



## MENU ITEM



DAIRY FREE



EGG-FREE



GLUTEN-FREE



SESAME-FREE



SOY-FREE



MUSTARD-FREE



SEAFOOD-FREE



PEANUT-FREE



SUBSTITUTION OPTIONS TO MAKE GLUTEN-FREE & MISC

### APPETIZERS

BACON JALAPENOS	NO	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
BEEF KABOBS	YES	YES	YES	YES	NO	YES	YES	YES	THIS ITEM IS GLUTEN FREE
BRAISED BEEF POP OVERS	NO	NO	NO	YES	YES	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
CHICKEN FINGERS & FRIES	NO	NO	NO	YES	NO	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
CRISPY CHICKEN SLIDERS	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
DEEP FRIED PICKLES	NO	YES	NO	YES	YES	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
DRY RIBS	YES	YES	YES	NO	NO	NO	NO	YES	THIS ITEM IS GLUTEN FREE
GARLIC FINGERS	NO	YES	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE 10" GF PIZZA CRUST
KACTUS CHIPS & DILL DIP	NO	YES	NO	YES	YES	YES	NO	YES	TO MAKE GLUTEN FREE: USE GF FRYER, NO CREOLE
ICEHOUSE OG TACOS - BEEF	NO	YES	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE HARD SHELLS
ICEHOUSE OG TACOS - CHICKEN	NO	YES	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE HARD SHELLS
ICEHOUSE OG TACOS - DONAIR	NO	YES	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE HARD SHELLS
ICEHOUSE OG TACOS - FISH	NO	NO	NO	YES		YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
ICEHOUSE POUTINE	NO	YES	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE FRIES IN GF FRYER
ICEHOUSE SLIDERS	NO	NO	NO	NO	YES	NO	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
NACHOS	NO	YES	YES	YES	YES	YES	NO	YES	THIS ITEM IS GLUTEN FREE
PRESSED SUSHI	NO	NO	NO	NO	NO	YES	NO	YES	TO MAKE GLUTEN FREE: REMOVE WONTONS
STEAK BITES	YES	NO	NO	NO	NO	NO	YES	YES	TO MAKE GLUTEN FREE: NO STEAK SAUCE
TRADITIONAL CHEESE FONDUE	NO	NO	NO	YES	YES	NO	YES	YES	TO MAKE GLUTEN FREE: NO BREAD
TRUFFLE PARM FRIES	NO	NO	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE FRIES IN GF FRYER
WINGS - TRADITIONAL	YES	YES	YES	YES	YES	YES	NO	YES	THIS ITEM IS GLUTEN FREE
WINGS - BONELESS	NO	NO	NO	YES	NO	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
WINGS - CAULIFLOWER	NO	NO	NO	NO	NO	NO	NO	NO	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE

\* All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil and the oven is a source of cross-contamination.

### SOUPS & SALADS

CAESAR SALAD	NO	NO	NO	YES	YES	NO	NO	YES	TO MAKE GLUTEN FREE: NO GARLIC TOAST, NO CROUTONS
COBB SALAD	NO	NO	NO	YES	YES	YES	NO	YES	TO MAKE GLUTEN FREE: USE GRILLED CHICKEN
ICEHOUSE SALAD	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
STETSON SALAD	NO	NO	NO	YES	YES	YES	YES	YES	TO MAKE GF: NO COUSCOUS
CREAM OF MUSHROOM SOUP	NO	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE

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### PLANT BASED DISHES

BUFFALO CHICKEN SANDWICH	NO	NO	NO	NO	NO	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
CRISPY LIGHTLIFE CHICKEN COBB SALAD	NO	NO	NO	NO	NO	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
LIGHTLIFE BONELESS WINGS	YES	YES	NO	NO	NO	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
ICEHOUSE CLUB	NO	NO	NO	NO	NO	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
IMPOSSIBLE BURGER	NO	NO	NO	NO	YES	YES	NO	YES	TO MAKE GLUTEN FREE: SUB GF BUN

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### BURGERS & SANDWICHES

BEEF DIP	NO	NO	NO	NO	NO	NO	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
BUFFALO CHICKEN SANDWICH	NO	NO	NO	NO	NO	NO	NO	YES	TO MAKE GLUTEN FREE: USE GF BUN & GRILLED CHICKEN
DONAIR	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
ICEHOUSE BURGER	NO	NO	NO	YES	YES	NO	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
ICEHOUSE CLUB	NO	NO	NO	YES	YES	NO	YES	YES	TO MAKE GLUTEN FREE: USE GF BUN, NO GARLIC MAYO
MONTREAL SMOKED MEAT SANDWICH	YES	NO	NO	NO	NO	NO	YES	NO	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE

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MAINS	ABURI POKE	NO	NO	YES	NO	NO	YES	NO	YES	THIS ITEM IS GLUTEN FREE
	FISH & CHIPS	YES	YES	NO	YES	YES	YES	NO	YES	TO MAKE GLUTEN FREE: USE GF SOLE
	GRILLED CHICKEN RISOTTO	NO	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
	STEAK SANDWICH	NO	NO	NO	NO	NO	NO	YES	YES	TO MAKE GLUTEN FREE: USE GF BUN, NO STEAK SAUCE
	STEAK & SUSHI	NO	NO	NO	NO	NO	YES	NO	YES	TO MAKE GLUTEN FREE: REMOVE WONTONS
	STIR FRY	YES	NO	NO	NO	NO	YES	NO	YES	TO MAKE GLUTEN FREE: USE RICE, USE SWEET CHILI SAUCE
	TERIYAKI SALMON	YES	YES	YES	YES	NO	YES	NO	YES	THIS ITEM IS GLUTEN FREE

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STEAK PROGRAM	MAUI SIRLOIN	NO	NO	NO	YES	NO	YES	YES	YES	TO MAKE GLUTEN FREE: REMOVE POP OVER
	RIBEYE	NO	NO	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: REMOVE POP OVER
	SIRLOIN	NO	NO	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: REMOVE POP OVER
	STRIPLOIN	NO	NO	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: REMOVE POP OVER

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PIZZAS	CHICKEN ALFREDO	NO	YES	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE 10" GF PIZZA CRUST
	DONAIR	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	THE MEATZA	NO	YES	NO	YES	NO	NO	YES	YES	TO MAKE GLUTEN FREE: USE 10" GF PIZZA CRUST
	PRIME MINISTER	NO	YES	NO	YES	YES	NO	YES	YES	TO MAKE GLUTEN FREE: USE 10" GF PIZZA CRUST

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SWEETS	CHOCOLATE FONDUE	NO	YES	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: NO RICE KRISPIES, NO BROWNIES
	DESSERT POUTINE	NO	NO	NO	YES	NO	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	TABLESIDE ICE CREAM	NO	YES	NO	NO	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE SMARTIES & SKOR

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KIDS MENU	CHICKEN NUGGIES	NO	NO	NO	YES	NO	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	GRILLED CHEESE	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	KD BITES	NO	NO	NO	YES	NO	NO	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	MINI CHICKEN & CHEESE WRAPS	NO	NO	NO	YES	YES	YES	NO	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	NOODLES WITH SAUCE	NO	NO	NO	YES	YES	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	TWO CHEESEBURGER SLIDERS	NO	NO	NO	NO	NO	YES	YES	NO	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	QUESADILLA	NO	NO	NO	YES	NO	NO	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	8" CHEESE PIZZA	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE

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BRUNCH	BACON & EGGS	YES	NO	NO	YES	NO	YES	NO	YES	TO MAKE GLUTEN FREE: NO TOAST, USE FRIES IN GF FRYER
	BREAKFAST NACHOS	NO	NO	YES	YES	NO	NO	NO	NO	THIS ITEM IS GLUTEN FREE
	BREAKFAST PIZZA	NO	NO	NO	YES	YES	YES	YES	YES	TO MAKE GLUTEN FREE: USE 10" GF PIZZA CRUST, NO HASH BROWNS
	BREAKFAST POUTINE	NO	NO	NO	YES	YES	YES	NO	YES	TO MAKE GLUTEN FREE: USE FRIES IN GF FRYER
	BREAKFAST SANDWICH	NO	NO	NO	YES	YES	NO	NO	YES	TO MAKE GLUTEN FREE: USE GF BUN, USE FRIES IN GF FRYER
	POPOVER BENNY	NO	NO	NO	YES	YES	YES	YES	YES	THIS ITEM <b>CANNOT</b> BE MADE GLUTEN FREE
	STEAK & EGGS	NO	NO	NO	NO	NO	YES	NO	YES	TO MAKE GLUTEN FREE: NO TOAST, NO STEAK SAUCE, USE FRIES IN GF FRYER

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## SAUCES, DRESSINGS & SEASONINGS

ALFREDO SAUCE	NO	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
ANCHO CHIPOTLE	NO	NO	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
ASIAN GINGER	YES	NO	YES	YES	NO	YES	YES	YES	THIS ITEM IS GLUTEN FREE
AU JUS	YES	YES	NO	YES	NO	NO	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
AVOCADO & JALAPENO DRESSING	NO	NO	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
BALSAMIC VINAIGRETTE	YES	NO	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
BBQ SAUCE	YES	YES	NO	YES	YES	NO	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
BLUE CHEESE	NO	NO	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
BUFFALO SAUCE	NO	YES	NO	YES	YES	NO	NO	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
CAESAR DRESSING	NO	NO	YES	YES	YES	NO	NO	YES	THIS ITEM IS GLUTEN FREE
CHICKEN GRAVY	YES	YES	YES	YES	NO	NO	YES	YES	THIS ITEM IS GLUTEN FREE
CREAMY DILL DRESSING	NO	NO	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
DEATH SAUCE	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
DILL DIP	NO	YES	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
DONAIR SAUCE	NO	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
GARLIC BUTTER	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
GARLIC MAYO	NO	NO	NO	YES	YES	NO	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
GUACAMOLE	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
HOLLANDAISE									
HORSERADISH SAUCE	NO	NO	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
HOT SAUCE	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
ITALIAN DRESSING	YES	YES	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
JOHNNY CASH	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
MAHALO MAUI MARINADE	YES	YES	YES	YES	NO	YES	YES	YES	THIS ITEM IS GLUTEN FREE
MARINARA	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
MILD SAUCE	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
PICO DE GALLO	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
PIZZA SAUCE	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
RANCH	NO	NO	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
RASPBERRY VINAIGRETTE	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
SALSA	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
SRIRACHA MAYO	YES	NO	NO	YES	YES	NO	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
STEAK BUTTER	NO	YES	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
STEAK SAUCE	YES	NO	YES	NO	NO	NO	YES	YES	THIS ITEM IS GLUTEN FREE
SUNDRIED TOMATO	NO	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
TARTAR SAUCE	YES	NO	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
TERIYAKI SAUCE	YES	YES	YES	YES	NO	YES	YES	YES	THIS ITEM IS GLUTEN FREE
TRUFFLE OIL	YES	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
TZATZIKI	NO	YES	YES	YES	YES	YES	YES	YES	THIS ITEM IS GLUTEN FREE
YUM YUM SAUCE	NO	NO	YES	NO	NO	YES	YES	YES	THIS ITEM IS GLUTEN FREE
1000 ISLAND	YES	NO	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE

**\*FOOD ALLERGY CAUTION!\*** All fried products may contain one or all of the allergens identified in the Allergen Guide as the fryer oil and the oven are a source of cross-contamination.

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items.

However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items.

Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. The CANADIAN ICEHOUSE (including its affiliates, partnerships and franchises) assumes no liability as a result of food related reactions.



# ALLERGY GUIDE



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SESAME-FREE



SOY-FREE



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PEANUT-FREE

SUBSTITUTION OPTIONS TO MAKE  
GLUTEN-FREE & MISC

SPICY LEMON DILL WINGS

NO

YES

YES

YES

YES

YES

YES

YES

THIS ITEM IS GLUTEN FREE

CAPRESE SALAD

NO

NO

NO

YES

YES

YES

YES

YES

TO MAKE GLUTEN FREE: USE A GF BUN INSTEAD OF  
SOURDOUGH

BLTA SALAD

NO

YES

YES

YES

YES

YES

YES

YES

THIS ITEM IS GLUTEN FREE

FEATURE  
MENU