Revised: Sep 2019

Allergens Present in the Menu Item

	Peanuts	Tree Nuts	Milk and Milk Derivatives	Egg	Soy	Wheat or Other Gluten Sources	Sesame Seeds	Seafood (Fish / Shellfish)	Sulphites	Mustard	GMO
PROTEIN											
Beef Burger, 5 oz											
Halal Burger, 5 oz					YES	YES					
Turkey Burger, 4 oz											
Chicken Breast											
Veggie Burger					YES	YES	YES				
Hot Dog										YES	
BUNS											
White Hamburger Bun, ON	YES*	YES*		YES		YES					
White Hamburger Bun, CAL					YES	YES	YES				
White Hamburger Bun, BC			YES	YES	YES	YES	YES		YES		
Multigrain Whole Wheat Hamburger Buns, ON		YES*		YES		YES	YES				
Brown Hamburger Buns, CAL					YES	YES					
Hot Dog Bun/Sausage ON			YES		YES	YES	YES				
Hot Dog Bun, CAL			YES		YES	YES	YES				
Gluten Free Buns					YES		YES				
SIDES											
Fresh-Cut Fries, Small											
Fresh-Cut Fries, Medium											
Fresh-Cut Fries, Large											
Sweet Potato Fries Small											
Sweet Potato Fries Large											
Poutine, Regular			YES		YES						
Poutine, Large			YES		YES						
Veggie Fries, Regular			YES		YES						
Veggie Fries, Large			YES		YES						
Onion Rings					YES	YES				YES	
SSBC SALAD BOWL											
Salad Vegetables, No Dressing											
Caesar Salad, No Dressing			YES			YES					
Fat Free Rancher's Choice			YES								
Creamy Ranch Dressing			YES	YES							
Greek Feta & Oregano			YES								
Balsamic Vinaigrette										YES	
Renee's Asian Sesame			YES	YES	YES	YES	YES	YES	YES	YES	
Renee's Mighty Caesar			YES	YES				YES		YES	
MILK SHAKES											
Vanilla Milk Shake, CAL	YES*	YES*	YES								
Chocolate Milk Shake, CAL	YES*	YES*	YES								
Strawberry Milk Shake, CAL	YES*	YES*	YES								
Caffee Latte Milk Shake, CAL	YES*	YES*	YES								
Cookies'n Cream	YES*	YES*	YES			YES					
Vanilla Milk Shake, ON	YES*	YES*	YES								
Chocolate Milk Shake, ON	YES*	YES*	YES								
Strawberry Milk Shake, ON	YES*	YES*	YES								
Mocha Milk Shake, ON	YES*	YES*	YES								
TOPPINGS											
Pulled Pork, 40 Creek BBQ						YES				YES	
Bacon, Applewood Smoked, AB, BC											
Bacon, Bits											
Bacon, ON											
Cheese, Brie Alexis de Portneuf Belle Triple Cream, ON			YES								
Cheese, Chevral Goat, AB			YES								
Cheese, Cracker Barrel Medium Cheddar			YES								
Cheese, Cracker Barrel Swiss			YES						YES		
Cheese, Curds			YES								
Cheese, Farmer's Goat, ON			YES						YES		
Cheese, Monterey Jack			YES								
Pico de Gallo											
Pico de Gallo, CAL									YES		
Ginger Glazed Pineapple											
Mushroom Cremini									YES		
Guacamole, Avo Fresco, ON											
Guacamole, California Supreme, AB, BC											
Hot Pepper Rings, AB, BC									YES		
Hot Pepper Rings, ON									YES	YES	
Jalapeno Pepper Rings, ON									YES	YES	
Ketchup											
Mango Chutney, AB, BC	YES										
Mango Chutney, ON											
Maple Syrup											
Mayo, Curry				YES	YES					YES	
Mayo, Dijon Horseradish				YES	YES				YES	YES	
Mayo, Garlic				YES	YES						
Mayo, Wasabi				YES	YES					YES	
Mustard										YES	
Mustard, Dijon Hot, AB, BC									YES	YES	
Mustard, Dijon, ON										YES	
Mustard, Honey, AB, BC										YES	
Mustard, Honey, ON										YES	
Olives, Green									YES*		
Onion, Cajun					YES						
Onion, Green											
Onion, Red											
Pickles, AB, BC											
Pickles, ON									YES		
Piri Piri Marinade											
Relish, Hot Pepper									YES	YES	
Relish, Sweet Green (with red pepper)										YES	
Relish, Sweet Green, AB,BC									YES	YES	
Relish, Sweet Green, ON											
Sauce, 3rd Degree											
Sauce, BBQ 40 Creek Whisky						YES				YES	
Sauce, BBQ Ultimate									YES		
Sauce, Cheese			YES								
Sauce, Frank's Original Red Hot										YES	
Sauce, Gravy			YES		YES						
Sauce, Jalapeno Tabasco											
Sauce, Signature				YES	YES				YES	YES	
Slice, Cucumber											
Slice, Tomato											
Sour Cream			YES								
Sour Cream, Jalapeno Flavoured			YES								
SSB BBQ Seasoning			YES*	YES*	YES*	YES*	YES*	YES*	YES*	YES*	
Puree, Garlic									YES		
Puree, Chipotle											
Puree, Ginger											

South St. Burger attempts to provide nutrition and ingredient information regarding its menu items that is as complete as possible. Some menu items may not be available at all restaurants. Test products, test formulations, regional products and/or limited time promotional products have not been included. The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. Due to the individual perparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier and region of the country.
Further, product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. This list is effective as of January 1, 2016 and is updated periodically. Items included may be subjected to change without notice. Allergens listed here, present in the product only, are reported by our suppliers. South St. Burger Co. is a restaurant environment, serving foods that are not in sealed packages; therefore, unfortunatley we cannot gurantee a 100% allergy-free environment.

The items that don't indicate the province pertain to both provinces.

* - may contain