



OCEANVIEW  
N A H A N T

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# ALLERGEN GUIDE

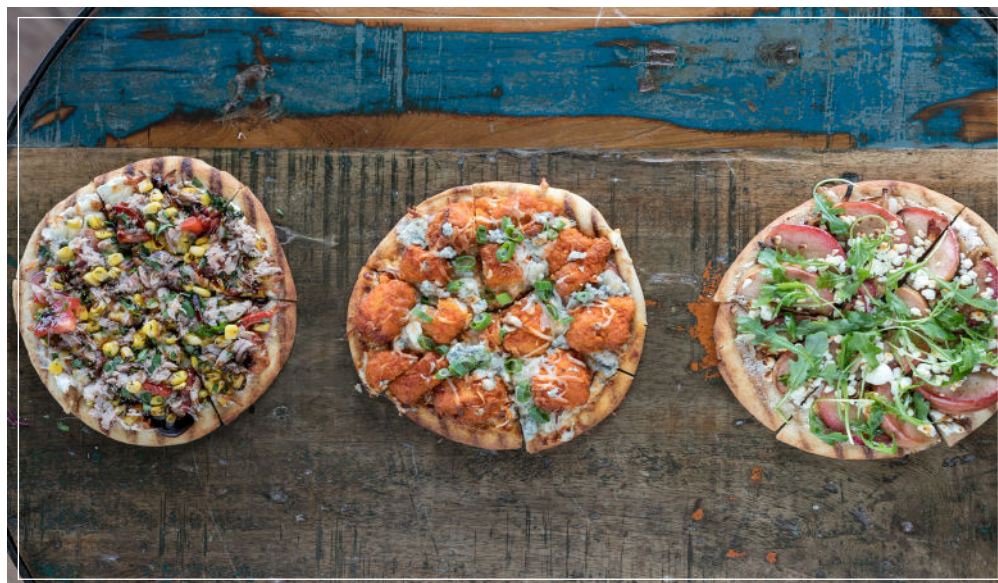


# OUR ALLERGEN INFORMATION GUIDE



At Oceanview of Nahant, we're committed to making the dining experience for every guest, including our guests with food allergies, an exceptional one. We have prepared this guide to assist our guests with food sensitivities or allergies and to help in identifying ingredients that may cause allergic reactions. While we strive to provide accurate allergen information, our menu items are freshly prepared in our kitchens and there is always a risk of cross contact with other allergens. Our normal kitchen operations involve shared preparation and cooking areas, including common fryer oil; therefore, cross-contact of all our menu items is possible. This is true even when a menu item is special ordered to remove an allergen as an ingredient. Please keep this in mind when making a menu selection dependent upon our allergen information. Please be sure to tell us if you, or any of your guests have any food sensitivities or allergies. This can help minimize risk and help ensure that your meal experience is exceptional. If you or a member of your party is severely allergic, please let your planner help you with your selection or a modification to our menu.

Note on Gluten and Fried Food Alert: Our menu items are freshly prepared in our kitchens, which are not free of gluten. Cross-contact with other food items that contain gluten is possible. While we aim to accommodate the dietary needs of our guests, we cannot ensure that these items meet the definition of "gluten-free" for those that are highly sensitive. Many of our menu items are fried in shared fryer oil. This makes them especially susceptible to cross-contact with other food allergens. If a fried menu item is special ordered to exclude an allergen, it still may not be allergen-free because of fryer oil cross contact. For these reasons, we recommend that guests with sensitive allergies avoid all fried menu items. Please let your planner know you are avoiding gluten to help with menu selection or a modification to our menu.



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Before placing your order, please inform your server if a person in your party has a food allergy.*



PASSED HORS D'OEUVRES	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
Broiled Scallops (GF)											
Mini Fish-N-Chips	X					X	X				
Firecracker Shrimp (GF)					X				X		X
Fried Coconut Shrimp (GF)	X				X				X		
Mini Lump New England Crab Cakes					X		X		X		
Tuna Tartare				X		X					X
Petite Lobster Salad Rolls					X		X		X		
Mini Grilled Cheese Point	X						X				
Asiago Stuffed Arancini	X						X				
Truffle French Fries (GF)	X		X						X		
Buffalo Cauliflower Bites							X		X		
Avocado Toast							X				
Pear, Goat Cheese, & Honey Oat Toast Points	X						X				
Tomato, Basil, & Fresh Mozzarella, Toasted Baguettes	X						X				
Mini Vegetable Spring Rolls			X	X			X				X
Cheddar Bacon Potato Tots	X										
Mini Buffalo Chicken Spring Rolls	X						X				
Chinese Chicken Dumplings				X			X				X
Crispy Coconut Chicken Bites (GF)	X								X		
Short Rib Quesadillas	X						X				
Mini Fried Chicken Sliders									X		
Mini Beef Sliders	X						X				
Roasted Brussel Sprout Bites (GF)											
Grilled Baby Lamb Chops (GF)											
Cinnamon Rolls	X						X		X		
Fresh Fruit & Pancake Skewers	X						X		X		



	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
Hot Cinnamon & Sugar Donuts	X						X				
Fresh Peach & Mascapone Bruschetta	X						X				
Fried Chicken & Waffles	X						X		X		
Granola & Fresh Fruit Tart	X										
Sausage & Pancake Skewers	X						X		X		
French Toast Sticks	X						X		X		
Maple Bacon Pancake Bites	X						X		X		
Sausage, Spinach & Cheese Egg Muffins	X								X		
<b>STATIONARY HORS D'OEUVRES</b>											
Artisan Cheese Board & Crudites	X						X				
Antipasto Display	X						X				
Chilled Shrimp Boat (GF)					X						
Raw Bar (GF)					X						
<b>GRILLED CHEESE STATIONS</b>											
Buffalo Chicken	X	X					X		X		
Cheddar, Apple, & Bacon	X	X					X				
Gruyère & Fruit Chutney	X	X					X				
Mac & Cheese with Bacon	X	X					X				
Spinach & Artichoke	X	X					X				
<b>STREET TACO STATION</b>											
Baja Fish with Avocado Crema	X					X	X				
Pork Carnitas with Zesty Cabbage Slaw							X		X		
Skirt Steak with Cilantro Lime Vinaigrette							X				
<b>GRILLED FLATBREAD STATION</b>											
Arugula & Caramelized Onion	X						X				
Buffalo Chicken	X						X		X		



	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
BBQ Pulled Pork	X						X				
Crab and Spicy Corn Salsa	X				X		X				
Bacon & Jalapeno	X						X				
<b>SOUP</b>											
New England Clam Chowder	X	X			X		X				
Lobster Bisque (GF)	X	X			X						
Roasted Butternut Squash & Apple (GF)	X	X									
White Bean Escarole (GF)											
Chilled Gazpacho (GF)											
<b>PASTA</b>											
Pasta Pomodoro							X				
Summer Pasta Primavera	X						X				
Cheese Tortellini	X						X				
Lobster Ravioli	X				X		X				
<b>SALAD</b>											
Roasted Beet & Goat Cheese Salad (GF)	X										
Caprese Arugula Salad (GF)	X										
Caesar Chopped Salad	X					X	X				
Fresh Strawberry & Mandarin Orange (GF)											
Harvest Salad (GF)	X							X			
Watermelon and Feta (GF)	X										
<b>PLATED ENTRÉES</b>											
Herb Pesto Stuffed Chicken	X						X		X		
Harvest Chicken	X										
Chicken Piccata	X	X					X				
Roasted Statler Chicken (GF)			X								



	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
Pan Fried Tuscan Chicken	X						X				
Pan Seared Citrus Miso Salmon (GF)				X							X
Roasted Seabass						X					
Pan Roasted New England Cod (GF)						X					
Panko Crusted Haddock	X	X				X	X				
Pan Seared Scallops (GF)		X			X						
Roasted Vegetable Lasagna	X		X				X				
Carrot Wellington	X		X				X				
Roasted Oyster Mushrooms (GF) (V)			X	X							X
Wild Mushroom Ravioli	X		X				X				
Spice Rubbed Cauliflower Steak (GF) (V)											X
Roasted Delicata Squash (GF)	X										
Grilled Filet Mignon, 8oz. (GF)		X									
Braised Beef Short Ribs (GF)											
Grilled Rosemary Lamb Chop (GF)											
Grilled Herb Crusted Beef Sirloin (GF)		X									
<b>BEEF SAUCE OPTIONS</b>											
Bourbon Infused House (GF)											
Creamy Bleu Cheese & Garlic (GF)	X										
Mushroom & Pearl Onion Demi-Glaze (GF)			X								
Peppercorn Sherry Cream Sauce (GF)	X										
<b>SIGNATURE DUET ENTRÉES</b>											
Filet Mignon & Lobster Tail Duet (GF)		X			X						
Filet Mignon & Grilled Shrimp Duet (GF)		X			X						
Filet Mignon & Crab Cake Duet (GF)		X			X						
Sirloin and Short Rib Duet (GF)		X									



	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
Chicken and Crab Cake Duet	X	X			X		X		X		
<b>CHILDREN'S ENTRÉES</b>											
Chicken Fingers with French Fries	X						X		X		
Chicken Fingers with Macaroni & Cheese	X						X				
Macaroni & Cheese	X						X				
Pasta with Butter		X					X				
<b>ENTRÉE SIDES</b>											
Garlicky Mashed Potato Cake (GF)	X										
Smoked Gouda AuGratin Potato	X						X				
Roasted Garlic Orzo	X	X					X				
Roasted Fingerling Potatoes (GF)											
Oceanview Signature Mac & Cheese	X						X				
Braised Mushroom, Wild Rice & Kale (GF)			X								
Roasted Lemony Asparagus											
Roasted Carrots, Parsley, Tarragon											
Spicy Lemon Cauliflower											
Roasted Green Beans, Blistered Tomatoes & Shallots											
Garlic Roasted Broccolini											
Roasted Summer Vegetables											
Roasted Brussel Sprouts, Pancetta (GF)											
Roasted Delicata Squash, Sesame Maple Glaze (GF)											X
<b>STATION ENTRÉES</b>											
<b>SOUTHERN COMFORT STATION</b>											
BBQ Beef Brisket											
Macaroni & Cheese with Bacon Crumble	X						X				
Shrimp & Grits	X	X			X						





	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
Collard Greens											
Pickled Veggies											
House Cornbread	X						X		X		
<b>SEAFOOD STATION</b>											
Crab Cakes with Remoulade Sauce	X				X				X		
Maine Lobster Bisque	X	X			X						
Mini Lobster Rolls on Toasted Buttered Rolls	X	X			X		X		X		
Clams Casino with Smoked Bacon and Buttery Bread Crumbs	X	X					X				
<b>SCAMPI STATION</b>											
Sauteed Jumbo Shrimp		X			X		X				
Sauteed Chicken		X					X				
Linguini with Olive Oil, Garlic, & Herbs	X				X		X				
<b>ASAIN STATION</b>											
Beef Teriyaki				X							X
Chicken Stir Fry				X							X
Mini Vegetarian Egg Rolls				X			X		X		X
Vegetable Pot Stickers				X			X		X		X
Vegetarian Fried Rice			X	X							X
Vegetable Lo-Mein			X	X			X				X
<b>PASTA STATION</b>											
Campanelle/Fusilli/Penne/Potato Gnocchi							X		X		
Three Cheese Ravioli	X						X		X		
Mixed Herb with Olive Oil Sauce											
Tomato Basil Sauce	X										
Pecorino Cream Sauce	X										
Pesto Sauce	X										





	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
White Clam Sauce	X				X						
White Wine with Roasted Garlic & Red Peppers	X										
<b>RISOTTO STATION</b>											
Lobster with Roasted Tomatoes and Herbs	X				X						
Rock Shrimp with Garlic, Herbs, Parmigiana Reggiano Cheese	X				X						
Smoked Chicken with Mascarpone Cheese, Wild Mushroom, Roasted Shallots	X		X								
<b>CARVING STATION</b>											
Fresh Green Beans/Seasonal Vegetable Medley		X									
Glazed Carrots		X									
Hard Cider Glazed Vermont Turkey											
Herb Roast Beef Tenderloin	X										
Mustard and Ginger-Crusted Spring Lamb											
Rosemary and Garlic Roasted Sirloin of Beef			X								
Roast Pork Loin											
<b>BRUNCH MENU</b>											
Waldorf Apple Salad								X	X		
Cheddar & Scallion Frittata	X								X		
Brussels Sprouts Hash											
Blueberry & Ricotta Pancakes	X						X		X		
Cinnamon-Sugar French Toast	X						X		X		
Honey Glazed Bacon											
Sliced Beef Tenderloin	X										
Truffle Potato Wedges			X								
Lemony Roasted Asparagus											
Cinnamon Roll Cake	X						X				
<b>CLAMBAKE MENU</b>											



	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
New England Clam Chowder	X						X				
Chopped Caesar Salad	X					X	X				
Steamed Clams with Broth & Butter		X									
Steamed Mussels in Garlic and Wine											
Boiled Lobster					X						
BBQ Chicken											
8oz. Center Cut Sirloin Steak		X									
Corn on the Cob		X									
Boiled Red Bliss Potatoes		X									
Cornbread	X						X				
Strawberry Shortcake	X						X				
<b>LATE NIGHT BITES (SAVORY)</b>											
<b>SLIDERS, FRIES, CHICKEN TENDERS</b>											
Mini Burgers with Cheese & Pickles	X						X				
Ketchup/Mustard											
French Fries											
Chicken Tenders							X	X			
<b>PRETZEL STATION</b>											
Pretzel Bites							X				
Cheese dipping sauce	X										
Mustard											
Cinnamon Sugar Pretzels							X				
Mini Pretzel Dogs							X				
Chocolate Dipped Pretzel Rods	X						X				
<b>LATE NIGHT CHINESE</b>											
Chicken Teriyaki	X			X			X		X		X



	DAIRY	DAIRY (BUTTER)	MUSHROOM	SOY	SHELLFISH	FISH	GLUTEN	NUTS	EGGS	PEANUTS	SESAME
Crab Rangoons	X				X		X		X		X
Mini Egg Rolls	X						X		X		X
Fried Rice	X			X					X		X
Duck Sauce/Soy Sauce				X							
<b>GRILLED CHEESE STATION</b> <i>(See Stationary Hors d'oeuvres section)</i>											
<b>FLATBREAD STATION</b> <i>(See Stationary Hors d'oeuvres section)</i>											
<b>LATE NIGHT BITES (SWEET)</b>											
<b>FUN FAIR FAVORITES</b>											
Churros							X				
Chocolate Dipping Sauce	X										
Funnel Cake Fries	X						X		X		
Kettle Corn											
<b>MILKSHAKES, SUNDAES &amp; COOKIES</b>											
Chocolate Chip Cookies	X						X		X		
Ice Cream	X								X		
Rainbow Sprinkles/M&M's	X			X							
Chocolate Syrup/Caramel Sauce											
Whipped Cream	X										
<b>GRAND FINALE</b> <i>(provided by external supplier)</i>											
<b>PETITE FINALE</b> <i>(provided by external supplier)</i>											
<b>DONUT WALL</b> <i>(provided by external supplier)</i>											
<b>CRUMBL COOKIES</b> <i>(provided by external supplier)</i>											
Whoopie Pie Favors	X						X				