

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 | |
| Coulis de fraises | | | | | | | | | | |
| Chapelure Oreo | | | | | X | | X | | | |
| Crème fouettée | | | | X | | | | | | |
| Cerises au marasquin | | | | | | | | | X | |
| Lait frappé à la fraise | | | | X | (X) | | (X) | | (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 | | | | | | |

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|--|---------|--------------------|------|----------------|-----|---------------------------|-------------------|--------------|-----------|----------------------------|
| 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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|---|---------|--------------------------|------|-------------------|-----|---------------------------------|----------------------|-----------------|-----------|----------------------------------|
| 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 | | | |

ashton

While we take your allergies very seriously, we will prepare your meal as safely as possible. However, we cannot guarantee 100% the absence of the allergen if it is on the menu.

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|--|---------|--------------------------|------|-------------------|-----|---------------------------------|----------------------|-----------------|-----------|----------------------------------|
| 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 | | | | | | | | | | |
| Strawberry sauce | | | | | X | | X | | | |
| Whipped cream | | | | X | | | | | | |
| Maraschino cocktail cherries | | | | | | | | | X | |
| strawberry milkshake | | | | X | (X) | | (X) | | (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 | | | | | | | | | | |

