

# Sharis™

## Allergens Resource Guide

MAY 2019

### Product Information Disclaimer

Shari's provides the most current allergen information available from our food suppliers on eight common allergens so that our guests with food allergies can make informed food selections. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. While we strive to keep this information current, please note that ingredient changes and substitutions may occur due to differences in regional suppliers, recipe changes, product changes, preparation techniques, and the season. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.



# Allergens Information



## BREAKFAST

	EGG	MILK	SOY	WHEAT	PEANUT	TREE NUTS	SHELLFISH
<b>SHARI'S EGG BREAKFASTS</b>							
The Shari's Sampler	X	X	X	X			
Bacon & Eggs	X		X				
Sausage & Eggs	X		X				
Double Smoked Sausage & Eggs	X		X				
Buttermilk Pancakes	X	X	X	X			
French Toast	X	X	X	X			
Hashbrowns & Rye toast		X	X	X			
Hashbrowns & Sourdough toast		X	X	X			
Hashbrowns & Wheat toast		X	X	X			
Hashbrowns and White Toast		X	X	X			
Hashbrowns & English Muffin		X	X	X			
Biscuit & Gravy		X	X	X			
<b>EGGS BENEDICT</b>							
Classic Ham Benedict	X	X	X	X			
Country Sausage Benedict	X	X	X	X			
Prime Rib Benedict	X	X	X	X			
Tomato Avocado Benedict	X	X	X	X			
<b>SIGNATURE SWEETS</b>							
Buttermilk Pancakes	X	X	X	X			
French Toast	X	X	X	X			
Waffle		X	X	X			
Cinnama-sation French Toast	X	X	X	X		X	
Combo with Bacon	X		X				
Combo with Double Smoked Sausage	X		X				
Combo with Sausage	X		X				
Add Marionberry		X					
Add Strawberry		X					
<b>WELCOME CLASSICS</b>							
TBone Breakfast	X		X				
Sirloin Steak & Eggs	X		X				
Ultimate Country Fried Steak & eggs	X	X	X	X			
Buttermilk Pancakes	X	X	X	X			
French Toast	X	X	X	X			
Biscuit & Gravy		X	X	X			
White Toast		X	X	X			
Wheat Toast		X	X	X			
Sourdough Toast		X	X	X			
Rye Toast		X	X	X			
English Muffin		X	X	X			
Meat Lovers Skillet	X	X	X				
Buttermilk Pancakes	X	X	X	X			
French Toast	X	X	X	X			
Biscuit & Gravy		X	X	X			
White Toast		X	X	X			
Wheat Toast		X	X	X			
Sourdough Toast		X	X	X			
Rye Toast		X	X	X			
English Muffin		X	X	X			
<b>BREAKFAST EXTRAS</b>							
Hashbrowns			X				
Stuffed Hashbrowns		X	X				
Bacon							
Sausage							
Zenner's Double Smoked Sausage							
Biscuits & Gravy		X	X	X			
Bowl Fresh Fruit							
Two eggs	X		X				
Cottage Cheese		X					
Caramel Pecan Roll	X	X	X	X		X	
Cinnamasation Roll	X	X	X	X			

	EGG	MILK	SOY	WHEAT	PEANUT	TREE NUTS	SHELLFISH
White Toast		X	X	X			
Wheat Toast		X	X	X			
Sourdough Toast		X	X	X			
Rye Toast		X	X	X			
English Muffin		X	X	X			
Black Pepper & Cheese Biscuits		X	X	X			
Oatmeal		X				X	
<b>SCRAMBLES OR OMELETTES</b>							
Country Ham & Cheddar	X	X	X				
Bacon, Mushroom & Pepper Jack	X	X	X				
Ron's Favorite	X	X	X				
Spring Spinach	X	X	X				
Buttermilk Pancakes	X	X	X	X			
French Toast	X	X	X	X			
Hashbrowns & Rye toast		X	X	X			
Hashbrowns & Sourdough toast		X	X	X			
Hashbrowns & Wheat toast		X	X	X			
Hashbrowns and White Toast		X	X	X			
Hashbrowns & English Muffin		X	X	X			
Biscuit & Gravy		X	X	X			
Build Your Own Omelette	X		X				
Green Onion							
Sauteed Onions		X	X				
Broccoli add on							
Tomatoes Add On							
Pico De Gallo Add on							
Sour Cream Add on		X					
Swiss add on		X					
Cheddar Add on		X					
Bleu Cheese Crumble Add On		X					
Pepper Jack Cheese Add on		X					
Spinach Add on							
Bell Peppers Add on							
Mushrooms Add On							
Add avocado							
Add Ham							
Add Bacon							
Add Sausage							
Buttermilk Pancakes	X	X	X	X			
French Toast	X	X	X	X			
Hashbrowns & Rye toast		X	X	X			
Hashbrowns & Sourdough toast		X	X	X			
Hashbrowns & Wheat toast		X	X	X			
Hashbrowns and White Toast		X	X	X			
Hashbrowns & English Muffin		X	X	X			
Biscuit & Gravy		X	X	X			

# Allergens Information



## LUNCH / APPETIZERS

	EGG	MILK	SOY	WHEAT	PEANUT	TREE NUTS	SHELLFISH
<b>SHAREABLE APPETIZERS</b>							
Loaded Tater Tots	X	X	X				
Mozzarella Sticks with Marinara		X	X	X			
Chicken Tenders	X	X	X	X			
Nachos		X	X				
Shari's Sampler Platter	X	X	X	X			
<b>FRESH ENTRÉE SALADS</b>							
Rustic Tuscan Chicken Salad	X	X	X	X			
Northwest Steak Salad		X	X	X		X	
Build Your Own Salad							
Caesar Salad	X	X	X	X			
Wedge Salad	X	X	X	X			
Spinach Salad	X	X		X		X	
Chopped Salad		X		X		X	
Chicken Breast							
Wild Alaskan Salmon							
Shrimp Skewers							X
Chicken Tenders				X			
<b>ARTISAN SANDWICHES</b>							
Traditional Club Sandwich	X	X	X	X			
Cajun Chicken & Avocado Club	X	X	X	X			
Prime Rib Dip	X	X	X	X			
Philly Rib Dip	X	X	X	X			
Grilled Ham & Four-Cheese Melt		X	X	X			
Four Way Grill Cheese Sandwich	X	X	X	X			
Roasted Turkey Breast Sandwich	X	X	X	X			
Applewood-Smoked BLT Sandwich	X	X	X	X			
Cuban Sandwich		X	X	X			
French Fries							
Tater Tots				X			
Cole Slaw	X						
Soup, Cup Chicken Noodle	X						
Soup, Cup Roasted Tomato Bisque		X		X			
Soup, Cup Clam Chowder		X	X	X			X
Soup, Cup of Loaded Potato		X	X	X			
Dinner Salad		X		X			
Ranch Dressing	X	X	X				
Blue Cheese Dressing	X	X	X				
Thousand Island Dressing	X		X				
Honey Mustard Dressing	X		X				
Robusto Italian Dressing				X			
Low Fat Balsamic Vinaigrette				X			
Vinegar and Oil							
Hot Turkey Sandwich		X	X	X			

	EGG	MILK	SOY	WHEAT	PEANUT	TREE NUTS	SHELLFISH
<b>SIGNATURE BURGERS &amp; MELTS</b>							
Double Double Bacon Cheeseburger	X	X	X	X			
Tillamook Cheddar Burger	X	X	X	X			
Build Your Own Burger							
Tillamook Cheddar Burger	X	X	X	X			
Sauteed Onions		X	X				
Tomatoes							
Pico De Gallo							
Swiss add on		X					
Cheddar Add on		X					
Bleu Cheese Crumble Add On		X					
Pepper Jack Cheese Add on		X					
Traditional Patty Melt	X	X	X	X			
Bacon & Cheddar Melt	X	X	X	X			
Philly-Style Patty Melt	X	X	X	X			
French Fries							
Tater Tots			X				
Cole Slaw	X						
Soup, Cup Chicken Noodle	X			X			
Soup, Cup Roasted Tomato Bisque		X		X			
Soup, Cup Clam Chowder		X	X	X			X
Soup, Cup of Loaded Potato		X	X	X			
Dinner Salad		X		X			
Ranch Dressing	X	X	X				
Blue Cheese Dressing	X	X	X				
Thousand Island Dressing	X		X				
Honey Mustard Dressing	X		X				
Robusto Italian Dressing				X			
Low Fat Balsamic Vinaigrette				X			
Vinegar and Oil							

# Allergens Information



## DINNER / HONORED / PIES & DESSERTS

	EGG	MILK	SOY	WHEAT	PEANUT	TREE NUTS	SHELLFISH
<b>USDA STEAKS</b>							
TBone Steak Dinner		X	X				
Sirloin Steak Dinner		X	X	X			
Broccoli		X	X				
Rice Pilaf		X	X	X		X	
Mashed Potatoes		X					
Tater Tots			X				
Coleslaw	X						
Dinner Salad		X		X			
Ranch Dressing	X	X	X				
Blue Cheese Dressing	X	X	X				
Thousand Island Dressing	X		X				
Honey Mustard Dressing	X		X				
Robusto Italian Dressing			X				
Low Fat Balsamic Vinaigrette			X				
Vinegar and Oil							
Caesar Side Salad	X	X	X	X			
Baked Potato							
Baked Potato with Butter & Sourcream		X	X				
Loaded Mashed Potatoes		X					
Loaded Baked Potato		X					
Stuffed Hashbrowns		X	X				
Grilled Lemon Chicken & Rice		X	X	X		X	
Wild Alaskan Salmon Dinner		X	X	X		X	
Country Fried Steak Dinner		X	X	X			
Fish & Chips (fries)	X	X	X	X			
Fish & Chips (tots)	X	X	X	X			
Slow Roasted Turkey Dinner		X	X	X			
Chopped Steak Dinner		X	X				

	EGG	MILK	SOY	WHEAT	PEANUT	TREE NUTS	SHELLFISH
<b>SHARI'S AWARD WINNING PIES</b>							
Shari's Deep Dish Washington Apple Pie	X			X			
Shari's Northwest Marionberry Pie	X	X		X			
Shari's Dutch Apple Pie	X			X			
Shari's NSA Granny's Apple Pie	X	X	X	X			
Shari's NSA Northwest Marionberry	X	X		X			
Shari's Montana Cherry Pie	X		X	X			
Shari's Strawberry Rhubarb Delight	X	X		X			
Shari's Northwest Berry Trio	X		X	X			
Shari's Peach Perfection	X		X	X			
Shari's Peanut Butter Chocolate Silk	X	X	X	X	X	X	
Shari's Tropical Coconut Cream	X	X	X	X		X	
Shari's Sour Cream Lemon	X	X	X	X			
Shari's Banana Cream Dream	X	X	X	X		X	
Shari's S'mores Galore Pie	X	X	X	X		X	
Shari's Creamy Caramel Pecan Crunch	X	X	X	X	X	X	
Shari's Chocolate Cream Supreme	X	X	X	X			
Shari's Lemon Meringue Delight	X	X	X	X			
Shari's Northwest Marionberry Cheese	X	X	X	X			

	EGG	MILK	SOY	WHEAT	PEANUT	TREE NUTS	SHELLFISH
<b>SMALLER PLATES AND LIGHTER FARE FOR HONORED GUESTS</b>							
Smaller Plates Bacon and Egg	X		X				
Smaller Plates Sausage and Egg	X		X				
Smaller Plates Country Fried Steak Dinner		X	X	X			
Smaller Plates Omelette, Denver	X	X	X				
Buttermilk Pancakes	X	X	X	X			
French Toast	X	X	X	X			
Hashbrowns & Rye toast		X	X	X			
Hashbrowns & Sourdough toast		X	X	X			
Hashbrowns & Wheat toast		X	X	X			
Hashbrowns and White Toast		X	X	X			
Hashbrowns & English Muffin		X	X	X			
Four Way Grill Cheese Sandwich	X	X	X	X			
Roasted Turkey Breast Sandwich	X	X	X	X			
Applewood-Smoked BLT Sandwich	X	X	X	X			
Soup, Cup Chicken Noodle	X			X			
Soup, Cup Roasted Tomato Bisque		X		X			
Soup, Cup Clam Chowder		X	X	X			X
Soup, Cup of Loaded Potato		X	X	X			
Dinner Salad		X		X			
Ranch Dressing	X	X	X				
Blue Cheese Dressing	X	X	X				
Thousand Island Dressing	X		X				
Honey Mustard Dressing	X		X				
Robusto Italian Dressing			X				
Low Fat Balsamic Vinaigrette			X				
Vinegar and Oil							
Smaller Plates Wedge Salad with chicken		X		X			
Smaller Plates Garden Salad with chicken		X		X			
Smaller Plates Country Fried Steak Dinner		X	X	X			
Smaller Plates Fish & Chips (fries)	X	X	X	X			
Smaller Plates Fish & Chips (tots)	X	X	X	X			
Smaller Plates Slow Roasted Turkey Dinner		X	X	X			
Smaller Plates Grilled Lemon Chicken & Rice		X	X	X		X	