

Updated: May 2022

Allergens Present in the Menu Item



Peanuts

Tree Nuts

Milk and Milk Derivatives

Egg

Soy

Wheat or Other Gluten Sources

Sesame Seeds

Seafood (Fish / Shellfish)

Sulphites

Mustard

GMO

PROTEIN

Beef Burger, 5 oz

Chicken Breast

Crispy Chicken Breast

Halal Burger, 5 oz

Hot Dog

LightLife Burger

Veggie Burger

MAY

YES

YES

YES

YES

YES

YES

YES

YES

BUNS

Whole Wheat Hamburger Buns, CAL

Gluten Free Buns

Hot Dog Bun, CAL

Hot Dog Bun/Sausage ON

Chia & Multigrain Bun, ON

SSB Artisan Bun, ON

White Hamburger Bun, BC

White Hamburger Bun, CAL

YES

YES

YES

YES

YES

YES

YES

YES

YES

YES

YES

YES

YES

YES*

YES

YES

YES

YES*

YES*

YES

YES

YES*

YES*

YES

YES

YES

YES

YES

YES

YES

YES

YES

YES

SIDES

Fresh-Cut Fries

Onion Rings

Poutine

Sweet Potato Fries

YES

YES

YES

YES

SSBC SALAD

Balsamic Vinaigrette

Creamy Ranch Dressing

Fat Free Rancher's Choice

Greek Feta & Oregano

Salad Vegetables, No Dressing

YES

YES

YES

YES

YES

MILK SHAKES

Chocolate Milkshake, CAL

Chocolate Milkshake, ON

Cookies'n Cream BC, CAL

YES*

YES*

YES

YES*

YES*

YES

YES*

YES*

YES

YES

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Mocha Milkshake, ON	YES*	YES*	YES							
Strawberry Milkshake, CAL	YES*	YES*	YES							
Strawberry Milkshake, ON	YES*	YES*	YES							
Vanilla Milkshake, CAL	YES*	YES*	YES							
Vanilla Milkshake, ON	YES*	YES*	YES							

TOPPINGS

Bacon, Applewood Smoked, AB, BC										
Bacon, ON										
Blue Cheese			YES							
Caramelized Onions										
Cheese, Cracker Barrel Medium Cheddar			YES							
Cheese, Cracker Barrel Swiss			YES					YES		
Cheese, Curds			YES							
Cheese, Pepper Jack			YES							
Corn Relish									YES	
Crispy Jalapenos						YES				
Crispy Onion						YES				
Goat Cheese			YES							
Guacamole, Avo Fresco, ON										
Guacamole, California Supreme, AB, BC										
Hellmann's Mayonnaise				YES						
Hellmann's Spicy Mayo				YES						
Hot Pepper Rings, AB, BC								YES		
Hot Pepper Rings, ON								YES	YES	
Hot Pepper Jelly										
Jalapeno Lime Aioli				YES						YES
Ketchup										
Mango Chutney, Sweet										
Maple Syrup										
Mushroom Cremini								YES		
Mustard									YES	
Mustard, Dijon Hot, AB, BC								YES	YES	

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Mustard, Dijon, ON									YES	
Onion, Cajun				YES						
Onion, Red										
Pickles, GFS, AB, BC										
Pickles, Gielo, ON								YES		
Pineapple, sliced										
Puree, Garlic								YES		
Red Peppers, Roasted										
Relish, Sweet Green BC								YES	YES	
Relish, Sweet Green, ON										
Sauce, BBQ 40 Creek Whisky					YES				YES	
Sauce, Frank's Original Red Hot									YES	
Sauce, Gravy			YES	YES						
Sauce, Signature				YES	YES			YES	YES	
Slice, Cucumber										
Slice, Tomato										
SSB BBQ Seasoning			YES*	YES*	YES*	YES*	YES*	YES*	YES*	YES*

South St. Burger Co. attempts to provide nutrition and ingredient information regarding its menu items that is as complete as possible. Some menu items may not be available at all restaurants. Test products, test formulations, regional products and/or limited time promotional products have not been included. The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier and region of the country. Further, product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. This list is effective as of January 1, 2016 and is updated periodically. Items included may be subjected to change without notice. Allergens listed here, present in the product only, are reported by our suppliers. South St. Burger Co. is a restaurant environment, serving foods that are not in sealed packages; therefore, unfortunately we cannot guarantee a 100% allergy-free environment.

The items that don't indicate the province pertain to both provinces.

* - may contain