



ALLERGY GUIDE



MENU ITEM



SUBSTITUTION OPTIONS TO MAKE GLUTEN-FREE & MISC

APPETIZERS	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
	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
	CHICKEN FINGERS & FRIES	NO	NO	NO	YES	NO	YES	NO	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	FRENCH ONION MEATBALLS	NO	NO	NO	NO	NO	YES	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	DEEP FRIED PICKLES	NO	YES	NO	YES	YES	YES	NO	YES	THIS ITEM CANNOT 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 CANNOT 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 CANNOT 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
	PERI PERI CHICKEN SKEWERS	YES	NO	YES	NO	NO	YES	YES	YES	THIS ITEM IS GLUTEN FREE
	RIBEYE DIRTY FRIES	NO	YES	YES	YES	NO	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 CANNOT BE MADE GLUTEN FREE
	WINGS - CAULIFLOWER	NO	NO	NO	NO	NO	NO	NO	NO	THIS ITEM CANNOT BE MADE GLUTEN FREE

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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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	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 CANNOT 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 CANNOT BE MADE GLUTEN FREE
	ICEHOUSE BURGER	NO	NO	NO	YES	YES	NO	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	ICEHOUSE CLUB	NO	NO	NO	YES	YES	NO	YES	YES	TO MAKE GLUTEN FREE: USE GF BUN, NO GARLIC MAYO
	SPICY DILL CHICKEN WRAP	NO	NO	NO	NO	NO	YES	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	CAJUN CAESAR WRAP	NO	NO	NO	NO	NO	YES	NO	YES	THIS ITEM CANNOT 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
	COWBOY POKE	YES	YES	NO	NO	NO	YES	YES	YES	THIS ITEM CANNOT BE MADE 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



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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

	STIR FRY	YES	NO	NO	NO	NO	YES	NO	YES	TO MAKE GLUTEN FREE: USE RICE, USE SWEET CHILI SAUCE
	CAJUN CHICKEN LINGUINE	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE

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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 CANNOT 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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DESSERT	DESSERT POUTINE	NO	NO	NO	YES	NO	YES	YES	YES	THIS ITEM CANNOT 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 CANNOT BE MADE GLUTEN FREE
	GRILLED CHEESE	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	KD BITES	NO	NO	NO	YES	NO	NO	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	MINI CHICKEN & CHEESE WRAPS	NO	NO	NO	YES	YES	YES	NO	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	NOODLES WITH SAUCE	NO	NO	NO	YES	YES	YES	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	TWO CHEESEBURGER SLIDERS	NO	NO	NO	NO	NO	YES	YES	NO	THIS ITEM CANNOT BE MADE GLUTEN FREE
	QUESADILLA	NO	NO	NO	YES	NO	NO	YES	YES	THIS ITEM CANNOT BE MADE GLUTEN FREE
	8" CHEESE PIZZA	NO	YES	NO	YES	YES	YES	YES	YES	THIS ITEM CANNOT 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 CANNOT 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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DRESSINGS	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
	BUTTERMILK VINAIGRETTE	YES	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



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SUBSTITUTION OPTIONS TO MAKE GLUTEN-FREE & MISC

SAUCES, DRESSINGS & SEAS

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
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
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
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 SAUCE	YES	NO	YES	NO	NO	NO	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
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

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.

BUFFALO CHICKEN DIP	NO	NO	YES	YES	YES	NO	YES	YES	THIS ITEM IS GLUTEN FREE
LOADED POTATO SKINS	NO	NO	NO	YES	YES	NO	YES	YES	TO MAKE GLUTEN FREE: USE A GF FRYER
CHORIZO LOADED POTATO	NO	NO	YES	NO	NO	NO	YES	YES	THIS ITEM IS GLUTEN FREE
BACON MUSHROOM MELT	NO	NO	NO	NO	NO	NO	YES	YES	THIS ITEM IS NOT GLUTEN FREE