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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 ensure 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		 SOY
*Scrambled Eggs	 EGG			
*Sausage Links				
+*Sausage Patty				
*Bacon				
#*Potatoes O' Brian				 SOY
#*Tater Tots				 SOY
Biscuit		 WHEAT	 DAIRY	
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



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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	WHEAT		
*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
		DAIRY	SOY
Side Dishes	Allergens		
#*Corn on the Cob			
*Fries			SOY
#*Steam Rice			
*Mexican Rice		DAIRY	
#*Beans			
Chicken Strips	WHEAT		
#*Broccoli			



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Side Dishes	Allergens
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#* Roasted Potatoes



* Mashed Potatoes	 DAIRY
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#* Potato

#* Seasonal Vegetables	
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Vegetarian	Allergens			
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# Burrito w/ Rice and Beans	 WHEAT		 SOY	
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# Veggie Burger	 WHEAT		 SOY	
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Veggie Pizza	 WHEAT	 DAIRY	 SOY	
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Baked Mac & Cheese	 WHEAT	 DAIRY		
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# Meatless Marinara Sauce	 WHEAT			
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Veggie Sausage Link	 EGG	 WHEAT	 DAIRY	 SOY
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* Cheese Enchiladas			 DAIRY	
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+ Veggie Sausage Patty	 EGG	 WHEAT	 DAIRY	 SOY
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Meatless Chicken Breast		 WHEAT		 SOY
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Soups	Allergens			
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Cream Of Broccoli	 WHEAT	 DAIRY	 SOY	
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Tomato Basil CHEF's Signature	 WHEAT	 DAIRY		
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* Chicken Enchilada Mollys			 DAIRY	 SOY
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Tomato Basil CHEF Francisco	 WHEAT	 DAIRY		
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* Chicken Enchilada CHEF FRANCISCO			 DAIRY	 SOY
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Chicken Noodle	 EGG	 WHEAT		 SOY
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Chowder Corn		 WHEAT	 DAIRY	 SOY
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Tomato Basil Molly's			 DAIRY	 SOY
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Soups	Allergens
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# Vegetable	 WHEAT
Minestrone	 EGG  WHEAT  DAIRY
*Tortilla Mexicali	

Desserts	Allergens
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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
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Lemonade	
Orange Juice	
Cranberry Juice	
Black Tea	
Coffee	

Salad Dressing	Allergens
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*Ranch Dressing	 DAIRY
*#Italian Dressing	

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



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Fixings	Allergens
*Velveeta cheese	DAIRY
*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

Meats	Allergens
*Hamburger patty	
*Ground beef	
Chicken Meatballs	WHEAT DAIRY SOY
*Chicken breast/no bone	






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Meats	Allergens
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*Tri tip

*Flap meat

*Chicken thigh

Meatball	 WHEAT	 DAIRY	 SOY
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Chicken breast W/bone



Chicken Teriyaki	 WHEAT	 SOY
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Extras	Allergens
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Garbanzo Bean


Chicken Base

Beets


Wheat Sandwich bread	 WHEAT	 SOY
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Butter	 DAIRY
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Cauliflower Pizza dough	 EGG
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Vanilla Icing	 DAIRY
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Mayonnaise	 EGG	 SOY
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Buttermilk	 DAIRY
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Pan coating oil	 SOY
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Butter Alternative	 SOY
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Vegetable oil	 SOY
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Spaghetti sauce

Frying oil/Canola oil

Pancake Syrup +

Croutons	 WHEAT	 DAIRY
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