** water, soybeans, wheat, salt, sugar, flavour enhancer (e621), sodium benzoate

**Chicken Rice Soya:** dark soya, oyster sauce, sesame oil, sugar

**Oyster Sauce:** water, modified starch, soybean protein, sugar, salt, caramel, MSG, sodium benzoate

**Sesame Oil:** toasted sesame seed

**Brown Rice Bee Hoon Soup with Shredded Chicken**

Brown Rice Bee Hoon, Shredded Chicken, Cai Xin, Bean Sprouts, Soup Stock

**Brown Rice Bee Hoon:** brown rice, water

**Shredded Chicken:** steamed chicken

**DESSERT****Waffle topped with Vanilla Ice Cream with Fresh Strawberry, Blueberries and Whipped Cream**

**Waffle:** wheat flour, malted barley flour, palm & soybean oil, rice flour, baking powder, sugar, dextrose, eggs white, salt

**Contains:** wheat flour, eggs, milk

**Vanilla Ice Cream:** Cream, skim milk, sugar, egg yolk, Guar gum, vanilla extract, carrageenan