ALLERGEN GUIDE - ONTARIO

Safety first. Tasty second.

Calamari & Caesar Salad	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Calamari & Caesar Salad			•	•	•	•	•	•	•	•	•

Kids Meal	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Souvlaki Kids Meal (Rice)				•				•	•		
Souvlaki Kids Meal WW (Rice)				•				•	•		
Grilled Cheese Meal (Fries)				•					•		
Grilled Cheese Meal WW (Fries)				•					•		

OPA! Platter (Greek Salad)	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken				•				•	•	•	
Chicken WW				•				•	•	•	
Falafel				•				•	•	•	
Falafel WW				•				•	•	•	
Gyro				•				•	•	•	
Gyro WW				•				•	•	•	
Lamb				•				•	•	•	
Lamb WW				•				•	•	•	
Pork				•				•	•	•	
Pork WW				•				•	•	•	
Shrimp				•			•	•	•	•	
Shrimp WW				•			•	•	•	•	

Pita Wrap Meal (Fries)	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken				•					•		
Chicken WW				•					•		
Falafel				•					•		
Falafel WW				•					•		
Gyro				•				•	•		
Gyro WW				•				•	•		
Lamb				•					•		
Lamb WW				•					•		
Pork				•					•		
Pork WW				•					•		
Shrimp				•			•		•	•	
Shrimp WW				•			•		•	•	
Veggie				•					•		
Veggie WW				•					•		

Pita Wraps	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken				•					•		
Chicken WW				•					•		
Falafel				•					•		
Falafel WW				•					•		
Gyro				•				•	•		
Gyro WW				•				•	•		
Lamb				•					•		
Lamb WW				•					•		
Pork				•					•		
Pork WW				•					•		
Shrimp				•			•		•	•	
Shrimp WW				•			•		•	•	
Veggie				•					•		
Veggie WW				•					•		

Pita Wrap Feast (Fries & Caesar Salad)	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken			•	•	•	•		•	•	•	•
Chicken WW			•	•	•	•		•	•	•	•
Falafel			•	•	•	•		•	•	•	•
Falafel WW			•	•	•	•		•	•	•	•
Gyro			•	•	•	•		•	•	•	•
Gyro WW			•	•	•	•		•	•	•	•
Lamb			•	•	•	•		•	•	•	•
Lamb WW			•	•	•	•		•	•	•	•
Pork			•	•	•	•		•	•	•	•
Pork WW			•	•	•	•		•	•	•	•
Shrimp			•	•	•	•	•	•	•	•	•
Shrimp WW			•	•	•	•	•	•	•	•	•
Veggie			•	•	•	•		•	•	•	•
Veggie WW			•	•	•	•		•	•	•	•

Side Salads	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Caesar Salad			•	•	•	•	•	•	•	•	•
Greek Salad				•						•	
Santorini Salad										•	

Mega Platter (Greek Salad)	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken				•				•	•	•	
Chicken WW				•				•	•	•	
Falafel				•				•	•	•	
Falafel WW				•				•	•	•	
Gyro				•				•	•	•	
Gyro WW				•				•	•	•	
Lamb				•				•	•	•	
Lamb WW				•				•	•	•	
Pork				•				•	•	•	
Pork WW				•				•	•	•	
Shrimp				•			•	•	•	•	
Shrimp WW				•			•	•	•	•	

Olympus Bowl Fries	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken				•						•	
Falafel				•							
Gyro				•				•	•		
Lamb				•						•	
Pork				•						•	
Shrimp				•			•			•	

Olympus Bowl Rice	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken				•				•	•	•	
Chicken WW				•				•	•	•	
Falafel				•				•	•		
Falafel WW				•				•	•		
Gyro				•				•	•		
Gyro WW				•				•	•		
Lamb				•				•	•	•	
Lamb WW				•				•	•	•	
Pork				•				•	•	•	
Pork WW				•				•	•	•	
Shrimp				•			•	•	•	•	
Shrimp WW				•			•	•	•	•	

Skewer & Caesar Salad	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken			•	•	•	•		•	•	•	•
Falafel			•	•	•	•		•	•	•	•
Gyro			•	•	•	•		•	•	•	•
Lamb			•	•	•	•		•	•	•	•
Pork			•	•	•	•		•	•	•	•
Shrimp			•	•	•	•	•	•	•	•	•

Skewer & Greek Salad	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken				•						•	
Falafel				•						•	
Gyro				•				•	•	•	
Lamb				•						•	
Pork				•						•	
Shrimp				•			•			•	

Skewer & Santorini Salad	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken										•	
Falafel									•	•	
Gyro								•	•	•	
Lamb										•	
Pork										•	
Shrimp							•			•	

Side Skewer	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken											
Falafel									•		
Gyro								•	•		
Lamb											
Pork											
Shrimp							•			•	

Sides	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Baklava		•							•		
Calamari							•		•		
Falafel Snack Bites									•		
Fries											
Fries Snack Bowl											
Greek Potato								•	•	•	
Hummus & Pita			•	•					•		
Hummus & Pita WW			•	•					•		
Rice								•	•		
Rice Snack Bowl								•	•		
Rice Snack Bowl WW								•	•		
Spanakopita				•	•				•		
Tzatziki & Pita				•					•		
Tzatziki & Pita WW				•					•		

Souvlaki & (Greek Salad)	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Chicken				•					•	•	
Chicken WW				•					•	•	
Falafel				•					•	•	
Falafel WW				•					•	•	
Gyro				•				•	•	•	
Gyro WW				•				•	•	•	
Lamb				•					•	•	
Lamb WW				•					•	•	
Pork				•					•	•	
Pork WW				•					•	•	
Shrimp				•			•		•	•	
Shrimp WW				•			•		•	•	

Spanakopita Meal (Greek Salad)	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Spanakopita Platter				•	•				•	•	

Cheeses	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Feta Cheese				•							
Parmesan Cheese				•							

Condiments	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Croutons			•	•				•	•		
Bacon Bits											
Franks Red Hot Sauce											

Sauces & Salad Dressings	Peanuts	Tree Nuts	Sesame Seeds	Dairy	Eggs	Fish	Shellfish	Soy	Wheat	Sulphates	Mustard
Caesar Salad Dressing				•	•	•				•	•
Greek Salad Dressing										•	
Santorini Salad Dressing										•	
Hummus			•								
Tzatziki				•				•		•	

Tzatziki Sauce is not included as an ingredient in any meal/side order allergen listings. The information is displayed seperately under the "Sauces and Dressings" Category. Individual food items may come into contact with each other during the preparation process which is not reflected on this chart. Although OPA! makes efforts to avoid cross contamination of allergens, we do not guarantee that cross-contact with allergens will not occur. Before placing your order, please notify the OPA! team if you or anyone in your party has a food allergy. This list is compiled based on information provided by OPA! food suppliers as of Month 202X. Ingredient changes may occur before this list is updated.