

Allergènes

	Moutarde	Arachides Noix Graines	Oeufs	Produits laitiers	Soya	Poisson Crustacés Mollusques	Blé & sources de gluten	Graines de sésame	Sulfites	GMS/MSG (glutamate monosodique)
INGRÉDIENTS										
Pain (hamburger et hot-dog)					X		X	(X)		
Rosbif	X									
Bœuf haché (boulette)	(X)			(X)	(X)		(X)			
Poulet										
Viande à Dulton® / Pain à la viande	X									
Saucisses hot-dog et spéciales	X			X	X		X			
Bacon	(X)			(X)	(X)		(X)			
Mélange Rosbif-Bacon (RBC)	X									
Fromage tranché blanc/ Fromage tranché jaune				X	X					
Frites									X	
Sauce brune					X		X		X	X
Sauce poutine BBQ	X				X		X	(X)	X	X
Sauce poutine végétalienne sans gluten	(X)				X		(X)		(X)	(X)
Sauce piquante à poutine	X				X	X	X		X	X
Fromage en grains				X						
Sauce piquante pure	X				X	X			X	
Sauce burger	X		X						X	
Sauce BBQ	X				X	X			X	
Sauce chipotle	X		X	X						
Sauce moutarde et miel	X		X							
Ketchup, relish										
Mayonnaise			X							
Moutarde	X									
Légumes (laitue, tomate, oignons crus, chou, pois verts)										
Oignons cuits	(X)			(X)	(X)		(X)			
Oignons croustillants							X			
Mélange expo (piments, tomates, oignons cuits)	(X)			(X)	(X)		(X)			
Salade de chou	X		X							
Mélange sel et poivre, persil										
Sachet de fromage en grains				X						

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FRITES ET POUTINES (sauce brune)										
Frites									X	
Frites sauce					X		X		X	X
Poutine				X	X		X		X	X
Dulton®	X			X	X		X		X	X
Galvaude®					X		X		X	X
Galvaude® avec fromage				X	X		X		X	X
Poutine Rosbif-Bacon-Chipotle (RBC)	X		X	X	X		X	(X)	X	
Sauce piquante à poutine	X				X	X	X		X	X
Sauce poutine BBQ	X				X		X	(X)	X	X
Sauce poutine végétalienne sans gluten	(X)				X		(X)		(X)	(X)
Saucisses grillées	X			X	X		X			
Huile de canola (cuisson unique)										
ASSIETTES EN SAUCE (sauce brune)										
Assiette rosbig	X		X		X		X	(X)	X	X
Assiette Deluxe	X		X	X	X		X	(X)	X	X
Hamburger chaud	X		X	(X)	X		X	(X)	X	X
Assiette expo	X		X	X	X		X	(X)	X	X
Assiette steak haché	X		X	(X)	X		X		X	X
Assiette saucisses (servie sans sauce)	X		X	X	X		X		X	
Assiette poulet chaud	X		X		X		X	(X)	X	X
SANDWICHES ROSBIG										
Super rosbig	X		X	X	X		X	(X)	X	
Rosbig Deluxe	X			X	X		X	(X)		
Rosbig piquant	X			X	X	X	X	(X)	X	
Rosbig fromage	X			X	X		X	(X)		
Rosbig nature	X				X		X	(X)		

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BURGERS										
Burger Ashton avec fromage	X		X	X	X		X	(X)	X	
Burger piquant	X			X	X	X	X	(X)	X	
Expo burger	(X)			X	X		X	(X)		
Hamburger	(X)			(X)	X		X	(X)		
Hamburger avec fromage	(X)			X	X		X	(X)		
Burger Bacon sauce BBQ	X			X	X	X	X	(X)	X	
Squick Burger	(X)		(X)	(X)	X		X	(X)		
HOT-DOGS										
Hot-dog nature	X			X	X		X	(X)		
Hot-dog piquant	X			X	X	X	X	(X)	X	
Hot-dog expo	X			X	X		X	(X)		
Hot-dog du Lac	X		X	X	X		X	(X)	X	
Hot-dog chou, sauce moutarde au miel	X		X	X	X		X	(X)		
Pain à la viande	X				X		X	(X)		
Pain à la viande piquant	X				X	X	X	(X)	X	
POULET ET SALADES										
Club Ashton	(X)		X	(X)	X		X	(X)		
Guédille au fromage			X	X	X		X	(X)		
Guédille au poulet			X		X		X	(X)		
Sandwich LTM SANS bacon			X		X		X	(X)		
Sandwich LTM AVEC bacon	(X)		X	(X)	X		X	(X)		
Salade verte										
Salade Ashton	(X)			X	(X)		(X)			
Salade au poulet	(X)			X	(X)		(X)			
Salade de chou	X		X							
VINAIGRETTES										
Sachet (Italienne, française, balsamique)	VOIR SUR L'EMBALLAGE									
Sauce maison	X		X						X	
Sauce chipotle	X		X	X						



Bien que nous portons toute notre attention à vos allergies, nous préparerons votre repas le plus sécuritairement possible. Nous ne pouvons toutefois garantir à 100 % l'absence de l'allergène, si celui-ci se trouve au menu.

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MENU MINI										
Grillé au fromage	(X)			X	X		X	(X)	X	
Bébé poutine				X	X		X		X	X
Saucisses grillées	X			X	X		X		X	
Biscuits sablés au chocolat			X	X	(X)		X			
Galettes avoine chocolat			X	X	X		X			
LAITS FRAPPÉS										
Mélange pour lait frappé				X						
Coulis au chocolat									X	
Chapelure Oreo					X		X			
Crème fouettée				X						
Cerises au marasquin									X	
Lait frappé à la vanille				X	(X)		(X)		(X)	
Lait frappé au chocolat				X	(X)		(X)		X	
Lait frappé aux OREOS				X	X		X		(X)	
BREUVAGES										
Jus	VOIR SUR L'EMBALLAGE									
Thé glacé, Montain Dew, Orange Crush, Pepsi, 7 up, Pepsi diet, Racinette										

ALLERGENS

INGREDIENTS	Mustard	Peanuts Nuts Seeds	Eggs	Dairy products	Soy	Fish Crustaceans Molluscs	Wheat & Triticale	Sesame seeds	Sulphites	MSG (monosodium glutamate)
Hamburger and hot dog bun					X		X	(X)		
Roast beef	X									
Beef patty	(X)			(X)	(X)		(X)			
Chicken										
Dulton® meat loaf/Meatloaf filling	X									
Wieners	X			X	X		X			
Bacon	(X)			(X)	(X)		(X)			
RBC poutine topping (bacon-roast beef-chipotle)	X									
Process swiss slice, Cheddar slice				X	X					
Fries									X	
Poutine sauce (gravy)					X		X		X	X
Poutine BBQ sauce	X				X		X	(X)	X	X
Gluten Free Vegan Poutine sauce	(X)				X		(X)		(X)	(X)
Poutine hot sauce (spicy)	X				X	X	X		X	X
Cheese curds				X						
Homemade concentrated hot sauce	X				X	X			X	
Homemade mayonnaise-based burger sauce	X		X						X	
Homemade BBQ sauce	X				X	X			X	
Chipotle sauce	X		X	X						
Honey mustard sauce	X		X							
Ketchup, relish										
Mayonnaise			X							
Mustard	X									
Vegetable (lettuce, tomato, onion, cabbage, peas)										
Grilled onions	(X)			(X)	(X)		(X)			
Crispy oignons							X			
Expo mix (Grilled mix of geen peppers, tomatos and onions)	(X)			(X)	(X)		(X)			
Coleslaw	X		X							
Salt & pepper mix, parsley										
200g cheese curds				X						

ALLERGENS

	Mustard	Peanuts Nuts Seeds	Eggs	Dairy products	Soy	Fish Crustaceans Molluscs	Wheat & Triticale	Sesame seeds	Sulphites	MSG (monosodium glutamate)
FRIES & POUTINES										
Fries									X	
Frite sauce / Fries with poutine sauce (gravy)					X		X		X	X
Poutine				X	X		X		X	X
Dulton® / Poutine with Dulton® meat loaf	X			X	X		X		X	X
Galvaude® / Fries, chicken, peas, poutine sauce (without cheese curds)					X		X		X	X
Galvaude® With cheese curds				X	X		X		X	X
Roastbeef, Bacon and Chipotle Poutine (RBC)	X		X	X	X		X	(X)	X	
Poutine hot sauce (spicy)	X				X	X	X		X	X
Poutine BBQ sauce	X				X		X	(X)	X	X
Gluten Free Vegan Poutine sauce	(X)				X		(X)		(X)	(X)
Pieces of grilled wieners	X			X	X		X			
Canola oil										

Plates served with poutine sauce and fries

Assiette ros bif / Roast beef plain	X		X		X		X	(X)	X	X
Assiette Deluxe / Roast beef, process swiss slice, grilled vegetables	X		X	X	X		X	(X)	X	X
Hot hamburger / Beef patty plain	X		X	(X)	X		X	(X)	X	X
Assiette expo / Beef patty plain, cheddar slice, grilled vegetables	X		X	X	X		X	(X)	X	X
Assiette steak haché / Beef patty, grilled onions	X		X	(X)	X		X		X	X
Assiette saucisses / Pieces of grilled wieners without poutine sauce	X		X	X	X		X		X	
Assiette poulet chaud / Hot chicken	X		X		X		X	(X)	X	X

ROAST BEEF SANDWICHES

Super ros bif / Homemade mayonnaise-based burger sauce, fresh vegetables, process swiss slice	X		X	X	X		X	(X)	X	
Ros bif Deluxe / Process swiss slice and grilled vegetables	X			X	X		X	(X)		
Ros bif piquant / Homemade concentrated hot sauce, fresh vegetables, process swiss slice	X			X	X	X	X	(X)	X	
Ros bif fromage / Process swiss slice	X			X	X		X	(X)		
Ros bif nature / Plain	X				X		X	(X)		

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	Mustard	Peanuts Nuts Seeds	Eggs	Dairy products	Soy	Fish Crustaceans Molluscs	Wheat & Triticale	Sesame seeds	Sulphites	MSG (monosodium glutamate)
BURGERS										
Burger Ashton / <i>Homemade mayonnaise-based burger sauce, fresh vegetables, cheddar slice</i>	X		X	X	X		X	(X)	X	
Burger piquant / <i>Homemade concentrated hot sauce, fresh vegetables, process swiss slice</i>	X			X	X	X	X	(X)	X	
Expo burger / <i>Cheeseburger and grilled mix of geen peppers, tomatos and onions</i>	(X)			X	X		X	(X)		
Hamburger nature / <i>Plain</i>	(X)			(X)	X		X	(X)		
Cheeseburger nature / <i>Plain</i>	(X)			X	X		X	(X)		
Burger Bacon sauce BBQ / <i>Cheeseburger, bacon, homemade BBQ sauce</i>	X			X	X	X	X	(X)	X	
Squick Burger / <i>Cheese curds, bacon, lettuce, chipotlé sauce</i>	(X)		(X)	(X)	X		X	(X)		

HOT DOGS

Hot-dog nature / <i>Plain</i>	X			X	X		X	(X)		
Hot-dog piquant / <i>Homemade hot sauce, process swiss slice</i>	X			X	X	X	X	(X)	X	
Hot-dog expo / <i>Cheddar slice, grilled vegetables</i>	X			X	X		X	(X)		
Hot-dog du Lac / <i>Mayo, thinly sliced cabbage, fries</i>	X		X	X	X		X	(X)	X	
Hot-dog with coleslaw, with honey mustard sauce	X		X	X	X		X	(X)		
Pain à la viande / <i>Meat loaf filling, onion and ketchup</i>	X				X		X	(X)		
Pain à la viande piquant / <i>Meat loaf filling, onion and homemade hot sauce</i>	X				X	X	X	(X)	X	

KID MEALS

Saucisses grillées / <i>Pieces of grilled wieners, fries</i>	X			X	X		X		X	
Bébé poutine				X	X		X		X	X
Grillé au fromage / <i>Grilled cheese with bacon, fries</i>	(X)			X	X		X	(X)	X	
Chocolate chip oatmeal cookie			X	X	X		X			
Chocolate cookies			X	X	(X)		X			

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	Mustard	Peanuts Nuts Seeds	Eggs	Dairy products	Soy	Fish Crustaceans Molluscs	Wheat & Triticale	Sesame seeds	Sulphites	MSG (monosodium glutamate)
CHICKEN AND SALADS										
Club Ashton / Chicken, mayo, bacon, vegetable	(X)		X	(X)	X		X	(X)		
Guedille au poulet / Chicken, mayonnaise, vegetable			X	X	X		X	(X)		
Guedille au fromage / Cheese curd, mayonnaise, vegetable			X		X		X	(X)		
Sandwich LTM / Lettuce, tomato, mayo			X		X		X	(X)		
Sandwich LTM WITH bacon	(X)		X	(X)	X		X	(X)		
Green salad / Garden salad										
Ashton salad / Garden salad and cheese curds	(X)			X	(X)		(X)			
Chicken salad / Garden salad, chicken, cheese curds	(X)			X	(X)		(X)			
Coleslaw	X		X							
DRESSING										
Italian, French, Balsamic	SEE PACKAGING									
Homemade mayonnaise-based burger sauce	X		X						X	
Chipotle sauce	X		X	X						
MILK SHAKE										
Ice Milk Mix				X						
Chocolate sauce									X	
Oreo's small crunch					X		X			
Whipped cream				X						
Maraschino cocktail cherries									X	
Vanilla Milk Shake				X	(X)		(X)		(X)	
Chocolate Milk Shake				X	(X)		(X)		X	
OREOS Milk Shake				X	X		X		(X)	
BEVERAGES										
Juice	SEE PACKAGING									
Ice tea, Montain Dew ,Orange Crush, Pepsi, 7 up, Diet Pepsi, Root Beer										

