



ALLERGEN STATEMENT

At Monk's Bar & Grill®, we are dedicated to the health and safety of our customers.

The information provided identifies the menu items that **contain ingredients** from the most common allergens (*soy, egg, dairy, wheat/gluten, peanut, tree nut, sesame, fish, and shellfish and intolerances*) based on our supplier information. It does not reflect the process in which the food is prepared (such as deep-frying, grilling or sautéed).

All our kitchen operations share prep areas and equipment. **All fried items are prepared in oil that is also used to cook shellfish, fish, and breaded items**, which makes it possible to have cross-contact exposure to other foods. Therefore, we cannot guarantee that any menu item can be 100% completely free of allergens.

We do have protocol set in place for our customers with food allergies, but even with our processes and procedures in place, **we cannot guarantee that any item is 100% completely free of allergens.**

Our staff are trained in answering questions about our food and preparation to do our best to accommodate anyone with an allergy or intolerance to certain types of food.

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness*

APPETIZERS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Sweet Chili Cauliflower									
Breaded Cauliflower			X	X					
Sesame Seeds									X
Pretzel Bites									
Pretzel				X					
White Queso Cheese			X						
Jalapeno Cream Cheese			X						
Fried Pickle Spears									
Breaded Pickle Spear			X	X					
Spicy Ranch Dressing		X	X						
Bruschetta Hummus Plate									
Naan Bread	X	X	X	X					X
Parmesan Cheese			X						
The Wing Thing									
Boneless Wings	X	X		X					
Garlic Parmesan Sauce		X	X						
Firecracker Sauce		X							X
Ghost Pepper Sauce		X							
Buffalo Sauce	X		X						
Jamaican Jerk Sauce	X			X					
Ranch Dressing		X	X						
Cheese Curds									
Cheese Curds		X	X	X					
Monkey Fries									
Battered Fries				X					
White Queso Cheese			X						
Monk's Ranch Dressing		X	X						
Deluxe Nachos									
White Queso Cheese			X						
Sour Cream			X						
*Chicken (Alt Butter)	X								
*Seasoned Ground Beef	X								
Quesadilla									
Flour Tortilla				X					
Alternative Butter	X								
Cheddar Cheese			X						
Sour Cream			X						
*Add Chicken (Alt Butter)	X								
*Add Brisket (Alt Butter)	X								
*Add Pulled Pork (Alt Butter)	X								
*Add Seasoned Beef	X								

Firecracker Shrimp				X		X			
Battered Shrimp									
Parmesan Cheese			X						
Firecracker Sauce		X							
MONKBURGERS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
*Classic Cheeseburger									
Classic Bun				X					
Alternative Butter	X								
American Cheese			X						
*Add Grilled Onions (Alt Butter)	X								
*Mushroom & Swiss									
Classic Bun				X					
Alternative Butter	X								
Grilled Mushrooms (Alt Butter)	X								
Swiss Cheese			X						
*Add Grilled Onions (Alt Butter)	X								
*Bacon Cheeseburger									
Classic Bun				X					
Alternative Butter	X								
American Cheese			X						
*Add Grilled Onions (Alt Butter)	X								
*AA Breakfast Burger									
Panini Bread				X					
Alternative Butter	X								
Cheddar Cheese			X						
*Fried Egg (Alt Butter)	X	X							
*Black & Bleu Burger									
Gourmet Bun				X					X
Alternative Butter	X								
Bleu Cheese Crumbles			X						
Bleu Cheese Dressing		X	X						
*It's All Gouda Burger									
Gourmet Bun				X					X
Alternative Butter	X								
Gouda Cheese			X						
Grilled Mushrooms (Alt Butter)	X								
Chipotle Mayonnaise		X							
*Jalapeno Bacon Burger									
Gourmet Bun				X					
Alternative Butter	X								
Cheddar Cheese			X						
Grilled Jalapenos (Alt Butter)	X								
Spicy Ranch Dressing		X	X						
*Alamo Burger									
Gourmet Bun				X					X
Alternative Butter	X								
Mozzarella Wedges		X	X	X					
Caramelized Onions	X								
Grilled Mushrooms (Alt Butter)	X								
*Big Ten Burger									
Gourmet Bun				X					
Alternative Butter	X								
Chipotle Mayonnaise		X							
Swiss & Cheddar Cheese			X						
*Fried Egg (Alt Butter)	X	X							
*Smoked Brisket Burger									
Gourmet Bun				X					X
Alternative Butter	X								
Gouda Cheese			X						
Deep Fried Pickle			X	X					
*Monster Burger									
Gourmet Bun				X					X
Alternative Butter	X								
Monk's Sauce		X							
Grilled Mushrooms (Alt Butter)	X								
Swiss Cheese			X						
Cheddar Cheese			X						

*Wisconsin Cheese Upgrades									
Cheddar Cheese			X						
Swiss Cheese			X						
Pepperjack Cheese			X						
Bleu Cheese Crumbles			X						
Mozzarella Cheese			X						
Havarti Cheese			X						
Gouda Cheese			X						
NON-BEEF BURGERS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Impossible Burger									
Classic Bun				X					
Alternative Butter	X								
Impossible Burger	X								
Grilled Onions (Alt Butter)	X								
American Cheese			X						
Mayonnaise		X							
Garlic Mayonnaise		X							
Chipotle Mayonnaise		X							
Monk's Sauce		X							
Add Grilled Jalapenos (Alt Butter)	X								
*Add Fried Egg (Alt Butter)	X	X							
Black Bean Burger									
Gourmet Bun				X					X
Alternative Butter	X								
Black Bean Burger Patty	X	X	X	X					
SALADS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Monk's Taco Salad									
Seasoned Ground Beef	X								
Cheddar Cheese			X						
Sour Cream			X						
Add Grilled Chicken (Alt Butter)	X								
Cobb Salad									
Hard - Boiled Egg		X							
Bleu Cheese Crumbles			X						
Grilled Chicken (Alt Butter)	X								
Cranberry Mandarin Chicken Salad									
Walnuts								X	
Feta Cheese			X						
Grilled Chicken (Alt Butter)	X								
Crispy Chicken Chef Salad									
Crispy Chicken Breast			X	X					
Hard Boiled Egg		X							
Cheddar Cheese			X						
Sante Fe Chicken Salad									
Grilled Chicken (Alt Butter)	X								
Spicy Ranch Dressing		X	X						
DRESSINGS + ADD-ONS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Ranch Dressing		X	X						
Spicy Ranch Dressing		X	X						
Bleu Cheese Crumbles		X	X						
Honey Mustard		X							
Thousand Island		X							
Mahi - Mahi (Alt Butter)	X				X				
Crispy Chicken Breast			X	X					
Black Bean Patty (Alt Butter)	X	X	X	X					
Crispy Shrimp				X		X			
SANDWICHES	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Monk's Reuben									
Marble Rye				X					
Alternative Butter	X								
Swiss Cheese			X						
Monk's Sauce		X							
Classic Crispy Chicken Sandwich									
Gourmet Bun				X					X
Alternative Butter	X								
Crispy Chicken Breast			X	X					
Mayonnaise		X							

California Chicken Sandwich									
Gourmet Bun				X					X
Alternative Butter	X								
Grilled Chicken (Alt Butter)	X								
Swiss Cheese			X						
Garlic Mayonnaise		X							
Southwest Chicken Sandwich									
Gourmet Bun				X					X
Alternative Butter	X								
Grilled Chicken (Alt Butter)	X								
Cheddar Cheese			X						
Spicy Ranch Dressing		X	X						
Sub - Crispy Chicken			X	X					
Chicken Tenders									
Chicken Tenders				X					
The Ultimate Clubhouse									
Wheat Bread				X					X
Alternative Butter	X								
Cheddar Cheese			X						
Mayonnaise		X							
Brisket Sandwich									
Gourmet Bun				X					X
Alternative Butter	X								
Gouda Cheese			X						
Sicilian Mahi Sandwich									
Gourmet Bun				X					X
Alternative Butter	X								
Mahi - Mahi (Alt Butter)	X				X				
Garlic Mayonnaise		X							
Parmesan Cheese			X						
Monk's French Dip Philly									
Hoagie Bun				X					
Alternative Butter	X								
Shaved Prime Rib	X								
Au Jus	X			X					
Mozzarella Cheese			X						
Grilled Onions (Alt Butter)	X								
Grilled Peppers (Alt Butter)	X								
Grilled Mushrooms (Alt Butter)	X								
El Cubano									
French Bread				X					
Alternative Butter	X								
Swiss Cheese			X						
*Steak and Egg Sandwich									
Gourmet Bun				X					X
Garlic Mayonnaise		X							
Havarti Cheese			X						
Egg (Alt Butter)	X	X							
WRAPS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Chicken Tender Wrap									
Tomato Basil Tortilla				X					
Cheddar Cheese			X						
Ranch Dressing		X	X						
Chicken Tenders				X					
Sante Fe Chicken Wrap									
Tomato Basil Tortilla				X					
Cheddar Cheese			X						
Spicy Ranch Dressing		X	X						
Grilled Chicken (Alt Butter)	X								
Shrimp BLT Wrap									
Flour Tortilla				X					
Swiss Cheese			X						
Battered Shrimp				X		X			
Chipotle Mayonnaise		X							
Sub Buffalo Sauce	X		X						
BBQ Chicken Wrap									
Flour Tortilla				X					
Grilled Chicken (Alt Butter)	X								
Cheddar Cheese			X						
Ranch Dressing		X	X						

BLTs	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Panini Bread				X					
Alternative Butter	X								
Chipotle Mayonnaise		X							
Gouda Cheese			X						
Battered Shrimp				X		X			
MONK'S STREET TACOS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Flour and Corn Tortilla				X					
Chipotle Mayonnaise		X							
Battered Mahi				X	X				
Grilled Mahi (Alt Butter)	X				X				
Pulled Pork (Alt Butter)	X								
Smoked Brisket (Alt Butter)	X								
Battered Shrimp				X		X			
MAC + CHEESE	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Brisket Mac + Cheese									
White Cheddar Mac		X	X	X					
Brisket (Alt Butter)	X								
Panko Breadcrumbs				X					
Pesto Chicken Mac + Cheese									
White Cheddar Mac		X	X	X					
Chicken Tenders				X					
Pesto			X						
Parmesan Cheese			X						
Crispy Chicken Mac + Cheese									
White Cheddar Mac		X	X	X					
Chicken Tenders				X					
Panko Breadcrumbs				X					
Garlic Parmesan Sauce		X	X						
Firecracker Sauce		X							
Buffalo Sauce	X		X						
Ghost Pepper Sauce		X							
Jamaican Jerk Sauce	X			X					
Tot Mac + Cheese									
White Cheddar Mac		X	X	X					
Cheddar Cheese			X						
Sour Cream			X						
CILANTRO LIME RICE BOWLS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Blackened Chicken									
Cheddar Cheese			X						
Grilled Chicken (Alt Butter)	X								
Chipotle Mayonnaise		X							
Sour Cream			X						
Crispy Shrimp									
Cheddar Cheese			X						
Battered Shrimp				X		X			
Chipotle Mayonnaise		X							
Sour Cream			X						
Mahi - Mahi									
Cheddar Cheese			X						
Grilled Mahi (Alt Butter)	X				X				
Chipotle Mayonnaise		X							
Sour Cream			X						

KID'S MENU	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Kid's Pretzel Bites									
Pretzel Bites				X					
White Queso Cheese			X						
Kid's Cheese Quesadilla									
Flour and Corn Tortilla				X					
Cheddar Cheese			X						
Alternative Butter	X								
Add Seasoned Beef	X								
Add Grilled Chicken (Alt Butter)	X								
Kid's Cheeseburger									
Classic Bun				X					
Alternative Butter	X								
American Cheese			X						
Kid's Chicken Nuggets									
Chicken Nuggets				X					
Kid's White Cheddar Mac									
White Cheddar Mac		X	X	X					
Kid's Nachos									
White Queso Cheese			X						
Add Beef	X								
Add Grilled Chicken (Alt Butter)	X								
Kid's Grilled Cheese									
Wheat Bread				X					X
Alternative Butter	X								
American Cheese			X						
Kid's Sides									
Strawberry Go-Gurt®			X						
Side Salad			X						
Battered Fries				X					
SWEET TREATS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Chocolate Chip Cookie Sundae									
Chocolate Chip Cookie	X	X	X	X			X	X	X
Vanilla Ice Cream			X						
Whipped Cream Topping			X						
Reese's® Peanut Butter Pie									
Reese's® Peanut Butter Pie	X	X	X	X			X	X	
Caramel Sauce			X						
Whipped Cream Topping			X						
Monk's Brownie									
Brownie	X	X	X				X	X	
Vanilla Ice Cream			X						
Whipped Cream Topping			X						
Chocolate Layer Cake									
Chocolate Layer Cake	X	X	X	X					
Whipped Cream Topping			X						
Shakes									
Ice Cream			X						
Whipped Cream Topping			X						
M & M Plain Pieces	X		X	X			X	X	
Chocolate Chips			X						
Oreo Pieces	X		X	X			X	X	
SIDES + SAUCES	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Battered Fries				X					
Hummus and Cucumbers	X								X
Saltines	X			X					
French Onion Dip			X						
Jalapeno Cream Cheese			X						
White Queso Sauce			X						
Mayonnaise		X							
Garlic Mayonnaise		X							
Chipotle Mayonnaise		X							
Garlic Parmesan Cheese		X	X						
Monk's Sauce		X							
Ranch Dressing		X	X						
Spicy Ranch Dressing		X	X						
Sour Cream			X						
Coleslaw		X							
Tartar Sauce		X							

PREMIUM SIDE UPGRADES	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Monkey Fries									
Battered Fries				X					
White Queso Cheese			X						
Ranch Dressing		X	X						
Cheese Curds									
Cheese Curd	X	X	X	X					
Sweet Chili Cauliflower Bites									
Breaded Cauliflower			X	X					
Black Sesame Seed									X
MONK'S CHILI + SOUPS	Soy	Egg	Dairy	Wheat/ Gluten	Fish	Shellfish	Peanuts	Tree Nuts	Sesame
Chili	X								
Chicken Tortilla				X					
Tomato Florentine		X	X	X					
Mushroom & Brie Bisque	X	X	X	X					
Tuscan Bean & Sausage	X								
Boston Clam Chowder	X			X	X	X			
Potato Chophouse			X	X					
Vegetable Beef	X		X	X					
Beef Barley	X								
Chicken and Dumpling		X	X	X					
Chicken and Wild Rice	X		X						
Italian Wedding w/Meatball	X	X	X	X					
Smokey Poblano & Cheese			X						
Broccoli Cheese			X						
Shrimp and Corn Chowder			X	X		X			
Gumbolaya			X	X		X			
Butternut Squash Bisque			X						
Chicken Noodle (Homestyle)	X	X	X	X					
Chicken Noodle (Classic)		X	X	X					
Creamy Cauliflower			X						
Ginger Miso	X								X
Creamy Broccoli			X						
Jalapeno Popper			X						
Chicken Verde			X	X					