

Ventura's Offshore Café Allergen List											
Caution: Some food items may change therefore be sure we are aware of your food allergy.											
*SESAME SEEDS ARE USED IN SEVERAL MENU ITEMS THEREFORE CROSS CONTAMINATION CAN OCCUR. Please make us aware if you are allergic											
This information is to be a guide to assist our guests with better informed food choices. Ventura's Offshore Café has received this allergen information from our approved manufacturers and does not guarantee its accuracy other than as complied.											
FRIED FOODS: In the preparation of fried items, individual products are not placed into separate fryers so there is a potential of cross contamination of our fried items, therefore all our fried items will have an (*) next to them.											
* The soybean oil used in our food items is a highly refined oil unless otherwise specified. Highly refined soybean does not demonstrate a significant hazard to allergic individuals and therefore it is not listed as an allergen. This is confirmed by the FDA and USDA in their allergen specifications.											
The allergen chart only lists those products in which soy is stated on the manufactures allergen statement.											
Frying Oil: Soy Bean											
*Most menu items may be prepared with our blended oil which contains soy											
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
Finger Food											
buffalo wings* (without sauce)						X	X	X			
chicken tenders*						X	X	X			
juju skinny wraps						X	X	X		X	
coconut shrimp*	X	X		X		X	X	X			
edamame							X				
mexican mahi burritos*	X	X	X			X	X	X			
shanghai cilantro crab rolls*	X	X		X		X	X	X			
steamers by the dozen	X			X							
thai triple delight*	X	X		X		X	X	X			
garlic parmesan fries	X	X				X	X	X			X
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
Hot Antipastas											
bread sticks*(served with broccoli rabe)						X	X	X			
broccoli rabe san remo							X				
calamari frita*			X			X	X	X			
chicken & mango quesadilla	X				X	X	X	X			
eggplant rollentine	X	X				X		X			
lobster mac n cheese	X			X		X		X			

mozzarella monsanto*	X	X				X	X	X				
Hot Antipastas	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
mussels ventura (red)	X			X								
mussels ventura (white)	X	X				X	X	X				
pot stickers kibou*	X	X				X	X	X				
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
Cold Antipastas												
bruschetta fiesta	X				X	X	X	X				
formaggio panko asparagi*	X	X			X	X	X	X	X			X
nicolena adobo	X	X		X	X	X	X	X				
peppers molina	X				X		X					
tuna l'esperance without sauces			X		X							
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
Soups and Salads												
Caesar salad*	X	X	X		X	X	X	X				
chef's salad*						X	X	X				
crispy sesame chicken ensalada					X	X	X	X				
ensalada milano	X				X		X					
ensalada portifino	X											X
french onion soup	X	X				X	X	X				
garden salad without croutons	none											
sizzlin fajita salad	X	X			X		X		X			
Spinach Noci Salad	X	X			X	X	X	X				X
Wedge Salad	X	X					X					
Sides												
beer battered onion rings*	X	X				X	X	X				
broccoli saute							X					
cheese fries*	X						X					
french fries*							X					
garlic bread	X				X	X	X	X				
meatballs	X	X				X	X	X				
old bay seasoned fries*							X					
pizza bread (red)	X					X	X	X				
pizza bread (white)	X					X	X	X				

Sides	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
spinach saute							X				
escarole & beans	X				X	X	X	X			
sweet italian sausage*							X				
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
Burgers excluding Kaiser roll											
avocado	X	X				X	X	X			
california	X										
gouda*		X					X				
mushroom bleu cheese turkey	X										
kaiser rolls			see breads below for allergen list								
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
Sandwiches excluding bread											
cheesy meatball sliders	X	X	X		X	X	X	X			X
fig & prosciutto grilled cheese	X				X	X		X			
chicken melt	X										
chicken parmigiana*	X	X				X	X	X			
italian special hoagie	X										
pepper and egg	X										
pork napolenta*	X	X				X	X	X			
Short Rib Grilled Cheese	X	X			X	X	X	X			
roast pork	X										
slider rolls			see breads below for allergen list								
French Baguette			see breads below for allergen list								
kaiser roll			see breads below for allergen list								
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
Steak Sandwiches excluding french baguette											
cheese steak special	X										
philly cheese steak	X										
AC style roll			see breads below for allergen list								
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
Wraps including whole wheat wrap											
cajun chicken	X	X				X	X	X			
chicken Caesar*	X	X	X		X	X	X	X			

cobb*	X	X			X	X	X	X				
turkey club*	X	X				X	X	X				
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
Pasta Specialties												
cheese ravioli	X	X				X		X				
chicken marsala	X	X				X	X	X				
chicken parmigiana*	X	X				X	X	X				
Chicken Sicilia	X	X				X	X	X				
eggplant parmigiana*	X	X				X	X	X				
fettuccine alfredo	X	X				X		X				
linguini marinara	X	X				X		X				
linguini seafood fra daivolo (red)	X	X	X	X		X		X				
linguini seafood fra daivolo (white)	X	X	X	X		X	X	X				
linguini with clams (red sauce)	X	X	X	X		X	X	X				
linguini with clams (white sauce)	X	X	X	X		X	X	X				
linguini with mussels (red sauce)	X	X		X		X		X				
linguini with mussels (white sauce)	X	X		X		X	X	X				
pasta daniella	X	X		X		X		X				
pasta luigi	X	X		X		X		X				
veal sinatra	X	X		X		X		X				
veal parmigiana*	X	X				X	X	X				
veal piccata	X	X				X	X	X				
rainbow trout	X		X	X		X	X	X				
grilled sea scallops	X		X	X		X	X	X				
pork osso bucco	X				X	X	X	X				
crab cakes	X	X	X	X		X	X	X				
Chef's Picks	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
butternut squash ravioli	X	X			X	X		X				
filet mignon excluding potato/veg	none											
jumbo fried shrimp*	X	X		X		X	X	X				
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
kung pao chicken excluding rice					X	X	X	X		X	X	
new york strip excluding potato/veg	none											
salmon creole excluding rice	X		X				X					

sweet & tangy barbeque chicken	X				X		X					
our vegetables may contain	X						X					
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
Pizzas												
buffalo chicken	X					X	X	X				
classico	X				X	X	X	X				
Lou's whole wheat garden	X				X	X	X	X				
pizza dough 19oz						X	X	X				
pizza turnover	X				X	X	X	X				
red, white and green	X					X	X	X				
stromboli	X					X	X	X				
Ventura pomodoro	X					X	X	X				
whole wheat pizza dough 19oz	X					X	X	X				
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
Desserts												
bananas foster	X											
butter pecan ice cream	X				X					X	X	
chocolate ice cream	X				X							
Coconut Ricotta Cheesecake	X	X			X	X	X	X				
frangelico parfait	X				X					X	X	
Desserts	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
molten lava cake with ice cream	X	X			X	X	X	X				
peanut butter fudge brownie sundae	X	X				X	X	X		X	X	
peanut butter pie	X	X			X	X	X	X		X	X	
tiramisu	X	X				X		X		X	X	
Peach Cobbler	X	X			X	X	X	X				
triple chocolate cake	X	X				X	X	X				
vanilla ice cream	X				X							
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
Kids Menu excluding side												
Cheese Burger excluding roll(see bread below)	X											
chicken parmigiana*	X					X		X				
chicken tenders*						X	X	X				
grilled cheese	X					X	X	X				

mac n cheese	X	X				X		X				
schetties and meatball	X	X				X	X	X				
the dumpster	X				X							
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
Seasonings												
blackening season	none											
grilled chicken seasoning	none											
grilled shrimp seasoning	none											
steak seasoning	none											
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
Dressing & Sauces												
avocado corn salsa	none											
balsamic vinaigrette					X		X					
BBQ					X							
bearnaise sauce	X				X	X	X	X				
bleu cheese	X	X					X					
bleu cheese sauce	X	X					X					
buttermilk ranch	X	X			X		X		X			
Caesar	X	X	X		X		X					
chipotle mayo	X	X				X	X	X				
Dressing & Sauces	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
caper lemon butter	X					X	X	X				
chipotle sauce	X	X				X	X	X				
cilantro pesto sauce	X	X	X		X		X					X
cocktail sauce					X		X					
cole slaw		X					X					
creamy Caesar	X	X	X				X					
Dijon Vinaigrette	X	X			X	X	X	X				
fig chutney												
fra diavolo red	none											
fra diavolo white	X	X				X	X	X				
fruit sauce	none											
garlic mango ginger vinaigrette							X					
honey dijon		X					X					

horseradish	none						X					
horseradish mayo		X					X					
hot wing sauce	none											
house italian	X	X	X				X					
marinara sauce	none											
marinated hot onions							X					
marsala sauce	X	X				X	X	X				
mayo		X					X					
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
mild wing sauce	X						X					
mussels sauce red	none											
mussels sauce white	X	X				X	X	X				
oriental sesame					X	X	X	X				
peppercorn sauce	X				X							
pesto vinaigrette	X	X	X		X		X					X
piccata sauce	X	X				X	X	X				
ranch salsa	X	X			X		X		X			
romaine ceasar	X	X	X		X		X					
rosa sauce	X											
salsa					X							
scampi	X	X				X	X	X				
Dressing & Sauces	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
sriracha mayo		X					X					
sriracha island sauce		X			X		X					
sriracha ketchup					X		X					
sour cream sauce	X											
soy sesame broth	X	X				X	X	X				
strawberry vinaigrette							X					
tartar sauce		X										
thai chile sauce	none											
thousand island		X					X					
tomato chipotle salsa	X											
vodka blush sauce	X											
wasabi					X							

wasabi crème fraiche	X				X						
white wine sauce	X	X				X	X	X			
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
Breads											
AC style roll						X	X	X			
kaiser roll					X	X	X	X			
French Baguette						X		X			
slider rolls	X	X			X	X	X	X			
**the slider rolls	this product is manufactured in a plant and on equipment that process milk, eggs, tree nuts,										
	peanuts, wheat and soy										