



GEDDY'S

FOOD ALLERGENS: INGREDIENTS LIST

June 6, 2025

* 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, before ordering..

Food Item	Egg	Fish	Milk/Dairy (avoid fried items)	Peanut	Shellfish	Soy (GF)	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
APPETIZERS										
Crispy Calamari <i>with sweet chili sauce.</i>		Note: Exposure to Fish in the Fryer.	Note: Exposure to Buttermilk Chicken Marinade in the Fryer.		*		Note: Exposure to sesame (oil) when cooking veg.			
Wild Caught Maine Steamer Clams <i>with butter.</i>			*		*					
Garlic Mussels <i>with parmesan cheese & focaccia bread.</i>			*		*			*		
			(Parmesan & Butter)					(Focaccia)		
Brussel Sprouts <i>with truffle vinaigrette, shaved</i>	*		*						*	*
	(Mayo in Sauce)		(Parmesan)							(Without Cheese and Sauce (Mayo))



<i>parmesan cheese, & herbs.</i>										
Fresh Oysters <i>with blueberry mignonette & serrano lime mignonette.</i>					*					
Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy (GF)	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
THE CAULDRON										
Lobster Stew <i>with focaccia bread.</i>			*		*			* (Focaccia Bread)		
Clam Chowder <i>with oyster crackers.</i>		*	*		*			* (Oyster Crackers)		
THE GARDEN										
Ahi Tuna Poke <i>– Tuna tartar, jasmine rice, seaweed salad, cucumber, ginger, soy, toasted sesame seeds, & wasabi drizzle.</i>	* (Mayo in Honey Ginger Dressing)	*				* (GF) Note: Cooking Spray used with Rice.	* (Sesame Seeds)	* (Wasabi Dressing)		
Bar Island Lobster Cobb <i>with greens,</i>	* (Egg)		* (Gorgonzola Blue Crumbles & Buttermilk Ranch)		*					



tomatoes, cucumbers, hard cooked egg, bacon, lobster, & avocado with gorgonzola blue crumbles and buttermilk ranch dressing.			Dressing)							
Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
THE GARDEN (Cont.)										
Geddy's Taco Salad – Seasoned beef with lettuce, corn & black bean salsa, cheddar and jack cheese, black olives, onions, jalapenos, avocado, and tortilla hay, drizzled with cilantro lime vinaigrette, and sriracha crema dressing.	*		*			Note: Cooking Spray used with Black Bean Salsa.			*	*
	(Mayo in Sriracha Crema Dressing)		(Cheeses & Dairy in Sriracha Crema Dressing)						(Veggie Meat or Meatless Options)	(Veggie Meat or Meatless without Cheese, Cilantro Lime Vinaigrette (Honey), & Sriracha Crema (Mayo & Dairy))
Quinoa,			*			Note:	*		*	*



Roasted Sweet Potatoes, & Burrata <i>– Grain bowl, chickpeas, corn, black beans, candied walnuts, raisins, & lime cilantro vinaigrette.</i>			(Burrata Cheese)			Cooking Spray used with Chickpeas, Potatoes, & Black Bean Salsa.	(Walnuts)			(Without the Burrata & Lime Cilantro Vinaigrette (Honey))
Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
THE GARDEN (Cont.)										
Garden Salad <i>with lettuce, veggies, balsamic vinaigrette.</i>									*	*
SPECIALTIES										
Cap'n Geddy's Lobster Bake <i>– Steamed lobster with butter, clam chowder, corn,</i>	* (Blueberry Pie)		* (Clam Chowder & Butter)		*	Note: Cooking Spray used with Pie.		* (Blueberry Pie Crust)		



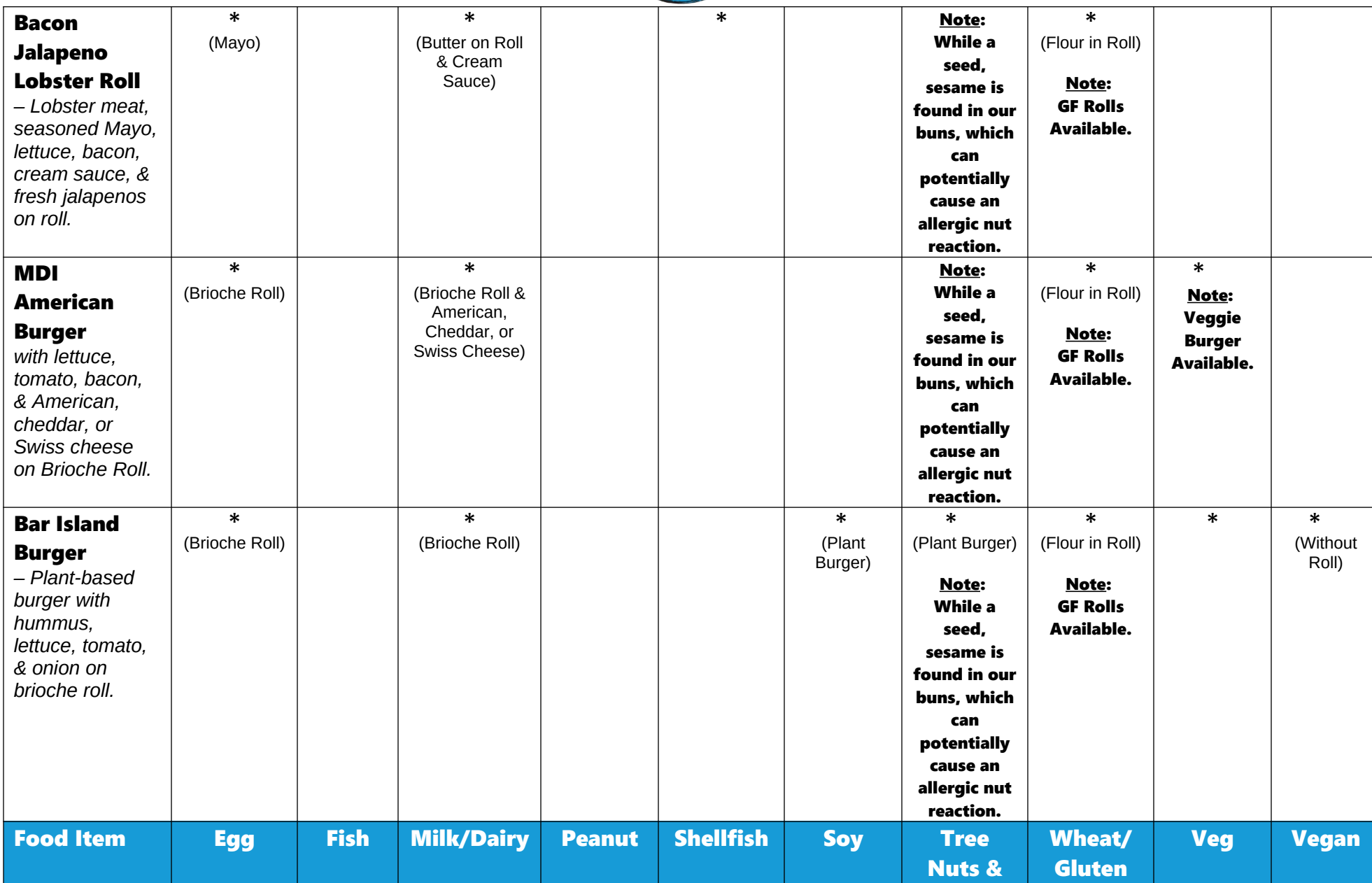
& blueberry pie.										
Mini Lobster Bake <i>– Lobster roll with clam chowder, & blueberry cream cheese tart.</i>	* (Lobster Meat made with Mayo, & Blueberry Tart made with eggs)		* (Clam Chowder: Milk & Butter Blueberry Cream Cheese Tart: Cream Cheese)		*	Note: Cooking Spray used with Tart.	Note: While a seed, sesame is found in our buns, which can potentially cause an allergic nut reaction.	* (Blueberry Tart) Note: GF Lobster Roll available.		
Seared Wild Caught Haddock <i>with lemon butter sauce, jasmine rice, & day veggies.</i> NOTE: gluten, garlic, soy, or sesame allergy, cooked separately.		*	* (Lemon Butter Sauce)			Note: Cooking Spray used with Fish & Rice. Also, exposure to soy from taco marinade - cooked on same flat top.	Note: Exposure to sesame (and soy) as well (from tuna tacos cooked on flat top)	* (Cooking on same Grill as Regular Rolls) Note: Haddock cooked in Oven instead when Celiac written on Ticket.		
Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
SPECIALTIES (Cont.)										
Gulf of Maine Salmon Teriyaki (GF Teriyaki Sauce) <i>with jasmine rice, wonton</i>		*				* (Teriyaki Sauce) Note: Soy Spray used for	Note: Exposure to sesame oil when cooking veg.	* (Wonton Strips) Note: GF without Wonton		



<i>strips, veggies, & onions.</i>						Rice & Salmon.		Strips.		
Ahi Tuna Tacos – Tuna, cheese, lettuce, apple, pepper, tomato salsa, & sriracha crema vinaigrette.	*	*	*			Note: Exposure to soy oil from marinade.	Note: Exposure to sesame oil from marinade.	*		
	(Mayo in Sriracha Crema Vinaigrette)		(Cheese & Dairy in Sriracha Crema Vinaigrette)					(Flour Tortillas) Note: Tuna & Tortillas seared on same Platter as Gluten Rolls.		
Shrimp & Scallop Scampi – Linguine pasta, greens, parmesan, & butter sauce.	*	*	*		*	Note: Cooking Spray used if prepared with Rice.		*		
	(Pasta)		(Parmesan Cheese & Butter Sauce)					(Pasta & Focaccia Bread) Note: GF options - using Rice instead of Pasta & without Focaccia.		
Fish & Chips – Haddock, breadcrumbs with French fries, coleslaw, & tartar sauce.	*	*	Note: Exposure to Buttermilk Chicken Marinade in the Fryer.		Note: Possible exposure to Shellfish in the Fryer. Currently, NOT the Case.					
	(Mayo in Tartar Sauce and Coleslaw)									
Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
SPECIALTIES (Cont.)										
Atlantic Seafood Pie		*	*		*	Note: Cooking		*		
			(Lemon Butter Sauce and Pie)					(Flour used for Pie Crust)		



– Haddock, shrimp, scallop, lobster, and Jonah crab. Crust topped with lemon butter sauce – served with jasmine rice & day veggies.			Crust. Crust is prepared with Parmesan Cheese, Butter, and Seafood. Also, Butter on Veggies)			Spray used on Cast Iron Pan for Pie & with Rice.				
Angus Pub Sirloin with crispy onions, gorgonzola butter, balsamic drizzle, seasoned potatoes, & veggies.			* (Gorgonzola Butter. Also, Butter on Veggies)			Note: Exposure through cooking spray used for potatoes & steak to prevent sticking.				
SANDWICHES										
Maine Lobster Roll – Lobster meat with seasoned mayo, lettuce, & corn on roll.	* (Mayo)		* (Butter on Roll)		*		Note: While a seed, sesame is found in our buns, which can potentially cause an allergic nut reaction.	* (Flour in Roll) Note: GF Rolls Available.		
Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
SANDWICHES (Cont.)										





							Sesame			
SANDWICHES (Cont.)										
Cap'n John's Fish Fiesta – Crispy haddock sandwich with coleslaw, lettuce, & tomato on brioche roll with tartar sauce.	* (Brioche Roll)	*	* (Brioche Roll) Note: Exposure to Buttermilk Chicken Marinade.		Note: Possible exposure to Shellfish through the Fryer. Currently, NOT the case.	Note: No, only if grilled - use Soy Cooking Spray.	Note: While a seed, sesame is found in our buns, which can potentially cause an allergic nut reaction.	* (Flour in Roll) Note: GF Rolls Available.		
Crispy Buttermilk Chicken Sandwich – Fried chicken breast with lettuce, tomato, red onion, & buttermilk ranch dressing on brioche roll.	* (Brioche Roll)	Note: Exposure to Fish through the Fryer.	* (Brioche Roll, Buttermilk Ranch Dressing, & Buttermilk Chicken Marinade)		Note: Possible exposure to Shellfish through the Fryer. Currently, NOT the case.	Note: No, only if grilled - use Soy Cooking Spray.	Note: While a seed, sesame is found in our buns, which can potentially cause an allergic nut reaction.	* (Flour in Roll) Note: GF Rolls Available.		
HOUSE PIZZA										
Pizza Dough						Note: Cooking Spray used when portioning.		* (Flour in Dough) Note: GF Dough Available.	*	* (GF Dough)
Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy	Tree	Wheat/	Veg	Vegan



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



								Available.		
Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
HOUSE PIZZA (Cont.)										
Eggplant, Pesto, & Goat Cheese			* (Goat Cheese & Garlic White Sauce)			Note: Cooking Spray used when portioning.	* (Pine Nuts used in Pesto)	* (Flour in Dough) Note: GF Dough Available.	*	
Brussels Sprouts & Roasted Mushrooms			* (Mozzarella & Parmesan Cheeses. Also, Ricotta White Sauce)			Note: Cooking Spray used when portioning.		* (Flour in Dough) Note: GF Dough Available.	*	
DESSERTS										
Maine Blueberry Pie <i>with whip cream.</i>	* (Egg Wash/Glaze)		* (Milk Wash on Pie, prior to Cooking, & Whip Cream)	Note: Prepared in facility with possible nut exposure		Note: Cooking Spray used with pies.		* (Flour in Pie Crust)	*	
Blueberry Whoopie Pie Sundae <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)	Note: Whoopi Pie Shell prepared in facility with possible nut exposure				* (Flour in Whoopie Pie Cake)	*	



Food Item	Egg	Fish	Milk/Dairy	Peanut	Shellfish	Soy	Tree Nuts & Sesame	Wheat/ Gluten	Veg	Vegan
DESSERTS (Cont.)										
Salted Caramel Cheesecake <i>with caramel drizzle & graham cracker crust.</i>	*		*					*	*	
	(Eggs in Cheesecake)		(Cheese in Cheesecake)					(Flour in Crust/Base of Cheesecake)		
Chocolate Death Parfait <i>with chocolate cake, chocolate custard, caramel whipped cream, & heath bar crunch.</i>	*		*	Note: While Heath Bars do not contain Peanuts, they are made in a Facility that may expose them to Peanuts.			*	*	*	
	(Chocolate Cake & Chocolate Custard)		(Chocolate Cake, Chocolate Custard, & Whipped Cream)				(Almonds)	(Flour in Chocolate Cake)		
Flourless Chocolate Torte <i>– Gluten Free decadent chocolate torte with strawberry drizzle.</i>	*		*						*	
	(Chocolate Torte)		(Chocolate Torte)							

