

Mother's Café

Nut Allergy Menu Listing

Note: There are nuts used in many recipes every day in our kitchen.

Persons with severe nut allergies are strongly urged to avoid eating at Mother's Café!!

The following items contain nuts or seeds

Specials may contain nuts – check with manager
Occasional soups contain nuts – check with manager
Savory Baked Tofu (peanut butter in sauce)
Tropical Stir Fry (cashews in sauce)
Spinach Lasagna/Tofu Lasagna (pecans)
Szechuan Stir Fry (sesame seeds in sauce)
Bueno Burger/Soysage (sunflower and sesame seeds)
Tomato Artichoke Bisque (almonds)

Spicy Cashew Chipotle Sauce (cashews in sauce)
Mole Sauce (sesame seeds/almonds)

Whole Wheat Buns (sesame seeds on top)
Rye Buns (poppy seeds on top)

Cashew Tamari (cashews)
Lemon-Basil Vinaigrette (sesame tahini)
Marinated Artichoke Hearts (sesame tahini)

Carrot Cake (walnuts)
Mocha Almond Torte (almonds)
Chocolate Peanut Butter Pie (peanuts)

The following Brunch items contain nuts or seeds

Banana Walnut Pancakes (walnuts)
Bueno Soysage (sunflower and sesame seeds)
French Toast (sesame seeds)

The following menu items contain nuts, which can be left out

Spinach Salad (*specify no almonds*)
Garden Stir Fry (*specify no almonds*)
Farfalle Gorgonzola (*specify no pecans*)
Chili Relleno (*specify no pecans*)
Banana Nut Smoothie (*order a Basic Banana!*)