























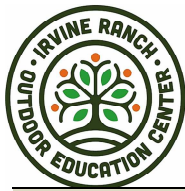


Allergen Reference Guide

We understand your challenges in managing your food allergies and food sensitivities. It is with that understanding that we have compiled the allergy declaration for all menu items. We have limited this disclosure to the "Big 8" (wheat, soy, milk, eggs, peanuts, tree nuts, fish and shellfish) as those are the only allergens manufacturers are required to disclose. We are not a gluten free kitchen. Due to the handcrafted nature of our food, and our use of shared cooking and preparation areas, we cannot guarantee that our food is free from any allergens. We prepare our foods following procedures to prevent allergen cross-contamination, but products containing wheat, egg, soy and dairy are all made in our kitchen. The allergen information provided is accurate and up-to-date to the best of our knowledge. It is based entirely on the information provided by our ingredient manufacturers and suppliers. **No allergen or nutritional information should ever be considered a guarantee, but simply a best faith effort to serve our camping guests.**



Please consult the ingredients of each product prior to consuming.

| Breakfast | Allergens | | | |
|-------------------------------|--|--|--|--|
| French Toast |  EGG |  WHEAT |  DAIRY |  SOY |
| *Scrambled Eggs |  EGG | | | |
| *Sausage Links | | | | |
| +*Sausage Patty | | | | |
| *Bacon | | | | |
| #*Cube Potatoes | | | |  SOY |
| #*Tater Tots | | | |  SOY |
| Cube Seasoned potatoes, Lambs | |  WHEAT | |  SOY |
| Waffle | |  WHEAT |  DAIRY |  SOY |
| *Yogurt: Vanilla/Strawberry | | |  DAIRY | |
| #Oatmeal | |  WHEAT | | |
| Apple whirl rings | |  WHEAT | |  SOY |
| Granola | |  WHEAT | |  SOY |
| #Frosted Flakes | |  WHEAT | | |
| *Orange Juice | | | | |
| *Milk | | |  DAIRY | |
| Pancakes |  EGG |  WHEAT |  DAIRY |  SOY |
































Allergen Reference Guide

| Breakfast | Allergens |
|-----------|-----------|
|-----------|-----------|





| | |
|---------|---|
| Biscuit |  WHEAT  DAIRY |
| | |























| Main Entree | Allergens |
|-------------|-----------|
|-------------|-----------|

| | |
|--|---|
| Cheeseburger |  WHEAT  DAIRY  SOY |
| Pepperoni & Cheese Pizza |  WHEAT  DAIRY  SOY |
| Beef Burrito |  WHEAT |
| Teriyaki Chicken |  WHEAT  SOY |
| Baked Mac & Cheese |  WHEAT  DAIRY |
| +BBQ Chicken Sandwich |  WHEAT  SOY |
| | |
| *Tri-Tip | |
| Beef Fajitas w/Bell Peppers & Onions |  WHEAT  SOY |
| +Roasted Chicken Breast | |
| *Red Chicken Enchiladas |  DAIRY |
| Spaghetti & Meat Sauce |  WHEAT |
| +Meatball Sub |  WHEAT  DAIRY  SOY |
| Pasta Bolognese |  WHEAT |
| Chicken Parmesan w/Penne Pasta Alfredo Sauce |  EGG  WHEAT  DAIRY  SOY |
| Pulled Pork Sandwich |  EGG  WHEAT  DAIRY  SOY |
| Hardshell Beef Tacos | |
| | |



Allergen Reference Guide









| Side Dishes | Allergens |
|------------------------|---|
| #* Corn on the Cob | |
| * Fries |  SOY |
| #* Steam Rice | |
| * Mexican Rice |  DAIRY |
| #* Beans | |
| Chicken Strips |  WHEAT |
| * Mashed Potatoes |  DAIRY |
| #* Potato | |
| #* Seasonal Vegetables | |
| Broccoli | |

























| Vegetarian | Allergens |
|------------------------------|---|
| # Burrito w/ Rice and Beans |  WHEAT  SOY |
| #+ Veggie Burger |  WHEAT  SOY |
| Veggie Pizza |  WHEAT  DAIRY  SOY |
| Baked Mac & Cheese |  WHEAT  DAIRY |
| # Meatless Marinara Sauce | |
| Veggie Sausage Link |  EGG  WHEAT  DAIRY  SOY |
| * Cheese Enchiladas |  DAIRY |
| + Veggie Sausage Patty |  EGG  WHEAT  DAIRY  SOY |
| (v) Yellow Cheese Substitute | |
| Meatless Bacon |  EGG  WHEAT  DAIRY  SOY |

+Caramel Color



Allergen Reference Guide

| Vegetarian | Allergens | |
|---------------------------------|--|--|
| Meatless Chicken Breast |  WHEAT |  SOY |
| (v)Mozzarella Cheese Substitute | | |
| (v)Meatless Chicken Tenders |  WHEAT |  SOY |
| Meatless Ham |  WHEAT |  SOY |
| *(v)Meatless Ground Beef | | |
| (v)Meatless Beef Strips |  WHEAT |  SOY |

| Soups | Allergens | | |
|-----------------------------------|--|--|--|
| Cream Of Broccoli |  WHEAT |  DAIRY |  SOY |
| Tomato Basil CHEF's Signature |  WHEAT |  DAIRY | |
| *Chicken Enchilada Mollys | |  DAIRY |  SOY |
| Tomato Basil CHEF Francisco |  WHEAT |  DAIRY | |
| *Chicken Enchilada CHEF FRANCISCO | |  DAIRY |  SOY |
| Chicken Noodle |  EGG |  WHEAT |  SOY |
| Chowder Corn |  WHEAT |  DAIRY |  SOY |
| Tomato Basil Molly's | |  DAIRY |  SOY |
| Minestrone | |  WHEAT |  DAIRY |
| Tomato Florentine w/Pasta |  EGG |  WHEAT |  DAIRY |



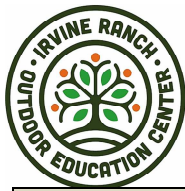
Allergen Reference Guide

| Desserts | Allergens | | | |
|------------------|-----------|-------|-------|-----|
| Yellow Cake | EGG | WHEAT | DAIRY | SOY |
| Churro | EGG | WHEAT | DAIRY | SOY |
| Fortune Cookie | EGG | WHEAT | DAIRY | |
| Chocolate Cookie | EGG | WHEAT | DAIRY | SOY |
| Flan | | | DAIRY | |




| Drinks | Allergens |
|-----------------|-----------|
| Lemonade | |
| Orange Juice | |
| Cranberry Juice | |
| Black Tea | |
| Coffee | |





























| Salad Dressing | Allergens |
|--------------------|-----------|
| *Ranch Dressing | DAIRY |
| *#Italian Dressing | |

| Fixings | Allergens |
|------------------|------------|
| *American cheese | DAIRY SOY |
| *#Marinara Sauce | |
| *Pepperoni | |
| Pizza Sauce | |
| *Velveeta cheese | DAIRY |



Allergen Reference Guide

| Fixings | Allergens |
|------------------------|---|
| *Heavy cream |  DAIRY |
| *Mozzarella cheese |  DAIRY |
| *+Baby rays BBQ sauce | |
| *Parmesan romano blend |  DAIRY |
| *Chicken Broth | |









| Bread | Allergens | | | |
|----------------------|---|---|---|---|
| #Hamburger bun white | |  WHEAT | |  SOY |
| Hawaiian rolls |  EGG |  WHEAT |  DAIRY |  SOY |
| #Hoagie roll | |  WHEAT | |  SOY |
| Pizza Dough | |  WHEAT | |  SOY |
| #Flour Tortilla 10" | |  WHEAT | |  SOY |
| #flour Tortilla 4.5" | |  WHEAT | |  SOY |
| #*Corn tortilla 6" | | | | |
| #Elbow pasta | |  WHEAT | | |
| #Spaghetti pasta | |  WHEAT | | |
| Italian bread crumbs |  EGG |  WHEAT |  DAIRY |  SOY |
| Garlic bread | |  WHEAT |  DAIRY |  SOY |
| #Penn pasta | |  WHEAT | | |
| Hawaiian Bun |  EGG |  WHEAT |  DAIRY |  SOY |












| Meats | Allergens | | | |
|------------------|-----------|--|--|--|
| *Hamburger patty | | | | |

*Ground beef



Allergen Reference Guide

| Meats | Allergens | | |
|-------------------------|--|--|--|
| Chicken Meatballs |  WHEAT |  DAIRY |  SOY |
| *Tri tip | | | |
| *Flap meat | | | |
| *Chicken thigh | | | |
| Meatball |  WHEAT |  DAIRY |  SOY |
| Chicken breast W/bone | | | |
| Chicken Teriyaki |  WHEAT | |  SOY |
| Pulled Pork | | | |
| *Chicken breast/no bone | | | |

| Extras | Allergens | | |
|-------------------------|--|--|--|
| Garbanzo Bean | | | |
| Chicken Base | | | |
| Beets | | | |
| Wheat Sandwich bread |  WHEAT | |  SOY |
| Butter |  DAIRY | | |
| Cauliflower Pizza dough |  EGG | | |
| Vanilla Icing |  DAIRY | | |
| Mayonnaise |  EGG |  SOY | |
| Buttermilk |  DAIRY | | |
| Pan coating oil |  SOY | | |
| Butter Alternative |  SOY | | |
| Vegetable oil |  SOY | | |



Allergen Reference Guide

| Extras | Allergens | | |
|---------------------------------|--|--|--|
| Spaghetti sauce | | | |
| Frying oil/Canola oil | | | |
| Pancake Syrup + | | | |
| Croutons |  WHEAT |  DAIRY | |
| Ricotta Cheese | |  DAIRY | |
| Hershey's Chocolate | |  DAIRY |  SOY |
| Cottage Cheese | |  DAIRY | |
| Parmesan Cheese | |  DAIRY | |
| Apple Cobbler |  WHEAT | | |
| Graham Crackers |  WHEAT | | |
| Marshmallows | | | |
| Cauliflower Pizza |  EGG | | |
| Schulstad Royal Danish |  EGG |  WHEAT |  DAIRY |
| Soy Sauce | |  WHEAT |  SOY |
| Lasagna Pasta |  WHEAT | | |
| Sour Cream | |  DAIRY | |
| Red wine vinegar | | | |
| Scooby Snacks | | | |
| Animal Crackers |  WHEAT | |  SOY |
| Vegetable Capri | | | |
| +Balsamic Vinegar/White Vinegar | | | |
| White Vinegar | | | |