

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.												
FRIED FOODS: 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	Coconut
Shared Plates												
broccoli rabe san remo							X					
buffalo wings* (without sauce)						X	X	X				X
calamari frita*			X			X	X	X				X
chicken tenders*						X	X	X				X
coconut shrimp*	X	X		X		X	X	X				X
Bangin Cauliflower					X		X					
eggplant rollentine	X	X				X		X				
garlic parmesan fries	X	X				X	X	X			X	X
juju skinny wraps						X	X	X		X		
lobster mac n cheese	X			X		X		X				
mozzarella monsanto*	X	X				X	X	X				X
mussels ventura (red)	X			X								
mussels ventura (white)	X	X				X	X	X				
steamers by the dozen	X			X								
thai triple delight*	X	X		X		X	X	X				X
rosemary wings		X				X	X	X				X
tuna l'esperance without sauces			X		X							

Soups and Salads	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut	
Caesar salad*	X	X	X		X	X	X	X					
crispy sesame chicken ensalada					X	X	X	X					
ensalada portifino	X										X		
french onion soup	X	X				X	X	X					
garden salad without croutons	none												
Roasted Beet Salad	X				X		X				X		
Wedge Salad	X	X					X						
Sides	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut	
baked potato													
broccoli saute							X						
cheese fries*	X						X					X	
escarole & beans	X				X	X	X	X					
french fries*							X					X	
grilled asparagus	X						X						
grilled mushrooms	X						X						
meatballs	X	X				X	X	X					
old bay seasoned fries*							X					X	
Panko onion rings*	X	X				X	X	X				X	
pizza bread (red)	X	X				X	X	X					
pizza bread (white)	X	X				X	X	X					
spinach saute							X						
bread sticks*(served with broccoli rabe)						X	X	X					
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut	
Burgers excluding rolls													
california	X												
buck wild bison burger	X												
mushroom bleu cheese turkey	X												
			see breads below for allergen list										
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut	
Sandwiches excluding bread													
fig & proscuitto grilled cheese	X				X	X		X					
chicken caprese	X	X			X	X	X	X			X		

fish taco	X	X	X			X	X	X	X				
Short Rib Grilled Cheese	X	X				X	X	X	X				
turkey club*	X	X					X	X	X				
philly cheese steak	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										
AC style roll			see breads below for allergen list										
Pasta Specialties													
cheese ravioli	X	X					X		X				
chicken marsala	X	X					X	X	X				
chicken parmigiana*	X	X					X	X	X			X	
shrimp crab cakes	X	X	X	X			X	X	X				
eggplant parmigiana*	X	X					X	X	X			X	
fettuccine alfredo	X	X					X		X				
Double Stuffed Shrimp	X	X	X	X			X	X	X				
linguini marinara	X	X					X		X				
linguini seafood fra daivolo (red)	X	X	X	X			X		X				
linguini seafood fra daivolo (white)	X	X	X	X			X	X	X				
linguini with clams (red sauce)	X	X	X	X			X	X	X				
linguini with clams (white sauce)	X	X	X	X			X	X	X				
linguini with mussels (red sauce)	X	X		X			X		X				
Pasta Specialties	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut	
linguini with mussels (white sauce)	X	X		X			X	X	X				
pasta daniella	X	X		X			X		X				
pasta luigi	X	X		X			X		X				
bucatini alla bolognese	X	X			X	X			X				
veal parmigiana*	X	X					X	X	X				X
Chef's Picks	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut	
filet mignon excluding potato/veg	none												
jumbo fried shrimp*	X	X		X			X	X	X				X

new york strip excluding potato/veg	none											
our vegetables may contain	X						X					
salmon creole excluding rice	X		X				X					
Pizzas	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut
buffalo chicken	X	X				X	X	X				X
classico	X	X			X	X	X	X				
pizza dough 19oz		X				X	X	X				
red, white and green	X	X				X	X	X				
stromboli	X	X				X	X	X				
Ventura pomodoro	X	X				X	X	X				
Desserts	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut
bananas foster	X											
chocolate ice cream	X				X							
Coconut Ricotta Cheesecake	X	X			X	X	X	X				
molten lava cake with ice cream	X	X			X	X	X	X				
Peach Cobbler	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	
chocolate heaven	X	X					X					
vanilla ice cream	X				X							
Flatbreads												
Short Rib	X	X			X	X	X	X				
Margherita	X				X	X	X	X				
California Chicken & Avocado	X	X			X	X	X	X				
Fig & Prosciuto	X				X	X	X	X				
Artchoke N' Mushroom	X				X	X	X	X				
Kids Menu excluding side	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut
Cheese Burger sliders excluding roll	X											
chicken parmigiana*	X					X		X				X
chicken tenders*						X	X	X				X
grilled cheese	X					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	Coconut
Seasonings												
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	Coconut
Dressing & Sauces												
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				
caper lemon butter	X					X	X	X				
chipotle sauce	X	X				X	X	X				
cocktail sauce					X		X					
cole slaw		X					X					
creamy Caesar	X	X	X				X					
fig chutney												
fra diavolo red	none											
fra diavolo white	X	X				X	X	X				
Dressing & Sauces	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut
fruit sauce	none											
honey dijon		X					X					
horseradish	none						X					
horseradish mayo		X					X					
hot wing sauce	none											
house italian		X			X		X					

marinara sauce	none											
marinated hot onions							X					
marsala sauce	X	X				X	X	X				
mayo		X					X					
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											
scampi	X	X				X	X	X				
sriracha mayo		X					X					
sriracha island sauce		X			X		X					
sriracha ketchup					X		X					
strawberry vinaigrette							X					
tartar sauce		X										
thai chile sauce	none											
thousand island		X					X					
vodka blush sauce	X											
wasabi					X							
wasabi crème fraiche	X				X							
shallot vinaigrette		X			X		X					
white wine sauce	X	X				X	X	X				
	Dairy	Egg	Fish	Shellfish	Corn	Wheat	Soy	Gluten	MSG	Peanut	Tree nut	Coconut
Breads												
AC style roll						X	X	X				
poppy seed kaiser roll					X	X	X	X				
French sesame Baguette						X		X				
slider rolls	X	X			X	X	X	X				
burger rolls	X	X			X	X	X	X				

broiche & sesame burger rolls	this product is manufactured in a plant and on equipment that process milk, eggs, tree nuts,							
	peanuts, wheat and soy							
**the slider rolls	this product is manufactured in a plant and on equipment that process milk, eggs, tree nuts,							
	peanuts, wheat and soy							