

ITEM	Notes	GLUTEN	PEANUTS	DAIRY	SOY	TREE NUTS	FISH	SHELLFISH
<b>STARTERS</b>								
Mozzarella Cheese Sticks		Contains Gluten (Breading)		Contains Dairy (Cheese, Eggwash)	Contains Soybean Oil (Marinara Sauce)		Fried in oil with fish	Fried in oil with shellfish
The Debate		Contains Gluten (Breading)		Contains Dairy (Cheese, Eggwash)	Contains Soybean Oil (Marinara Sauce, Buffalo Sauce, Bleu Cheese)		Fried in oil with fish	Fried in oil with shellfish
Fresh Breaded Mushrooms		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Fried in oil with fish	Fried in oil with shellfish
Boneless Wings Buffalo		Contains Gluten (Breading)		Contains Dairy (Eggwash, Bleu Cheese)	Contains Soybean Oil (Buffalo Sauce, Bleu Cheese Dressing)		Fried in oil with fish	Fried in oil with shellfish
Chicken Quesadilla		Contains Gluten (Tortilla, Salsa)		Contains Dairy (Cheese)	Contains Soybean Oil (Grill Spray)			
Maple Chicken Poutine		Contains Gluten (Rolls, Fries)		Contains Dairy (Cheese)	Contains Soybean Oil (Mayo)		Fried in oil with fish (fries)	Fried in oil with shellfish (fries)
Homemade Onion Rings		Contains Gluten (Breading)		Contains Dairy (Cheese, Eggwash)			Fried in oil with fish	Fried in oil with shellfish
Fried Pickles		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Fried in oil with fish	Fried in oil with shellfish
Poutine		Contains Gluten (Breading)		Contains Dairy (Cheese, Eggwash, Gravy)	Contains Soybean Oil (Gravy)		Fried in oil with fish	Fried in oil with shellfish
<b>SEAFOOD</b>								
Half & Half Basket		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Contains Fish if ordered with Haddock	Contains Shellfish if ordered with Clams, Scallops, Shrimp.
Fisherman's Platter		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Contains Fish if ordered with Haddock	Contains Shellfish if ordered with Clams, Scallops, Shrimp.
Fresh Clam Basket		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Fried in oil with fish	Contains Shellfish
Clam Tenders		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Fried in oil with fish	Contains Shellfish
Maine Baby Shrimp		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Fried in oil with fish	Contains Shellfish
Homemade Haddock Chowder		Contains Gluten		Contains Dairy	Contains Soybean Oil		Contains Fish	Contains Shellfish
Haddock Fry		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Contains Fish	Fried in oil with shellfish
Shrimp Alfredo		Contains Gluten		Contains Dairy (Alfredo Sauce)	Contains Soy (Pan Spray, Alfredo Sauce)			Contains Shellfish
Fresh Scallop Basket		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Fried in oil with fish	Contains Shellfish
Broiled Scallops					Contains Soybean Oil (Margarine)			Contains Shellfish
Broiled Haddock					Contains Soybean Oil (Margarine)		Contains Fish	
<b>COMFORT FOOD</b>								
Chicken Fingers		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Fried in oil with fish	Contains Shellfish
Chicken Pot Pie		Contains Gluten		Contains Dairy (Butter)	Contains Soybean Oil (Chicken Base)			

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Chicken Breasts					Pan Spray contains Soybean Oil			
Fried Chicken Breasts		Contains Gluten (Breading)		Contains Dairy (Eggwash)			Fried in oil with fish	Contains Shellfish
Roast Turkey & Trimmings		Contains Gluten (Stuffing, Gravy)			Contains Soybean Oil (Gravy, Stuffing)			
Maple Glazed Fried Chicken		Contains Gluten (Breading)		Contains Dairy (Eggwash, Mayo)	Contains Soybean Oil (Mayo)		Fried in oil with fish	Fried in oil with shellfish
Chicken Parmesan		Contains Gluten (Pasta)		Contains Dairy (Eggwash & Cheese)	Contains Soybean Oil (Marinara Sauce)		Fried in oil with fish	Contains Shellfish
Chicken Alfredo		Contains Gluten (Pasta)		Contains Dairy (Alfredo Sauce)	Contains Soy (Pan Spray, Alfredo Sauce)			
Shepherd's Pie		Contains Gluten (Gravy)		Contains Dairy (Cheese)				
Spaghetti with Marinara Sauce		Contains Gluten (Pasta)			Contains Soybean Oil (Marinara Sauce)			
Spaghetti with Meat Sauce		Contains Gluten (Pasta)			Contains Soybean Oil (Marinara Sauce)			
Spaghetti with Meatballs		Contains Gluten (Pasta)			Contains Soybean Oil (Marinara Sauce)			
Sirloin Tips					Contains Soybean Oil (Pan Spray)			
Meatloaf Mountain		Contains Gluten (Breadcrumbs)		Contains Dairy (Egg)	Contains Soybean Oil (Pan Spray)			
Meatloaf		Contains Gluten (Breadcrumbs)		Contains Dairy (Egg)	Contains Soybean Oil (Pan Spray)			
Liver & Onions					Contains Soybean Oil (Pan Spray)			
Baked Ham Dinner		Contains Gluten (Stuffing)			Contains Soybean Oil (Stuffing)			
Mac & Cheese & Dogs		Contains Gluten (Pasta, hot dogs)		Contains Dairy (Cheese)	Contains Soybean Oil (Pan Spray)			
<b>SANDWICHES</b>								
Haddock Sandwich		Contains Gluten (Breading, Roll)		Contains Dairy (Egg, Milk, Cheese)			Contains Fish	Fried in oil with shellfish
Down Home Sandwich		Contains Gluten (Bread)						
Club Sandwich		Contains Gluten (Bread)		Contains Dairy (Mayo)	Contains Soybean Oil (Mayo)			
Hot Roast Turkey & Stuffing Sandwich		Contains Gluten (Bread, Gravy)		Contains Dairy (Gravy)	Contains Soy (Gravy)			
Philly Steak Sandwich		Contains Gluten (Bread)		Contains Dairy (Cheese)	Roll Grilled with other Soy products			
Lobster Roll		Contains Gluten (Bread)		Contains Dairy (Mayo)	Contains Soybean Oil (Mayo)			Contains Shellfish
Clam Roll		Contains Gluten (Bread)		Contains Dairy (Milk, Eggwash)	Roll Grilled with other Soy products		Fried in oil with fish	Contains Shellfish
Shrimp Roll		Contains Gluten (Bread)		Contains Dairy (Milk, Eggwash)	Roll Grilled with other Soy products		Fried in oil with fish	Contains Shellfish

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Scallop Roll		Contains Gluten (Bread)		Contains Dairy (Milk, Eggwash)	Roll Grilled with other Soy products		Fried in oil with fish	Contains Shellfish
Reuben		Contains Gluten (Bread)			Bread Grilled with other Soy products			
Grilled Cheese		Contains Gluten (Bread)		Contains Dairy (Cheese)	Bread Grilled with other Soy products			
Grilled Cheese & Bacon		Contains Gluten (Bread)		Contains Dairy (Cheese)	Bread Grilled with other Soy products			
BLT		Contains Gluten (Bread)		Contains Dairy (Cheese, Mayo)	Contains Soybean Oil (Grilled Bread, Mayo)			
Turkey Bacon Club Wrap		Contains Gluten (Tortilla)			Contains Soybean Oil (Tortilla, Mayo)			
Buffalo Chicken Wrap		Contains Gluten (Tortilla, Breading)		Contains Dairy (Cheese, Milk, Egg)	Contains Soybean Oil (Buffalo Sauce, Bleu Cheese Dressing, Tortilla)		Fried in oil with fish	Fried in oil with shellfish
Chicken Caesar Wrap		Contains Gluten (Tortilla)		Contains Dairy (Cheese, Dressing)	Contains Soybean Oil (Tortilla, Dressing)		Contains Fish	
<b>BURGERS</b>								
Hamburger		Contains Gluten (Bread)			Roll Grilled with other Soy products			
Cheeseburger		Contains Gluten (Bread)		Contains Dairy (Cheese)	Roll Grilled with other Soy products			
Mini Cheeseburgers		Contains Gluten (Bread)		Contains Dairy (Cheese)	Roll Grilled with other Soy products			
Moose Burger		Contains Gluten (Bread)		Contains Dairy (Cheese)	Roll Grilled with other Soy products, Dressing			
Bacon Cheddar Burger		Contains Gluten (Bread)		Contains Dairy (Cheese)	Roll Grilled with other Soy products			
Memphis BBQ Bacon Burger		Contains Gluten (Bread)		Contains Dairy (Cheese)	Roll Grilled with other Soy products			
Cheeseburger Hot Dog Blue Plate		Contains Gluten (Bread)		Contains Dairy (Cheese)	Roll Grilled with other Soy products			
Two Cheeseburger Blue Plate		Contains Gluten (Bread)		Contains Dairy (Cheese)	Roll Grilled with other Soy products			
Two Hot Dog Blue Plate		Contains Gluten (Bread)			Roll Grilled with other Soy products			
<b>SOUP/SALADS</b>								
Seafood Safari		Contains Gluten		Contains Dairy	Contains Soybean Oil		Contains Fish	Contains Shellfish
Haddock Chowder		Contains Gluten		Contains Dairy	Contains Soybean Oil		Contains Fish	Contains Shellfish
Homemade Chili								
Garden Salad		Contains Gluten (Croutons)						
Caesar Salad		Contains Gluten (Croutons)		Contains Dairy (Cheese, Dressing)	Contains Soybean Oil (Dressing)		Contains Fish (Dressing)	
Chicken Caesar Salad		Contains Gluten (Croutons)		Contains Dairy (Cheese, Dressing)	Contains Soybean Oil (Dressing)		Contains Fish (Dressing)	

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Chef's Salad		Contains Gluten (Croutons)		Contains Dairy (Cheese, Egg)				
Farmhouse Salad				Contains Dairy (Cheese, Egg in dressing)	Contains Soybean Oil (Dressing)			
Blueberry Beet Salad				Contains Dairy (Cheese)	Contains Soybean Oil (Dressing)	Contains Walnuts		
Harvest Rice Bowl		Contains Gluten (Rice Pilaf)		Contains Dairy (Cheese)	Contains Soybean Oil (Rice)			
Dressing Lite Ranch				Contains Dairy	Contains Soybean Oil			
Dressing Apple Cider Vinaigrette				Contains Dairy (Cheese, Egg in dressing)	Contains Soybean Oil			
Dressing Bleu Cheese				Contains Dairy	Contains Soybean Oil			
Dressing Honey Mustard				Contains Dairy	Contains Soybean Oil			
Dressing Balsamic Vinaigrette					Contains Soybean Oil			
Dressing Raspberry Vinaigrette								
Dressing Thousand Island								
Dressing Creamy Caesar				Contains Dairy	Contains Soybean Oil		Contains Fish	
Cocktail Sauce							Contains Fish	
BBQ Sauce								
Sweet & Sour Sauce				Contains Dairy	Contains Soybean Oil			
Tarter Sauce				Contains Dairy	Contains Soybean Oil			
SIDE ORDERS								
Side: Cole Slaw		Contains Whey Protein Concentrate		Contains Dairy	Contains Soybean Oil			
Side: French Fries		Fried in oil with Flour			Contains Soybean Oil		Fried in oil with fish	Fried in oil with shellfish
Side: Mashed Potato				Contains Dairy				
Side: Baked Potato								
Side: Long Grain and Wild Rice Pilaf				Contains Dairy	Contains Soybean Oil			
Side: Stuffing		Contains Gluten		Contains Dairy	Contains Soybean Oil			
Side: Applesauce								
Side: Sauteed Beets with Feta				Contains Dairy (Cheese)	Contains Soybean Oil (Pan Spray)			

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Side: Sweet Potato French Fries		Fried in oil with Flour					Fried in oil with fish	Fried in oil with shellfish

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<b>TRADITIONAL EGG BREAKFAST</b>								
The Capital		Contains Gluten (Bread)		Egg	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Two Eggs with Toast		Contains Gluten (Bread)		Egg	Contains Soybean Oil (Pan Spray, Margarine)			
Two Eggs with Homefries & Pancakes		Contains Gluten (Bread)		Contains Dairy (Pancake Batter)	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Two Eggs with Meat & Toast		Contains Gluten (Bread)		Egg	Contains Soybean Oil (Pan Spray, Margarine)			
Two Eggs with Meat & French Toast		Contains Gluten (Bread)		Contains Dairy (French Toast)	Contains Soybean Oil (Pan Spray, Margarine)			
Two Eggs with Fruit and Toast		Contains Gluten (Bread)		Egg	Contains Soybean Oil (Pan Spray, Margarine)			
Two Eggs with Corned Beef Hash & Toast		Contains Gluten (Bread)		Egg	Contains Soybean Oil (Pan Spray, Margarine)			
Steak Tips & Eggs		Contains Gluten (Bread)		Egg	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Governor's Breakfast Special		Contains Gluten (Bread)		Contains Dairy (Pancakes)	Contains Soybean Oil (Pan Spray, Margarine)			
Eggs Benedict		Contains Gluten (English Muffin)		Contains Dairy (Hollandaise)	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Hash Smash		Contains Gluten (English Muffin)		Contains Dairy (Hollandaise)	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Governor's Breakfast Burger		Contains Gluten (Bread)		Contains Dairy (Cheese)	Contains Soybean Oil (Pan Spray, Margarine)			
Breakfast Burger Blue Plate		Contains Gluten (Bread)		Contains Dairy (Cheese)	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Belgian Waffle		Contains Gluten (Waffle)		Contains Dairy (Egg, Milk)				
Belgian Waffle with Fruit		Contains Gluten (Waffle)		Contains Dairy (Egg, Milk)				
<b>OMELETS</b>								
Egg Omelet with no filling		Contains Gluten (Bread)			Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Meat Lovers Omelet		Contains Gluten (Bread)		Contains Dairy (Cheese)	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Philly Steak Omelet		Contains Gluten (Bread)		Contains Dairy (Cheese)	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Denver Omelet		Contains Gluten (Bread)			Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Mexican Omelet		Contains Gluten (Bread)		Contains Dairy (Cheese, Sour Cream)	Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Vegetable Omelet		Contains Gluten (Bread)			Contains Soybean Oil (Pan Spray, Margarine)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
<b>PANCAKES &amp; FRENCH TOAST</b>								
Buttermilk Pancakes		Contains Gluten		Contains Dairy	Contains Soybean Oil			
Chocolate Chip Pancakes		Contains Gluten		Contains Dairy	Contains Soybean Oil			
Maine Blueberry Pancakes		Contains Gluten		Contains Dairy	Contains Soybean Oil			
French Toast		Contains Gluten		Contains Dairy	Contains Soybean Oil (Pan Spray)			
Cinnamon Roll French Toast		Contains Gluten		Contains Dairy	Contains Soybean Oil (Pan Spray)			
Cinnamon Raisin French Toast		Contains Gluten		Contains Dairy	Contains Soybean Oil (Pan Spray)			
Banana Bread French Toast		Contains Gluten		Contains Dairy	Contains Soybean Oil (Pan Spray)			
Monte Cristo		Contains Gluten		Contains Dairy	Contains Soybean Oil (Pan Spray)		Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
<b>BREAKFAST SIDES</b>								
Giant Homemade Muffin		Contains Gluten		Contains Dairy	Contains Soy			
Cinnamon Roll		Contains Gluten		Contains Dairy	Contains Soy			
Large English Muffin		Contains Gluten		Contains Dairy (Topped with butter)				
Fresh Biscuit		Contains Gluten		Contains Dairy (Topped with butter)				
Homemade Toast		Contains Gluten (Bread)		Contains Dairy (Topped with butter)				
Banana Bread		Contains Gluten						
Home Fries		Fried in oil with flour					Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Potato Pancakes/Tater Tots		Fried in oil with flour					Fried in oil with fish (Home Fries)	Fried in oil with shellfish (Home Fries)
Baked Beans								
Corned Beef Hash					Contains Soybean Oil (Pan Spray, Margarine)			
Bacon					Contains Soybean Oil (Pan Spray, Margarine)			
Sausage					Contains Soybean Oil (Pan Spray, Margarine)			
Ham					Contains Soybean Oil (Pan Spray, Margarine)			
Oatmeal with Brown Sugar		May contain Gluten in Oats						
Oatmeal with Granola		May contain Gluten in Oats						
Oatmeal with Raisins and Dried Cranberries		May contain Gluten in Oats						