## COTTON PATCH CAFE

## ALLERGENS

PREPARED BYJILL ELLIOTT, RDN



## Grilled Entrees \& Steak side options

| Loaded Baked Potato |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Fresh Broccoli |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Steamed Veggies |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| House Salad-no dressing |  | $\checkmark$ | $m c$ |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Caesar Salad-dressed |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |
| 2 fl oz salad dressing | low range |  |  |  |  |  |  |  |  |
| 2 fl oz salad dressing | high range |  |  |  |  |  |  |  |  |
| Cup of Soup | low range |  |  |  |  |  |  |  |  |
|  | high range |  |  |  |  |  |  |  |  |
| 2 fixin's | low range |  |  |  |  |  |  |  |  |
|  | high range |  |  |  |  |  |  |  |  |
| GRILL (no fixin's) |  |  |  |  |  |  |  |  |  |
| Grilled Chicken Tenders-no sauce | Texas Size (8) | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
|  | Regular (4) | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Texas Size Tenders-choice of 2 flavors | low range |  |  |  |  |  |  |  |  |
|  | high range |  |  |  |  |  |  |  |  |
| Not Texas Size Tenders with sauce | low range |  |  |  |  |  |  |  |  |
|  | high range |  |  |  |  |  |  |  |  |
| Chipotle Maple Chicken | with rice | $\checkmark$ |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Center Cut Pork Chops |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Grilled Cajun Duo | 8 shrimp | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |
|  | 4 shrimp | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |
| Grilled Shrimp |  | $\checkmark$ |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |
| Garlic Herb Shrimp with rice | 8 ea | $\checkmark$ |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |
| Garlic Herb Shrimp with rice | 4 ea | $\checkmark$ |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |
| Pecan Crusted Catfish | with rice | $\checkmark$ | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |
| Lemon Herb Grilled Salmon |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Honey BBQ Grilled Salmon | with rice | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |
| Blackened Tilapia |  | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |
| SALADS |  |  |  |  |  |  |  |  |  |
| Southwest Salad, no protein, no dressing |  | $\checkmark$ |  |  |  |  |  | $m \mathrm{c}$ | $\checkmark$ |
| Caesar Salad, no protein, dressed |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |
| Tex Mex Salad, no protein, no dressing |  | $\checkmark$ |  |  |  |  |  | $m \mathrm{c}$ | $\checkmark$ |
| Strawberry Pecan Salad, no protein, no dressing |  |  | mc |  |  | $\checkmark$ | mc | $m \mathrm{c}$ | $m \mathrm{c}$ |
| Cobb Salad, no protein, no dressing |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Pick your protein |  |  |  |  |  |  |  |  |  |
| Angus Beef Patty | 7 oz |  |  |  |  |  |  |  |  |
| Grilled Chicken | 5 oz | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Fried Chicken | 5 oz | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Grilled Shrimp, blackened | 4 ea | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |
| Grilled Shrimp, steak rub | 4 ea | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |
| Fried Shrimp | 4 ea | $\checkmark$ | mc |  | $\checkmark$ |  |  | $\checkmark$ | $m c$ |
| Lemon Herb Grilled Salmon | 6 oz | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Pick your dressing |  |  |  |  |  |  |  |  |  |
| Homemade Ranch | 3 fl oz | $\checkmark$ | $\checkmark$ |  |  |  |  |  | $\checkmark$ |
| Honey Mustard | 3 fl oz |  | $\checkmark$ |  |  |  |  |  |  |
| Avocado Ranch | 3 fl oz | $\checkmark$ | $\checkmark$ |  |  |  |  |  | $\checkmark$ |
| Thousand Island | 3 fl oz |  | $\checkmark$ |  |  |  |  |  |  |
| Homemade Caesar | 3 fl oz | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |
| Honey Lime | 3 fl oz | mc | $\checkmark$ |  |  | $m c$ |  | mc | mc |
| Balsamic Vinaigrette | 3 fl oz | $m \mathrm{c}$ | $m \mathrm{c}$ |  |  |  |  | $m \mathrm{c}$ | $m c$ |
| Low fat Ranch | 3 fl oz | $\checkmark$ | mc |  |  | mc |  | mc | mc |
| Blue Cheese | 3 fl oz | $\checkmark$ | $\checkmark$ |  |  | $m c$ |  | $m \mathrm{c}$ | $m c$ |
| Raspberry Walnut Vinaigrette | 3 fl oz | $m \mathrm{c}$ | $m \mathrm{c}$ |  |  | $\checkmark$ |  | $m \mathrm{c}$ | $m c$ |
| LIGHTER PLATES |  |  |  |  |  |  |  |  |  |
| Light Blackened Tilapia |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Light Grilled Chicken |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Light Lemon Herb Grilled Salmon |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| FIXIN'S |  |  |  |  |  |  |  |  |  |
| Garlic Mashed Potatoes | 1/2 cup | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Macaroni \& Cheese | 1/2 cup | $\checkmark$ | mc |  |  |  |  | $\checkmark$ | $\checkmark$ |
| French Fries | 6 oz |  |  |  |  |  |  |  |  |
| Baked Squash | 1/2 cup | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Steamed Veggies | 1/2 cup | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |

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[^0]:    At Cotton Patch Cafe, we are committed to the health and safety of our customers. Our Allergen menu contains the most current information available from our food suppliers, in order for our guests to make informed selections. Please note that due to shared food preparation and cooking areas, the possibility exists for food items to contact foods and/or fryer oil containing allergens.
    *Due to the above stated conditions, we are unable to guarantee that any menu items are completely allergen free. Please always alert the manager to your food allergy prior to placing your order.

