

LA Pit - Grill House

Menu Item	FODMAP Ingredients to be Aware of
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Grain Products:

Toast (Regular & French)	Wheat
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English Muffin	Wheat
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Bagel	Wheat
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Pancakes (excluding GF)	Wheat
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Buns (any)	Wheat
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Sandwich bread	Wheat
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Proteins:

Vegan Sausage Patty	Onion
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Fish Burger	Wheat Garlic Onion
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Turkey Burger	Onion powder
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Hot Dog	Garlic
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Veggie Dog	Wheat
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Veggie Burger	Ketchup Onion Garlic
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Breaded Chicken	Wheat
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Toppings:

Gravy	Onion Garlic
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Sides & Snacks:

Curly Fries	Wheat flour Garlic powder
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Onion powder

Poutine Gravy

Onion Rings Onions
Wheat

Pogo Wheat
Modified milk ingredients
Garlic powder
Onion powder

Cheese Sticks Modified milk ingredients
Wheat
Onion powder
Garlic powder

Chicken Fingers Wheat
Modified milk ingredients

Chicken Wings Spices*
Wheat

Hashbrowns Onion powder
Garlic powder
Wheat
Milk derivatives

Perogies Wheat