

# ALLERGY GUIDE

SUMMER 2025

**BÂTON  
ROUGE**  
GRILLHOUSE & BAR

# WELCOME TO BÂTON ROUGE!

The following tables represent the allergens that contain or may contain in the dishes we serve.

X= CONTAINS

O= MAY CONTAIN

Products identified with an “o” (may contain), are identified according to the supplier’s recommendations during preparation or processing. Please always refer to your server who will be pleased to help you adapt your choice to have the best possible experience.

Despite all the precautions that our staff apply to the preparation of allergen-free dishes, cross-contamination is always a possibility. Therefore, we cannot guarantee the total absence of recognized allergens (including gluten) during the preparation of the dishes.

Please refer to the notes to find out what sides and sauces are or are not included with the dishes. Please refer to the “side dishes, sauces or dressings” categories to obtain the specific allergens for your selection.

Enjoy your meal!

BÂTON ROUGE GRILLHOUSE & BAR	VEGETARIAN	EGGS	PRODUCTS DAIRY	PEANUTS	NUTS	SESAME	FISH	CRUSTACEANS	MOLLUSKS	WHEAT	GLUTEN	SOY	SULPHITES	MUSTARD	NOTES
APPETIZERS															
GARLIC BREAD AU GRATIN	X	O	X		O	O	O	O	O	X	X	O	O	O	
BEEF TARTARE		O	X			O				X	X	O	X	X	CAN BE SERVED WITH TORTILLA CHIPS FOR A GLUTEN-FREE DISH. TORTILLA CHIPS MAY BE COOKED IN THE SAME OIL AS CERTAIN PRODUCTS THAT CONTAIN GLUTEN AND/OR SHELLFISH. ACCOMPANIMENTS NOT INCLUDED, PLEASE REFER TO SECTION.
SALMON TAHINI & BEET TARTARE		X			O	X	X			X	X	X	O	O	
CALAMARI		X	X			O		X		X	X	O	X	X	
CRAB STUFFED MUSHROOMS		X	X			X	X	X		X	X				
CRISPY BRUSSEL SPROUTS	X	X			X	X						X			
CAULIFLOWER WINGS	X					X				X	X	X	X	O	
TEMPURA SHRIMP		X				X		X		X	X	X		X	
CAESAR SALAD			X				X			X	X	X	X	X	WITHOUT VINAIGRETTE, PLEASE REFER TO THE VINAIGRETTE SECTION. WITHOUT THE CROUTONS = NO GLUTEN
CREAMY POTATO SOUP			X							X	X	X			
ONION SOUP		X	X							X	X	X	X		
SPINACH DIP			X				O	O		X	X	X	X	X	TORTILLA CHIPS MAY BE COOKED IN THE SAME OIL AS CERTAIN PRODUCTS THAT CONTAIN GLUTEN AND/OR SHELLFISH. ACCOMPANIMENTS NOT INCLUDED, PLEASE REFER TO SECTION
FETA FRIES		X	X							X	X		X		
TUNA NACHO		X				X	X	X	X	X	X	X	X		
CRAB CAKE		X					X	X	X	X	X		X		
MAF & CHEESE			X							X	X		X		
BAVARIAN PRETZEL CHEESE DIP			X			O				X	X	O	O		

<div> <div>BÂTON ROUGE</div> <div>GRILLHOUSE &amp; BAR</div> </div>	V E G E T A R I A N	E G G S	P R O D U C T S D A I R Y	P E A N U T S	N U T S	S E S A M E	F I S H	C R U S T A C E A N S	M O L L U S K S	W H E A T	G L U T E N	S O Y	S U L P H I T E S	M U S T A R D	NOTES
SALADS															
MIX SALAD	X	X	X							X	X	X			WITHOUT VINAIGRETTE, PLEASE REFER TO THE VINAIGRETTE SECTION. WITHOUT THE CROUTONS = NO GLUTEN
CAESAR SALAD			X				X			X	X	X	X	X	
CHICKEN TENDERS		X	X				O			X	X	X	X	X	WITH HONEY-MUSTARD VINAIGRETTE. DAIRY PRODUCTS ARE FOUND ONLY IN SALAD CROUTONS
THAI STEAK		X				X						X	X	X	WITH LIME-GINGER VINAIGRETTE AND THAI SAUCE
LOUISIANA CHICKEN		X		X						X	X	X	X	X	WITH PEANUT PINEAPPLE SOY VINAIGRETTE
MAPLE CANDIED SMOKED SALMON		X	X				X						X	X	WITH GREEN-GODESS VINAIGRETTE
CAULIFLOWER LOTUS BOWL	X									X	X	X	X		
TUNA LOTUS BOWL						X	X			X	X	X	X		
SALMON LOTUS BOWL						X	X			X	X	X	X		
TUNA SALD		X	X				X	X	X				X		
GRILLED PEACH SALAD	X		X		X								X		
BURGERS AND SANDWICHES															
PRIME RIB SANDWICH		X	X	O	O	O				X	X	O	X	X	WITH AU JUS SAUCE
BÂTON ROUGE BURGER		X	X	O	O	O				X	X	O	O	X	SIDE DISHES NOT INCLUDED. PLEASE REFER TO THE SIDE DISHES SECTION PLEASE. THE MEAT ITSELF DOESNT CONTAIN GLUTEN OR DAIRY PRODUCTS
DIABLO BURGER		X	X	O	O	O				X	X	O	O	X	
CLUB SANDWICH		X	X			O				X	X	X	X	X	
FRIED CHICKEN BURGER		X	X	O	O	O				X	X	X	X	X	
COMFORTING CLASSICS															
CHICKEN TENDER PLATTER		X	X							X	X	X	X	X	WITH DIJON SAUCE AND COLESLAW, SIDE DISHES NOT INCLUDED. PLEASE REFER TO THE SIDE DISHES SECTION PLEASE. DAIRIES ARE IN THE DIJON SAUCE & SIDES
HALLOUMI GNOCCHI	X	X	X							X	X	X	X		
SEAFOOD LINGUINE		X	X				X	X	X	X	X		X		
SHORT RIB SEAFOOD		X	X		O	O	X	O		X	X		X	O	
SANTA FE CHICKEN			X									X	X	X	DAIRIES IN THE GOAT CHEESE ONLY
CHICKEN MUSHROOM			X									X	X	X	DAIRIES IN MASH POTATOES & VEGETABLES

BÂTON ROUGE BRILLHOUSE & BAR	V E G E T A R I A N	E G G S	P R O D U C T S  D A I R Y	P E A N U T S	N U T S	S E S A M E	F I S H	C R U S T A C E A N S	M O L L U S K S	W H E A T	G L U T E N	S O Y	S U L P H I T E S	M U S T A R D	NOTES
SIGNATURE RIBS															
BBQ PORK RIBS													X		RIBS ONLY. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION.
RIBS & GRILLED CHICKEN											X	X	X	X	SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION.
RIBS & CHICKEN TENDERS		X	X							X	X	X	X	X	DIJONNAISE SAUCE INCLUDED, SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION.
RIBS & SHRIMPS			X					X					X		SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION.
STEAKS AND FISH															
PRIME RIB										X	X	X	X	X	MEAT WITH SPICES AND SAUCE. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION.
FILET MIGNON													X		MEAT WITH SPICES. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION.
RIB STEAK													X		
NEW YORK STRIPLOIN													X		
BAVETTE												X	X		
SALMON			X				X					O	X		DIARIES IN THE SIDE VEGETABLES ONLY
SHRIMPS RISOTTO		X	X					X	X	X	X		X		
GRILLED BRANZINO		O	X	O	O	O	X	O	O	O	X	O	O	O	
KID'S MENU															
MINI BURGERS		X			O	O				X	X	O	X		SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION.
RIBS													X		
GRILLED CHICKEN												X	X	X	BBQ SAUCE INCLUDED. SIDE DISHES NOT INCLUDED, PLEASE REFER TO THE SIDE DISHES SECTION.
CHICKEN TENDERS		X	X							X	X	X	X	X	
PASTA ROSÉE SAUCE	X		X							X	X	X	X		
PASTA ALFREDO SAUCE	X		X							X	X	X	X		

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SIDES															
COWBOY BUTTER			X											X	
TORTILLAS CHIPS	X						O	O			O				TORTILLA CHIPS MAY BE COOKED IN THE SAME OIL AS CERTAIN PRODUCTS THAT CONTAIN GLUTEN AND/OR SHELLFISH.
CREAMED SPINACH			X							X	X	X			
FRIES	X														NO SPICES
SWEET POTATO FRIES	X									X	X				NO CHIPOTLE MAYONNAISE
VEGETABLES	X		X												CAN BE COOKED WITH OIL INSTEAD OF BUTTER FOR A DAIRY-FREE ACCOMPANIMENT
BAKED POTATO	X														PLAIN
BALE POTATO GARNISH			X										X		
MASHED POTATOES	X		X												
PILAF RICE												O			
COLESLAW	X	X	X										X	X	
ONION RINGS	X									X	X				
WONTON										X	X				
DESSERTS															
ICE CREAM	X		X												
CRÈME BRÛLÉE	X	X	X	O						O		X	O		
CHOCOLATE CAKE	X	X	X	O						O		X	X		
CHEESE CAKE	X	X	X	O						O		X	O		
CINNAMON BUN		X	X	O	X					X	X	X	O		

BÂTON ROUGE GRILLHOUSE & BAR	V E G E T A R I A N	E G G S	P R O D U C T S  D A I R Y	P E A N U T S	N U T S	S E S A M E	F I S H	C R U S T A C E A N S	M O L L U S K S	W H E A T	G L U T E N	S O Y	S U L P H I T E S	M U S T A R D	NOTES
DRESSINGS															
PINEAPPLE AND SOY	X	X								X	X	X	X	X	
CÉSAR							X	X					X	X	
ITALIAN	X	X	X				X	X	X	X	X	X	X	X	
LIME-GINGER	X	X										X	X	X	
HONEY MUSTARD	X	X										X	X	X	
GREEN GODDESS		X	X				X					O			
SESAME & TAHINI		X				X					X	X			
SAUCES															
AU JUS										X	X	X	X	X	
BÉARNAISE			X								X				
BBQ	X												X		
JARDINIÈRE	X												X	X	
GARLIC BUTTER	X		X												
DIJONNAISE	X	X	X							X	X	X	X	X	
GÉNÉRAL TAO	X					X				O	X	X	X		
AIOLI SMOKE SHOW	X	X												X	
CHIPOTLE MAYONNAISE	X	X													
SRIRACHA MAYONNAISE	X	X										X			
PEPPER SAUCE		X	X							X	X	X	X	X	
LOTUS TARTARE	X	X				X						X	X	X	
POUTINE SAUCE	X									X	X	X	X	X	
TARTARE SAUCE	X	X	X										X	X	
PEANUT THAI	X			X						X	X	X	X		
TOMATO	X														
CHIMICHURRI			O												
PINEAPPLE SALSA															
MUSHROOM SAUCE			X										X		
EXTRAS															
SHRIMP SKEWER			X					X					X		WITH GARLIC BUTTER
SKILLET MUSHROOMS	X		X										X	X	WITH GARLIC BUTTER, NO SPICES
POUTINE	X		X							X	X	X		X	
SIZZLING SCALLOPS AND SHRIMPS			X				X	X	X				X		WITH GARLIC BUTTER
LOBSTER TAIL			X					X					X		WITH GARLIC BUTTER
CHICKEN BREAST												X	X	X	
PARMESAN &TRUFFEL FRIES		O	O			O	O	O	O	O	O	O	O	O	
MAF & CHEESE			X							X					

