



**GEDDY'S**  
**FOOD ALLERGENS: INGREDIENTS LIST**  
**March 14, 2023**

\* Soy Allergies –Per FDA regulations, highly refined soybean oil is not considered allergenic and, therefore, is exempt from labeling. Nonetheless, our list identifies menu items that may use a highly refined soybean oil cooking spray for those with extreme soy allergies. Also, please confirm with server below given supply issues.

Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy (GF)	Tree Nuts	Wheat/ Gluten	Veg	Vegan
<b>APPETIZERS</b>										
<b>Crispy Calamari</b> <i>with sweet chili sauce.</i>		<b>Note:</b> Exposure to Fish in the Fryer.	<b>Note:</b> Exposure to Buttermilk Chicken Marinade in the Fryer.		*	*				
<b>Wild Caught Maine Steamer Clams</b> <i>with butter.</i>			*		*					
<b>Garlic Mussels</b> <i>with parmesan cheese &amp; focaccia bread.</i>			*		*			*		
<b>Brussel Sprouts</b> <i>with truffle vinaigrette, shaved parmesan cheese, &amp; herbs.</i>	*		*					*	*	
<b>Fresh Oysters</b> <i>with blueberry mignonette &amp; serrano lime mignonette.</i>					*					



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<b>THE CAULDRON</b>										
<b>Lobster Stew</b> <i>with focaccia bread.</i>			*		*			* (Focaccia Bread)		
<b>Clam Chowder</b> <i>with oyster crackers.</i>		*	*		*			* (Oyster Crackers)		
<b>THE GARDEN</b>										
<b>Ahi Tuna Poke</b> <i>– Tuna tartar, jasmine rice, seaweed salad, cucumber, ginger, soy, toasted sesame seeds, &amp; wasabi drizzle.</i>	* (Mayo in Honey Ginger Dressing)	*				* (GF)  <b>Note:</b> <b>Cooking Spray used with Rice.</b>	* (Sesame Seeds)	* (Wasabi Dressing)		
<b>Bar Island Lobster Cobb</b> <i>with greens, tomatoes, cucumbers, hard cooked egg, bacon, lobster, &amp; avocado with gorgonzola blue crumbles and buttermilk ranch dressing.</i>	* (Egg)		* (Gorgonzola Blue Crumbles & Buttermilk Ranch Dressing)		*					



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<b>THE GARDEN (Cont.)</b>										
<b>Geddy's Taco Salad</b> <i>– Seasoned beef with lettuce, corn &amp; black bean salsa, cheddar and jack cheese, black olives, onions, jalapenos, avocado, and tortilla hay, drizzled with cilantro lime vinaigrette, and sriracha crema dressing.</i>	* (Mayo in Sriracha Crema Dressing)		* (Cheeses & Dairy in Sriracha Crema Dressing)			<b>Note:</b> <b>Cooking Spray used with Black Bean Salsa.</b>			* (Veggie Meat or Meatless Options)	* (Veggie Meat or Meatless without Cheese, Cilantro Lime Vinaigrette (Honey), & Sriracha Crema (Mayo & Dairy))
<b>Quinoa, Roasted Sweet Potatoes, &amp; Burrata</b> <i>– Grain bowl, chickpeas, corn, black beans, candied walnuts, raisins, &amp; lime cilantro vinaigrette.</i>			* (Burrata Cheese)			<b>Note:</b> <b>Cooking Spray used with Chickpeas, Potatoes, &amp; Black Bean Salsa.</b>	* (Walnuts)		*	* (Without the Burrata & Lime Cilantro Vinaigrette (Honey))



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<b>THE GARDEN (Cont.)</b>										
<b>Garden Salad</b> <i>with lettuce, veggies, balsamic vinaigrette.</i>									*	*
<b>SPECIALTIES</b>										
<b>Cap'n Geddy's Lobster Bake</b> <i>– Steamed lobster with butter, clam chowder, corn, &amp; blueberry pie.</i>	*		*		*	<b>Note:</b> <b>Cooking Spray used with Pie.</b>		*		
	(Blueberry Pie)		(Clam Chowder & Butter)					(Blueberry Pie Crust)		
<b>Mini Lobster Bake</b> <i>– Lobster roll with clam chowder, &amp; blueberry cream cheese tart.</i>	*		*		*	<b>Note:</b> <b>Cooking Spray used with Tart.</b>		*		
	(Lobster Meat made with Mayo, & Blueberry Tart made with eggs)		(Clam Chowder, Butter, & Blueberry Cream Cheese Tart)					(Blueberry Tart)		
								<b>Note: GF Lobster Roll available.</b>		
<b>Seared Wild Caught Haddock</b> <i>with lemon butter sauce, jasmine rice, and day veggies.</i>		*	*			<b>Note:</b> <b>Cooking Spray used with Fish &amp; Rice.</b>		*		
			(Lemon Butter Sauce)					(Cooking on same Grill as Regular Rolls)		
								<b>Note:</b> <b>Haddock cooked in Oven instead when Celiac written on Ticket.</b>		



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<b>SPECIALTIES (Cont.)</b>										
<b>Gulf of Maine Salmon Teriyaki</b> (GF Teriyaki Sauce) with jasmine rice, wonton strips, veggies, & onions.		*				* (Teriyaki Sauce)  <b>Note:</b> <b>Cooking Spray also used for Rice &amp; Salmon.</b>		* (Wonton Strips)  <b>Note:</b> <b>GF without Wonton Strips.</b>		
<b>Ahi Tuna Tacos</b> – Tuna, cheese, lettuce, apple, pepper, tomato salsa, & sriracha crema vinaigrette.	* (Mayo in Sriracha Crema Vinaigrette)	*	* (Cheese & Dairy in Sriracha Crema Vinaigrette)					* (Flour Tortillas)  <b>Note: Tuna &amp; Tortillas seared on same Platter as Regular Rolls.</b>		
<b>Shrimp &amp; Scallop Scampi</b> – Linguine pasta, greens, parmesan, & butter sauce.	* (Pasta)	*	* (Parmesan Cheese & Butter Sauce)		*	<b>Note:</b> <b>Cooking Spray used if prepared with Rice.</b>		* (Pasta & Focaccia Bread)  <b>Note:</b> <b>GF options - using Rice instead of Pasta &amp; without Focaccia.</b>		



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<b>SPECIALTIES (Cont.)</b>										
<b>Fish &amp; Chips</b> – Haddock, breadcrumbs with French fries, coleslaw, & tartar sauce.	*	*	<b>Note:</b> Exposure to Buttermilk Chicken Marinade in the Fryer.		<b>Note:</b> Possible exposure to Shellfish in the Fryer. Currently, NOT the Case.					
<b>Atlantic Seafood Pie</b> – Haddock, shrimp, scallop, lobster, and Jonah crab. Crust topped with lemon butter sauce – served with jasmine rice & day veggies.		*	*		*	<b>Note:</b> Cooking Spray used on Cast Iron Pan for Pie & with Rice.		*		
<b>Angus Pub Sirloin</b> with crispy onions, gorgonzola butter, balsamic drizzle, seasoned potatoes, veggies.			*							
<b>SANDWICHES</b>										
<b>Maine Lobster Roll</b> – Lobster meat with seasoned mayo, lettuce, & corn on roll.	*		*		*			*		



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<b>SANDWICHES (Cont.)</b>										
<b>Bacon Jalapeno Lobster Roll</b> <i>– Lobster meat, seasoned Mayo, lettuce, bacon, cream sauce, &amp; fresh jalapenos on roll.</i>	* (Mayo)		* (Butter on Roll & Cream Sauce)		*			* (Flour in Roll)  <b>Note:</b> <b>GF Rolls Available.</b>		
<b>MDI American Burger</b> <i>with lettuce, tomato, bacon, &amp; American, cheddar, or Swiss cheese on Brioche Roll.</i>	* (Brioche Roll)		* (Brioche Roll & American, Cheddar, or Swiss Cheese)					* (Flour in Roll)  <b>Note:</b> <b>GF Rolls Available.</b>	*  <b>Note:</b> <b>Veggie Burger Available.</b>	
<b>Bar Island Burger</b> <i>– Plant-based burger with hummus, lettuce, tomato, &amp; onion on brioche roll.</i>	* (Brioche Roll)		* (Brioche Roll)			* (Plant Burger)	* (Plant Burger)	* (Flour in Roll)  <b>Note:</b> <b>GF Rolls Available.</b>	*	* (Without Roll)



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<b>SANDWICHES (Cont.)</b>										
<b>Cap'n John's Fish Fiesta</b> <i>– Crispy haddock sandwich with coleslaw, lettuce, &amp; tomato on brioche roll with tartar sauce.</i>	* (Brioche Roll)	*	* (Brioche Roll)  <b>Note:</b> Exposure to Buttermilk Chicken Marinade.		<b>Note:</b> Possible exposure to Shellfish through the Fryer. Currently, NOT the case.	<b>Note:</b> No, only if grilled - use Soy Cooking Spray.		* (Flour in Roll)  <b>Note:</b> GF Rolls Available.		
<b>Crispy Buttermilk Chicken Sandwich</b> <i>– Fried chicken breast with lettuce, tomato, red onion, &amp; buttermilk ranch dressing on brioche roll.</i>	* (Brioche Roll)	<b>Note:</b> Exposure to Fish through the Fryer.	* (Brioche Roll, Buttermilk Ranch Dressing, & Buttermilk Chicken Marinade)		<b>Note:</b> Possible exposure to Shellfish through the Fryer. Currently, NOT the case.	<b>Note:</b> No, only if grilled - use Soy Cooking Spray.		* (Flour in Roll)  <b>Note:</b> GF Rolls Available.		
<b>HOUSE PIZZA</b>										
<b>Pizza Dough</b>						<b>Note:</b> Cooking Spray used when portioning.		* (Flour in Dough)  <b>Note:</b> GF Dough Available.	*	* (GF Dough)





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<b>HOUSE PIZZA (Cont.)</b>										
<b>Classic Cheese or Pepperoni</b>			* (Mozzarella & Parmesan Cheeses)			<b>Note:</b> Cooking Spray used when portioning.		* (Flour in Dough) <b>Note: GF Dough Available.</b>	* (With Cheese or Cheese & Veggies)	* (GF Dough & Vegan Cheese or Vegan Cheese & Veggies)
<b>Fig, Prosciutto, &amp; Gorgonzola</b>			* (Mozzarella & Gorgonzola Cheeses)			<b>Note:</b> Cooking Spray used when portioning.		* (Flour in Dough) <b>Note: GF Dough Available.</b>	* (Without Prosciutto)	
<b>Geddy's Meat Express</b>			* (Mozzarella & Ricotta Cheeses)			<b>Note:</b> Cooking Spray used when portioning.		* (Flour in Dough) <b>Note: GF Dough Available.</b>		
<b>Sausage &amp; Stout</b>			* (Mozzarella & Fontina Cheeses)			<b>Note:</b> Cooking Spray used when portioning.		* (Flour in Dough) <b>Note: GF Dough Available.</b>		
<b>Lobster, Smoked Bacon, &amp; Jalapeno</b>			* (Mozzarella Cheese, Garlic Ricotta, & White Sauce)		* (Lobster)	<b>Note:</b> Cooking Spray used when portioning.		* (Flour in Dough) <b>Note: GF Dough Available.</b>		



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<b>HOUSE PIZZA (Cont.)</b>										
<b>Eggplant, Pesto, &amp; Goat Cheese</b>			* (Goat Cheese & Garlic White Sauce)			<b>Note:</b> Cooking Spray used when portioning.	* (Pine Nuts used in Pesto)	* (Flour in Dough) <b>Note: GF Dough Available.</b>	*	
<b>Brussels Sprouts &amp; Roasted Mushrooms</b>			* (Mozzarella & Parmesan Cheeses. Also, Ricotta White Sauce)			<b>Note:</b> Cooking Spray used when portioning.		* (Flour in Dough) <b>Note: GF Dough Available.</b>	*	
<b>DESSERTS</b>										
<b>Maine Blueberry Pie</b> <i>with whip cream.</i>	* (Egg Wash/Glaze)		* (Milk Wash on Pie, prior to Cooking, & Whip Cream)			<b>Note:</b> Cooking Spray used with pies.		* (Flour in Pie Crust)	*	
<b>Blueberry Whoopie Pie Sundae</b> <i>with chocolate pie shell, blueberry cream filling, chocolate sauce, and ice cream.</i>	* (Whoopie Pie, Ice Cream, & Blueberry Cream Filling)		* (Whoopie Pie, Blueberry Cream Filling, Ice Cream, Chocolate Pie Shell, and Chocolate Sauce)					* (Flour in Whoopie Pie Cake)	*	



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<b>DESSERTS (Cont.)</b>										
<b>Salted Caramel Cheesecake</b> <i>with caramel drizzle &amp; graham cracker crust.</i>	*		*					*	*	
	(Eggs in Cheesecake)		(Cheese in Cheesecake)					(Flour in Crust/Base of Cheesecake)		
<b>Chocolate Death Parfait</b> <i>with chocolate cake, chocolate custard, caramel whipped cream, &amp; heath bar crunch.</i>	*		*	<b>Note:</b> <b>While Heath Bars do not contain Peanuts, they are made in a Facility that may expose them to Peanuts.</b>			*	*	*	
	(Chocolate Cake & Chocolate Custard)		(Chocolate Cake, Chocolate Custard, & Whipped Cream)				(Almonds)	(Flour in Chocolate Cake)		
<b>Flourless Chocolate Torte</b> <i>- Gluten Free decadent chocolate torte with strawberry drizzle.</i>	*		*						*	
	(Chocolate Torte)		(Chocolate Torte)							