

100 Mile Grill

Menu Item	FODMAP Ingredients to be Aware of
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Pulled Pork Sandwich	BBQ Sauce Onion Frites Pretzel Bun
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BLT	Aoli Pretzel Bun
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Portobello Mushroom Sandwich	Portobello Mushroom Pretzel Bun
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Bean Burger	Bean Patty Pretzel Bun
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Elmira Bacon Blitz Burger	Aoli Pretzel Bun
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Double Trouble Burger	BBQ Sauce Onion Frites Aoli Pretzel Bun
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Morning Glory Burger	Spicy Ketchup Aoli Pretzel Bun
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Gryphon Burger	Mushrooms BBQ Sauce Aoli Pretzel Bun
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Classic Burger	Artisan Sourdough Bun Aoli Red Onions
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Classic Burger with Cheese	Sourdough Bun Aoli Red Onions
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Big Smokey Burger	BBQ Sauce
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Aoli
Sourdough Bun

Apple Butter Burger Mushrooms
Onion Frites
Aoli
Sourdough Bun

Get Your Goat Burger Aoli
Sourdough Bun

Cranberry Craze Burger Cranberry/Onion Relish
Aoli
Sourdough Bun

Sing the Blues Burger Balsamic Onions
Aoli
Sourdough Bun

Great Canadian Burger Onion Frites
Aoli
Pretzel Bun