

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.											
<b>FRIED FOODS:</b> 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
<b>Finger Food</b>											
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			
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
<b>Hot Antipastas</b>											
bread sticks*(served with broccoli rabe)						X	X	X			
broccoli rabe san remo							X				
calamari fritta*			X			X	X	X			
chicken & mango quesadilla	X				X	X	X	X			
eggplant rollentine	X	X		X		X		X			
lobster mac n cheese	X			X		X		X			
mozzarella monsanto*	X	X				X	X	X			

	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
<b>Cold Antipastas</b>											
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
<b>Soups and Salads</b>											
antipasta ensalada	X		X		X		X				
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				
<b>Sides</b>											
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			

<b>Sides</b>	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
spinach saute							X					
The B B B	X					X	X	X				
escarole & beans	X				X	X	X	X				
sweet italian sausage*							X					
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
<b>Burgers excluding Kaiser roll</b>												
avocado	X	X				X	X	X				
california	X											
gouda*		X					X					
harvarti portabella	X											
mushroom bleu cheese turkey	X											
nocchio	X	X					X					
kaiser rolls			see breads below for allergen list									
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	
<b>Sandwiches excluding bread</b>												
cheesy meatball sliders	X	X	X		X	X	X	X			X	
fig & proscuitto grilled cheese	X				X	X		X				
chicken melt	X											
chicken parmigiana*	X	X				X	X	X				
eggplant parmigiana*	X	X				X	X	X				
italian special hoagie	X											
pepper and egg	X											
pork napolenta*	X	X				X	X	X				
<b><u>Short Rib Grilled Cheese</u></b>	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	
<b>Steak Sandwiches excluding french baguette</b>												
cheese steak special	X											
philly cheese steak	X											
AC style roll			see breads below for allergen list									



<b>Chef's Picks</b>	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										
braised short ribs					X	X	X	X			
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
<b>Pizzas</b>											
buffalo chicken	X					X	X	X			
classico	X				X	X	X	X			
four cheese	X					X	X	X			
Lou's whole wheat garden	X				X	X	X	X			
mediterranean vegetable	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			
rustica	X				X	X	X	X			
stromboli	X					X	X	X			
Ventura pomodoro	X					X	X	X			
chicken gumbo pizza	X				X	X	X	X			
Ventura's margarita	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
<b>Desserts</b>											
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

<b>Desserts</b>	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
<b>Kids Menu excluding side</b>											
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
<b>Seasonings</b>											
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
<b>Dressing &amp; Sauces</b>											
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			

<b>Dressing &amp; Sauces</b>	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
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			

<b>Dressing &amp; Sauces</b>	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut
sirracha mayo		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
<b>Breads</b>											
hot dog roll					X	X	X	X			
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										