



Tradewinds Ingredients Listing for All Menu Items









Thank you for dining at Tradewinds. We take the health and safety of all members seriously; this is a commitment that can be seen throughout the food and beverage department here at The American Club. Each of our F&B staff have undergone a full day training program on food allergies and working with diners that have food related allergies and intolerances. This training program was designed by the Culinary Institute of America and has been regularly administered by our training team with annual follow up refresher courses.

To extend further assurance to our members with dietary considerations, we will be regularly updating the below list of all menu and all component ingredients.

Each menu item will be tagged with a standardized icon denoting any and all of the major allergens contained within that menu item. These allergens are dairy, eggs, nuts, and shellfish. Additionally, we will denote which of the items are gluten free or vegetarian and which items contain pork products. *Any item that is deep fried will be fried in vegetable oil that may carry residues of other foods that have been fried in the oil. Wheat flour is default flour used; other flours will be named in the list.*

While the club does take all health related matters seriously, we would like to remind members that we do handle each of the allergens listed and they are present within the club. We undertake all reasonable precautions to reduce the risk of your exposure to these products.

Should you have any further questions regarding this information, please contact the outlet manager.

<p>BREAKFAST</p> <p>Fresh Fruit Platter:   Honeydew, Rockmelon, Watermelon, Banana, Greek Yogurt, Mint leaves (garnish) Greek Yogurt: Milk, Cream, Yogurt Cultures.</p>
<p>Malted Waffles:   Malted Waffle Batter, Butter, Maple butter, Blueberries, Banana, Brown Sugar, Cinnamon, Roasted Walnuts, Vegetable oil, Icing Sugar Maple Butter: Butter, Maple syrup Maple Waffle Batter: Wheat Flour, Malted Barley Extract, Salt, Sugar, Dried Buttermilk</p>
<p>Tradewinds Granola:   Honeydew, Rockmelon, Watermelon, English Parsley, Greek Yogurt, Granola Low Fat Yogurt: Milk, Milk Solids, Cream, Yogurt Cultures Granola: Organic Oats, Sesame Seeds, Brown Sugar, Olive Oil, Ginger, Raisins, Sea Salt, Cashews</p>
<p>Vegetable Frittata:   Mixed Green Salad, Spinach, Zucchini, Pumpkin, Tomatoes, Monterey Jack Cheese, Eggs, Hollandaise Sauce, Cooking oil Monterey Jack Cheese: Pasteurized Nonfat Milk, Milk Fat, Cheese Culture, Salt, Enzymes, Natamycin (Mold Inhibitor) Hollandaise Sauce: Unsalted Butter, Egg Yolk, White Wine Vinegar, Lemon Juice, Salt, Pepper</p>

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Kaya Toast Breakfast Set:

White Bread (Gardenia enriched), Kaya, Butter, Soft Boiled Eggs, Light Soy Sauce, Dark Soy Sauce, White Pepper Powder, Coffee or Tea

White Bread: Wheat Flour, Sucrose, Vegetable Oil, Skimmed Milk Powder, Salt, Dextrose, Baker's Yeast, Emulsifiers, Yeast Nutrients, Thiamine, Niacin, Iron, Calcium Propionate

Kaya: Coconut Extract, Sugar, Eggs, Modified Tapioca Starch, Pandan Juice, Blueberries

Light Soya: Water, Soybeans, Wheat, Salt

Dark Soya: Water, Soybeans, Wheat, Salt, Sugar, Flavor Enhancer (E621), Sodium Benzoate

Fish Congee:

Toman Fish Fillet, Congee, Ginger, Spring Onion, Sesame Oil, White Pepper Powder, Soy Sauce

Congee: Rice, Water, Salt, Ginger, Onion

Sesame Oil: Toasted Sesame Seeds

Light Soya: Water, Soybeans, Wheat, Salt

Chicken Congee:

Chicken Rice Chicken, Congee, Ginger, Spring Onion, Sesame Oil, White Pepper Powder, Soy Sauce

Congee: Rice, Water, Salt, Ginger, Onion

Sesame Oil: Toasted Sesame Seeds

Light Soya: Water, Soybeans, Wheat, Salt

Sambal Fried Bee Hoon:

Chicken Breast, Bean Sprouts, Chye Sim, Egg, Bee Hoon, Cooking Oil, Garlic, Oyster Sauce, Light Soy Sauce, Dark Soy Sauce, Sesame Oil, Chicken Powder, Sambal Chili, Red Chili, Cilantro leaf (garnish), Salt, Pepper

Bee Hoon: Rice, Corn Flour, Saga Starch

Oyster Sauce: Water, Modified Starch, Soya Protein, Sugar, Salt, Caramel, MSG, Sodium Benzoate

Light Soya: Water, Soybeans, Wheat, Salt

Dark Soya: Water, Soybeans, Wheat, Salt, Sugar, Flavor Enhancer (E621), Sodium Benzoate

Chicken Powder: Salt, Maltodextrin, Flavour Enhancer, Cornstarch, Sugar, Chicken Meat, Egg, Soy Sauce (wheat), Palm Oil, Spices

Sambal Chili Paste: Chili Padi, Lemongrass, Shallots, Belachan, Candlenuts (Buah Keras), Dried Prawn, Cooking Oil, Chili Paste, Salt, Sugar

Singapore Laksa:

Prawn, Thick Bee Hoon, Quail Eggs, Bean Sprouts, Chicken, Laksa Broth, Tau Pok, Fish Cake, Sambal Chili, Laksa Leaf

Bee Hoon: Rice, Corn Flour, Sago Starch

Chicken: Chicken, Water, Ginger, Garlic, Salt

Laksa Broth: Laksa Paste, Dried Prawns, Coconut Cream, Lemon Grass, Tau Pok, Laksa Leaf, Cooking Oil, Chili Oil

Laksa Paste: Vegetable Oil, Chili Paste, Dried Shrimp, Water, Shallot, Galangal, Shrimp Paste, Turmeric, Turmeric Powder, Lemongrass, Laksa Leaf, Red Chili, White Pepper, Chili Powder.

Tau Pok: Tofu

Fish Cake: Fish Meat, Vegetable Oil, Corn-starch, Garlic, Modified Tapioca Starch, Enhancer E365

Sambal Chili: Chili Padi, Lemongrass, Shallots, Belachan, Candlenuts (Buah Keras), Dried Prawn, Cooking Oil, Chili Paste, Salt, Sugar

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Smoked Salmon Benedict:

Eggs, English Muffins, Smoked Salmon, Spinach, Asparagus, Hollandaise Sauce, Paprika Powder, Vinegar, Water

English muffins: Flour, activated yeast, water, Milk, Tapioca Flour, Safflower Oil, Salt, Potato Starch, Calcium Carbonate, Glucose, lecithin, Delta Lactose

Smoked Salmon: Salmon, Salt, Sugar

Hollandaise Sauce: Unsalted Butter, Egg Yolk, White Wine Vinegar, Lemon Juice, Salt, Pepper

Brioche French Toast:

Brioche Bread, Egg, Milk, Banana, Brown Sugar, Cinnamon, Roasted Walnuts

Brioche Bread: Wheat Flour, Water, Eggs, Sugar, Canola Oil, Invert Sugar, Butter, Skim Milk, Baker's Yeast, Salt, Wheat Gluten, Natural Flavorings, Mono and Di Glycerides, Milk Proteins, Dried Yeast, Malted Rye Flour, Beta Carotene Color

Southern Indian Dosa:

Indian Dosa, Potato, Cauliflower, Sambar, Chutney Mango, Chutney Onion

Dosa Batter: Rice, Lentils (Urad Dal), Chickpeas, Fenugreek Seeds, Salt, Pepper

Sambar: Chama Dal (Chickpeas), Water, Cooking Oil, Ginger, Green Chili, Curry Leaves, Mustard Seeds, Turmeric Powder, Sambar Masala, Dried Red Chili, Asafoetida, Bottle Gourd, Vegetable Drumsticks, Long Beans, Tomato, Kashmiri Chili Powder, Tamarind Water, Coconut

Mango Chutney: Mango, Sugar, Spices, Salt, Vinegar

Onion Chutney: Onion, Sugar, Spices, Salt, Vinegar

DIY Omlette:

Cucumber, Mixed Green Salad, Roasted Tomato, Butter, Eggs, Milk, Salt, Pepper, Topping of Choice

The Farmer's Breakfast:

Eggs, Cucumber, Mixed Green Salad, Roasted Tomato, Butter, Multigrain Bread, Pork Sausage, Smoked Bacon, Cooking Oil, Butter

Multigrain Bread: Wholemeal Wheat Flour, Wheat Flour, Honey, Wheat Gluten, Oat Fibre, Palm Oil, Skimmed Milk Powder, Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

Pork Sausage: Pork, Water, Corn Syrup, Salt, Spices, Sugar, MSG

Smoked Bacon: Pork, Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate

Bacon Quarter Pounder With Cheese: Ketchup, Pickle Slices, Mustard, Quarter Pound 100% Beef Patty*, Thick Cut Applewood Smoked Bacon, Pasteurized Process American Cheese

TAC Breakfast:

Eggs, Choice of Sausage, Home Fries, Multigrain Bread

Pork Sausage: Pork, Water, Corn Syrup, Salt, Spices, Sugar, MSG

Home Fries: White Onion, Butter (salted), Cumin Powder, Cinnamon Powder, Black Pepper Crust, Sage, Salt, Cajun Seasoning, Russet Potatoes

Tradewinds Ingredients Listing for All Menu Items

Multigrain Bread: Wholemeal Wheat Flour, Wheat Flour, Honey, Wheat Gluten, Oat Fibre, Palm Oil, Skimmed Milk Powder, Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

Avocado Toast:  

Garlic, Multigrain Bread, Mixed Green Salad, Butter, Avocado, Olive Oil, Lemon Juice, Salt

Multigrain Bread: Wholemeal Wheat Flour, Wheat Flour, Honey, Wheat Gluten, Oat Fibre, Palm Oil, Skimmed Milk Powder, Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

Creamy Oatmeal: 

Oats, UHT Milk, Water, Banana. Golden Raisins, Brown Sugar

Breakfast Quinoa Bowl:   

Quinoa, Tomatoes, Avocado, Grapes, Cucumbers, Feta Cheese, Chia Seeds

APPETIZERS

Wasabi Prawn:   

Tiger Prawns, Egg, Wheat, Tobiko, Wasabi Sauce, Mesclun Salad, Carrots

Tobiko: Flying Fish Roe, Soy Sauce, Sugar, Sorbitol,

Wasabi Sauce: Wasabi Powder, Mayonnaise

Wasabi Powder: Horseradish, Sorbitol, Rice Bran Oil, Sugar, Salt, Water, Cellulose, Citric Acid, Xanthan Gum, Turmeric, Permitted Colorings

Mayonnaise: Soybean Oil, Eggs, Sugar, White Vinegar, Salt, Acidity Regulator, Mustard, Calcium Disulfite

Avocado Hummus:  

Hummus, Avocado, Tortilla Chips

Yellow Corn Chips: Stoneground Corn, Citric Acid, Calcium Propionate, Cellulose Gum, Vegetable Oil.

Hummus: Garbanzo Beans, Tahini, Garlic, Lemon Juice, Sesame Oil, Olive Oil, Salt

Tahini: Roasted Sesame Seeds

Garbanzo Beans: Garbanzo Beans, Water, Salt, Calcium Chloride, Sodium Sulfite, Calcium Disodium

Calamari: 

Squid Rings, Butter Milk, All Purpose Flour, Salt, Pepper, Lemon Aioli, Marinara Sauce, Lemon Wedge, Carrot Stick, Celery Stick, Gherkin, Alfafa (garnish)

Lemon Aioli: Mayonnaise, Lemon Zest, Turmeric Powder, Paprika Powder, Salt, Pepper

Marinara Sauce: Vine Ripened Tomatoes, Salt, Basil, Citric Acid

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Mayonnaise: Soybean Oil, Eggs, Sugar, White Vinegar, Salt, Acidity Regulator, Mustard, Calcium Disulfite

Tradewinds Ingredients Listing for All Menu Items

Spinach & Artichoke Dip:

Spinach, White Onion, Garlic, Artichoke, Cheese Sauce, Tortilla Chips, Butter, Sour Cream

Artichoke Heart: Artichokes, Canola Oil, Garlic, Herbs & Spices, Vinegar

Cheese Sauce: Butter, Flour, UHT Milk, American Cheese, Cheddar Cheese, Swiss Cheese, Whipping Cream, White Sugar, Salt, Pepper

Yellow Corn Chips: Stoneground Corn, Citric Acid, Calcium Propionate, Cellulose Gum, Lime

Sour Cream: Pasteurized Cream, Cultures

Tuna Poke:

Tuna, Avocado, Japanese Cucumber, Black & White Sesame Seeds, Mesclun Greens, Pineapples, Ginger Sesame Dressing, Crisp Wonton Skin, Cherry Tomato

Ginger Sesame Dressing: Orange, Young Ginger, Sesame Oil, Canola Oil, Red Wine Vinegar

Wonton Skin: Wheat Flour, Tapioca Starch, Sodium Carbonate, Potassium Carbonate

Buffalo Wings (naked): Chicken Wings & Drum Sticks, Carrot Sticks, Celery Sticks, Blue Cheese Dressing, Alfafa (garnish), Wing Sauce

Wing Sauce: White Vinegar, Cayenne Pepper, Red Pepper, Salt, Canola Oil, Garlic Powder, Butter

Blue Cheese Dressing: Lemon Juice, Danish Blue Cheese, Light Sour Cream, Evaporated Milk, White Vinegar, Mayonnaise, Sugar

Breaded Chicken Wings: Chicken Wings & Drum Sticks, Carrot Sticks, Celery Sticks, Blue Cheese Dressing, Alfafa (garnish), Wing Sauce

Wing Sauce: White Vinegar, Cayenne Pepper, Red Pepper, Salt, Canola Oil, Garlic Powder, Butter

Blue Cheese Dressing: Lemon Juice, Danish Blue Cheese, Light Sour Cream, Evaporated Milk, White Vinegar, Mayonnaise, Sugar

Boneless Chicken Fingers:

Chicken Tenders, Carrot Sticks, Celery Sticks, Blue Cheese Dressing, Wing Sauce

Chicken Tenders: Chicken Breasts & Thighs, Japanese Bread Crumbs, Eggs, Flour, Parmesan Cheese, Parsley, Salt, Pepper

Wing Sauce: White Vinegar, Cayenne Pepper, Red Pepper, Salt, Canola Oil, Garlic Powder, Butter

Blue Cheese Dressing: Lemon Juice, Danish Blue Cheese, Light Sour Cream, Evaporated Milk, White Vinegar, Mayonnaise, Sugar

SALADS

House Salad:

Mesclun Greens, Cherry Tomatoes, Red Onions, Cucumber, Carrot, Dijon Mustard Vinaigrette

Dijon Mustard Vinaigrette: Whole Grain Mustard, Olive Oil, Pure Honey, White Vinegar, Salt, Pepper, Parsley, Thyme

Whole Grain Mustard: Water, Mustard Seeds, Citric Acid, White Wine Vinegar, Salt

Tradewinds Ingredients Listing for All Menu Items

Avocado Kale Salad:

Mesclun Greens, Kale, Cherry Tomatoes, Japanese Cucumber, Avocado, Seaweed, Fava Beans, Dried Cranberries, Orange Wedges, Crispy Salmon Skin Cracker, Wonton Skin, Goma Dressing, Salt

Seaweed: Seaweed, Corn Oil, Sesame Oil, Perilla Oil, Salt

Dried Cranberries: Cranberries, Sugar, Citric Acid, Cranberry Juice, Sunflower Oil

Crispy Salmon Skin: Salmon Skin, Salt, Vegetable Oil, Tapioca Starch

Wonton Skin: Wheat Flour, Tapioca Starch, Sodium Bicarbonate, Potassium Carbonate, Tartazine

Goma Dressing: Fructose, Dextrose, Liquid Sugar, Fermented Seasoning, Miso, Sesame, Soy Sauce, Yuzu, Sesame Oil, Brewed Vinegar, Salt, Pepper, Amino Acids

Signature Caesar Salad:

Romaine Lettuce, Caesar Dressing, Garlic Croutons, Crispy Bacon Bits, Soft Boiled Egg, Parmesan Cheese, Lemon Wedge

Caesar Dressing: Mayonnaise, Garlic, Parmesan Cheese, Olive Oil, White Vinegar, L&P Worcestershire Sauce, Anchovies

Garlic Croutons: Whole Wheat Bread: Olive Oil, Salt, Garlic, Pepper

Crispy Bacon Bits: Pork, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate, Sodium Erythorbate

Mayonnaise: Soybean Oil, Eggs, Sugar, White Vinegar, Salt, Acidity Regulator, Mustard

Parmesan Cheese: Pasteurized Milk, Rennet, Lipase, Anti Caking Agent

L&P Worcestershire Sauce: Malt Vinegar, White Vinegar, Molasses, Sugar, Salt, Anchovies, Tamarind

Whole Wheat Bread: Wholemeal Wheat Flour, Wheat Flour, Honey, Wheat Gluten, Oat Fibre, Palm Oil, Skimmed Milk Powder, Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum, Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

Anchovies: Anchovy Filets, Olive oil, Salt

Superfood Chopped Salad:

Kale, Spinach, Romaine lettuce, Avocado, Broccoli, Grapes, Blueberries, Sunflower Seeds, Chia Seeds, Toasted Almond Flakes, Lemon-Ginger Vinaigrette, Cherry Tomatoes, Japanese Cucumber, Carrots

Lemon-Ginger Vinaigrette: Olive Oil, Lemon Juice, Apple Cider Vinegar, Ginger, Salt

PIZZAS

Smoked Salmon Pizza:

Pizza Crust, Garlic in Olive Oil, Oregano, Mozzarella Cheese, Sundried Tomato, Smoked Salmon, Red Onions, Arugula, Capers, Sour Cream Dill Sauce

Pizza Crust: Flour, Oregano Dry, Yeast, Salt, Milk, Water, Olive Oil

Tradewinds Ingredients Listing for All Menu Items

Mozzarella Cheese: Pasteurized Milk, Potato Starch, Salt, Lactic Culture, Microbial Rennet

Smoked Salmon: Salmon, Salt, Sugar

Capers: Capers, Water, Acetic Acid, Saltregano Dry, Yeast, Salt, Milk, Water, Olive Oil

Beef Rendang: 

Pizza Crust, Garlic in Olive Oil, Oregano, Mozzarella Cheese, Mixed Bell Peppers, Red Onions, Beef Rendang, Parmesan Cheese, Jalapeno Cream

Pizza Crust: Flour, Oregano Dry, Yeast, Salt, Milk, Water, Olive Oil

Mozzarella Cheese: Pasteurized Milk, Potato Starch, Salt, Lactic Culture, Microbial Rennet

Beef Rendang: Beef, Rendang Paste, Green Papaya, Coconut Milk, Cooking Oil

Parmesan Cheese: Pasteurized Milk, Rennet, Lipase, Anti Caking Agent

Jalapeno Cream: Cream Cheese Parsley, Fresh Jalapenos, Sour Cream, Mayonnaise, Apple Cider Vinegar, Fresh Lime Juice, Salt, Black Pepper

Rendang Paste: Shallot, Ginger, Tumeric Root, Garlic, Roasted Coconut Flakes, Sugar, Dried Chili, Lemongrass, Chili Padi, Lime leaves, Tumeric Leaves, Water, Salt, Cooking oil

The Veggie Delight: 

Pizza Crust, Mozzarella Cheese, Pizza Tomato Sauce, Roasted Garlic, Mixed Bell pepper, Roasted Pumpkin, Artichoke Heart, Sautéed Mixed mushrooms, Italian Basil, Parmesan Cheese, Olive Oil

Pizza Crust: Flour, Oregano Dry, Yeast, Salt, Milk, Water, Olive Oil

Mozzarella Cheese: Pasteurized Milk, Potato Starch, Salt, Lactic Culture, Microbial Rennet

Tomato Sauce: Vine Ripened Tomatoes, Salt, Basil, Citric Acid

Roasted Garlic: Whole Garlic, Olive Oil, Salt

Roasted pumpkin: Pumpkin, Olive Oil, Salt

Black Olives: Black Olives, Water, Salt, Stabilizing Agent

Sautéed Mixed Mushrooms: Portobello Mushrooms, Button Mushrooms, Honshimeji Mushrooms, Olive Oil, White Wine (cooking), Thyme, Garlic, Salt, Pepper

Parmesan Cheese: Pasteurized Milk, Rennet, Lipase, Anti Caking Agent

The Supreme: 

Pizza crust, Mozzarella Cheese, Tomato Sauce, Italian Basil, Parmesan Cheese, Pepperoni, Italian Sausage, Mixed Bell Peppers, Sautéed Mixed Mushroom, Red Onions, Black Olives, Olive Oil

Pizza Crust: Flour, Oregano Dry, Yeast, Salt, Milk, Water, Olive Oil

Mozzarella Cheese: Pasteurized Milk, Potato Starch, Salt, Lactic Culture, Microbial Rennet

Tomato Sauce: Vine Ripened Tomatoes, Salt, Basil, Citric Acid

Parmesan Cheese: Pasteurized Milk, Rennet, Lipase, Anti Caking Agent

Pepperoni: Pork, Beef, Salt, Water, Dextrose, Spices, Lactic Acid, Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid

Italian Sausage: Pork, Water, Corn Syrup, Salt, Spices, Sugar, MSG

Sautéed Mixed mushrooms: Portobello Mushrooms, Button Mushrooms, Honshimeji Mushrooms, Olive Oil, White Wine (cooking), Thyme, Garlic, Salt, Pepper

Black Olives: Black Olives, Water, Salt, Stabilizing Agent

SANDWICHES & WRAPS

Tradewinds Ingredients Listing for All Menu Items

California Club:

Whole Wheat Bread, Mayonnaise, Smoked Turkey Breast, Honey Baked Ham, Bacon, Cheddar Cheese, Avocado, Tomato, Lettuce, Shoestring Fries, Coleslaw, Gherkin, Alfalfa

Whole Wheat Bread: Wholemeal Wheat Flour, Wheat flour, Honey, Wheat Gluten, Oat Fibre, Palm Oil, Skimmed Milk Powder, Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum, Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

Mayonnaise: Soybean Oil, Eggs, Sugar, White Vinegar, Salt, Acidity Regulator, Mustard

Turkey: Turkey Breast, Salt, Sugar, Sodium Phosphate, Ascorbic Acid, Citric Acid, Sodium Nitrite, Sodium Propionate

Honey Baked Ham: Pork Leg, Salt, Sodium Lactate, Sugar, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite

Cheddar Cheese: Pasteurized Milk, Salt, Rennet, Water, Emulsifier, Milk Solids, Acidity Regulator, Lecithin from Soy

Coleslaw: White Cabbage, Carrots, Bell Peppers, Mayonnaise, Lemon Juice, Salt , Pepper

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Smoked Bacon: Pork, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite

Classic Reuben:

Dark Rye Bread, Thousand Island Dressing, Butter, Beef Pastrami, Sauerkraut, Emmental Cheese, Shoestring Fries, Coleslaw, Gherkin, Alfalfa

Dark Rye: Enriched Wheat Flour, Water, Rye Flour, Wheat Gluten, Yeast, Soybean Oil, Whole Grain Rye Flour, Salt, Ground Caraway, Molasses, Calcium Propionate, Mono Glycerides, Lactic Acid, Malted Barley Flour, Garlic and Onion Powder, Dextrose, Soy Lecithin

Thousand Island Dressing: Stuffed Olives, Gherkins, White Onions, Green Bell Pepper, Red Bell Pepper, Lemon Juice, Chili Sauce, Tomato Ketchup, Mayonnaise

Beef Pastrami: Beef , Water, Sea Salt, Black Pepper, Sodium Phosphate, Sugar, Natural Flavourings, Dextrose

Sauerkraut: White Cabbage, Wine, Salt

Emmental Cheese: Part Skim Milk, Cheese Culture, Salt, Enzymes

Coleslaw: White Cabbage, Carrots, Bell Peppers, Mayonnaise, Lemon Juice, Salt , Pepper

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Blackened Tofu:

Multigrain Bread, Smoked Corn Hummus, Marinated Tofu, Spinach, Provolone cheese, Sliced Tomato, Jalapenos, Shoestring Fries, Coleslaw, Gherkin, Alfalfa

Multigrain Bread: Wholemeal Wheat Flour, Wheat Flour, Honey, Wheat Gluten, Oat Fibre, Palm Oil, Skimmed Milk Powder, Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

Provolone Cheese: Part Skim Milk, Cheese Culture, Salt, Enzymes

Coleslaw: White Cabbage, Carrots, Bell Peppers, Mayonnaise, Lemon Juice, Salt , Pepper

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Tradewinds Ingredients Listing for All Menu Items

Pulled Pork Sliders:

Brioche Bun, Butter, Shredded Smoked Pork, Chipotle BBQ sauce, Cabbage, Alfafal Sprout, Gherki

Brioche Bun: Wheat Flour, Water, Eggs, Sugar, Canola Oil, Invert Sugar, Butter, Skim Milk, Baker's Yeast, Salt, Wheat Gluten, Natural Flavorings, Mono and Di Glycerides, Milk Proteins, Dried Yeast, Malted Rye Flour, Beta Carotene Color

Pulled Pork: Pork Shoulder & Butt, Pulled Pork Rub, Hickory Wood, Honey Oregano BBQ Sauce

Chipotle BBQ Sauce: Hickory Smoked BBQ Sauce, Chipotle Pepper (199gm), Honey

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Hickory Smoked BBQ Sauce: Tomato Puree, Corn Syrup, White Vinegar, Hickory Smoke Flavour, Salt, Paprika, Soy Sauce (Gluten), Corn Maltodextrin, Guar Gum, Dehydrated Garlic, Xanthan Gum, Sodium Benzoate

Honey Oregano BBQ Sauce: Hickory BBQ Sauce, Brown Sugar, Whole Celery Seeds, Heinz Ketchup, Ground Black Pepper, Worcestershire Sauce, Honey, Water, Dry Oregano, Salt, Oil

Pulled Pork Rub: Ground Black Pepper, Kosher Salt, Onion Powder, Cayenne Powder, Cumin Powder, Brown Sugar, Coleman English Mustard, Lemon Pepper Seasoning, Garlic Powder, Paprika Smoked

Baja Grilled Chicken Sandwich:

Brioche Bun, Cilantro-Lime Marinated Chicken Breast, Butter, Chipotle BBQ Mayo, Bacon, Avocado, Pepper Jack Cheese, Shoestring Fries, Burger Setting, Alfafal, Gherkin

Brioche Bun: Wheat Flour, Water, Eggs, Sugar, Canola Oil, Invert Sugar, Butter, Skim Milk, Baker's Yeast, Salt, Wheat Gluten, Natural Flavorings, Mono and Di Glycerides, Milk Proteins, Dried Yeast, Malted Rye Flour, Beta Carotene Color

Cilantro-Lime Chicken: Skinless Chicken Breast, Fresh Lime Juice, Olive Oil, Lime Seasoning Powder, Black Pepper Powder, Salt, Lime Zest

Chipotle BBQ Mayo: Tomato Puree, Corn Syrup, White Vinegar, Hickory Smoke Flavour, Salt, Paprika, Soy Sauce (Gluten), Corn Maltodextrin, Guar Gum, Dehydrated Garlic, Xanthan Gum, Sodium Benzoate, Caramel Color, Dehydrated Onion, Dextrose, Mayonnaise

Bacon: Pork, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite

Pepper Jack Cheese: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Jalapeno Pepper, Water, Salt, Acetic Acid, Natamycin

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Caesar Burrito:

Flour Tortilla, Romaine Lettuce, Caesar Dressing, Romano Cheese, Avocado, Refried Beans

Flour Tortilla: Wheat Flour, Water, Vegetable Shortening (Soybean Oil), Hydrogenated Soybean Oil, Salt, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Calcium Propionate, Sorbic Acid, Potassium Sorbate

Caesar Dressing: Mayonnaise, Garlic, Parmesan Cheese, Olive Oil, White Vinegar, L&P Worcestershire Sauce, Anchovies

Romano Cheese: Pasteurized Milk, Rennet, Lipase, Anti Caking Agent

Refried Beans: Prepared Kidney Beans, Water, Sugar, Salt, Firming Agent (Calcium Chloride), Calcium Disodium EDTA

Mayonnaise: Soybean Oil, Eggs, Sugar, White Vinegar, Salt, Acidity Regulator, Mustard

L&P Worcestershire Sauce: Malt Vinegar, White Vinegar, Molasses, Sugar, Salt, Anchovies, Tamarind

Anchovies: Anchovy Filets, Olive Oil, Salt

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Chicken Rice Burrito: Flour Tortilla, Tomato, Cucumber, Soya Ginger Dressing, Asian Aioli, Chicken Rice, Steamed Chicken, Chili Sauce

Flour Tortilla: Wheat Flour, Water, Vegetable Shortening (Soybean Oil), Hydrogenated Soybean Oil, Salt, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Calcium Propionate, Sorbic Acid, Potassium Sorbate

Asian Aioli: Mayonnaise, Lemon Zest, Turmeric Powder, Paprika Powder, Salt, Pepper

Chicken Rice: Rice, Chicken Fat, Ginger, Sesame Oil

Steamed Chicken: Chicken, Water, Ginger, Garlic, Salt

Chili Sauce: Chili Padi, Garlic, Lime Juice, Ginger, Salt, White Pepper

Paneer and Spinach Wrap: 

Flour Tortilla, Girdled Paneer, Spinach, Mint Yoghurt, Cucumber Raita, Garbanzo Beans

Flour Tortilla: Wheat Flour, Water, Vegetable Shortening (Soybean Oil), Hydrogenated Soybean Oil, Salt, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Calcium Propionate, Sorbic Acid, Potassium Sorbate

Cucumber Raita: Cucumber, Yoghurt, Salt, Pepper

Garbanzo Beans: Garbanzo Beans, Water, Salt, Calcium Chloride, Sodium Sulfite, Calcium Disodium

Paneer: Milk Solids, Citric Acid

BURGERS

The Classic Cheeseburger:

Butchery Beef Hamburger, Sliced Cheddar Cheese, Coleslaw, Fries, Burger Bun , Burger Setting (Lettuce, Tomato, Onion), Pickled Red Onions

Cheddar Cheese: Pasteurized Milk, Salt, Rennet, Water, Emulsifier, Milk Solids, Acidity Regulator, Lecithin from Soy

Coleslaw: White Cabbage, Carrots, Bell Peppers, Mayonnaise, Lemon Juice, Salt , Pepper

Burger Bun: Wheat Flour, Water, Sugar, Yeast, Soybean Oil, Wheat Gluten, Salt, Calcium Sulfate, Grain Vinegar, Calcium Propionate, Datem, Cellulose Gum, Monoglycerides, Corn Flour, Citric Acid, Potassium Iodate, Soy Lecithin, Mono Calcium Phosphate

The Chophouse Burger:

Angus Beef Patty, Fries, Colby Jack Cheese, Smoked Bacon, Pickled Red Onions, Brioche Bun, Sautéed Mushrooms, Burger Setting (Lettuce, Tomato, Onion), Gherkin, Alfalfa

Colby Jack Cheese: Pasteurized Milk, Starter Culture, Coagulating Enzyme

Smoked Bacon: Pork, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite

Brioche Bun: Wheat Flour, Water, Eggs, Sugar, Canola Oil, Invert Sugar, Butter, Skim Milk, Baker's Yeast, Salt, Wheat Gluten, Natural Flavorings, Mono and Di Glycerides, Milk Proteins, Dried Yeast, Malted Rye Flour, Beta Carotene Color

Sautéed Mixed Mushrooms: Portobello Mushrooms, Button Mushrooms, Honshimeji Mushrooms, Olive Oil, White Wine (cooking), Thyme, Garlic, Salt, Pepper

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Impossible Burger:

Impossible Burger Patty (Plant Based Protein), Burger Bun , Burger Setting (Lettuce, Tomato, Onion), Blue Cheese Crumbs, Pickled Onion, Sautéed Mushrooms, Chipotle Ketchup, Arugula, Fries, Gherkin, Alfalfa

Impossible Burger Patty: Water, Pea Protein Isolate, Canola Oil, Refined Coconut Oil, Bamboo Cellulose, Methylcellulose, Potato Starch, Maltodextrin, Yeast Extract, Salt, Sunflower Oil, Vegetable Glycerin, Dried Yeast, Arabic Gum, Citrus Extract, Ascorbic Acid, Beet Juice Extract, Acetic Acid, Succinic Acid, Modified Food Starch, Annato

Burger Bun: Wheat Flour, Water, Sugar, Yeast, Soybean Oil, Wheat Gluten, Salt, Calcium Sulfate, Grain Vinegar, Calcium Propionate, Datem, Cellulose Gum, Monoglycerides, Corn Flour, Citric Acid, Potassium Iodate, Soy Lecithin, Mono Calcium Phosphate

Blue Cheese: Pasteurized Milk, Salt, Lactic Culture, Microbial Rennet, Penicillium R'fort

Pickled Onion: Red Onion, Beetroot, Vinegar Water

Sautéed Mixed Mushrooms: Portobello Mushrooms, Button Mushrooms, Honshimeji Mushrooms, Olive Oil, White Wine (cooking), Thyme, Garlic, Salt, Pepper

Chipotle Ketchup: Ketchup, Chipotle in Adobo

Ketchup: Tomato, Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Vinegar Water: Sugar, White Vinegar Water, Water, Star Anise, Cilantro, Cloves

MAINS

Ribeye Steak:

Green Peppercorn Sauce, Baked Potatoes, Fries, Olive Oil, Carrot, Green Zucchini, Yellow Zucchini, Cauliflower, Cherry Tomatoes, Salt, Pepper

Green Peppercorn Sauce: Green Peppercorn in Brine, Shallots, Red Wine (cooked), Bay Leaves, Beef Stock, Thyme, Butter, Butter Roux, Salt

Green Peppercorn in Brine: Green Peppercorns, Water, Salt

Beef Stock: Beef Bones, Water, Carrots, Onions, Celery

Roux: Butter, Flour

Fish and Chips:

White Snapper Fillet, Tempura Batter, Fries, Tartar Sauce, Coleslaw, Salt, White Pepper, Lemon Wedge, Mixed Salad, Carrot, Alfalfa

Tempura Batter: Tempura Flour, Water, Italian Parsley, Fine Salt

Tartar Sauce: Mayonnaise, Pickles, Parsley, White Vinegar, Lemon Juice

Coleslaw: White Cabbage, Carrots, Bell Peppers, Mayonnaise, Lemon Juice, Salt, Pepper

Mayonnaise: Soybean Oil, Eggs, Sugar, White Vinegar, Salt, Acidity Regulator, Mustard

Sothorn-Style Fried Chicken and Waffle:

Buttermilk Chicken, Waffle, Jalapeno-Maple Syrup, Alfalfa, Carrots, Cooking Spray, Flour

Buttermilk Chicken: Whole Chicken, Buttermilk, Fine Salt, Coarse Black Peppercorn, Fresh Thyme

Burger Bun: Wheat Flour, Water, Sugar, Yeast, Soybean Oil, Wheat Gluten, Salt, Calcium Sulfate, Grain Vinegar, Calcium Propionate, Datem, Cellulose Gum, Monoglycerides, Corn Flour, Citric Acid, Potassium Iodate, Soy Lecithin, Mono Calcium Phosphate

Waffle: Eggs, UHT Milk, Waffles Mix, Butter

Malted Waffles Batter: Wheat Flour, Malted Barley Extract, Salt, Sugar, Dried Buttermilk

Jalapeno Maple Syrup: Maple Syrup, Jalapeno, Fine Salt

Maple Syrup: Corn Syrup, High Fructose Corn Syrup, Water, Cellulose Gum, Natural and Artificial Flavours, Salt, Sodium Benzoate, Sorbic Acid, Caramel Colour, Sodium Hexametaphosphate

Pan Seared Barramundi:

Barramundi, Prawns, Vegetable Skewer, Basil Rice Pilaf, Lemon Butter Sauce, Salt, White Pepper, Olive Oil, Diced Tomatoes, Alfalfa

Rice Pilaf: Basmati Rice, Star Anise, Cinnamon Stick, Ghee Oil, Basil Leaf, Fresh Spinach Aust, Water, Fine salt

Lemon Butter Sauce: Cooking Cream, Butter, Lemon Juice, Parsley, Salt

Roasted Cauliflower Steak:

Cauliflower, Risotto, Chicken Broth, Purple Cauliflower Puree, Asparagus, Edamame, Spinach, Crisp Honshimeiji, Parmesan Cheese, Cilantro, Carrot, Salt, Pepper

Risotto: Arborio Rice, Yellow Onion, Olive Oil, Chicken Stock, White Wine (cooking), Bay Leaves, Butter

Chicken Broth: Chicken Bone, Water, Carrot, Onion, Celery, Chicken Powder, Salt, Peppercorn, Chinese Cabbage

Purple Cauliflower Puree: Purple Cauliflower, Red Cabbage, Garlic, Fennel Seeds, Water, Smoked Paprika

Crisp Honshimeiji: Honshimeiji Mushrooms, Tempura Batte

Tempura Batter: Flour, Water, Bicarbonate of Soda

Parmesan Cheese: Pasteurized Milk, Rennet, Lipase, Anti Caking Agent

ASIAN

Singapore Laksa:

Prawns, Thick Bee Hoon, Quail Eggs, Bean Sprouts, Shredded Chicken, Laska Broth, Tau Pok, Sliced Fish Cake, Sambal Chili, Laksa Leaves

Bee Hoon: Rice, Corn Flour, Sago Starch

Shredded Chicken: Chicken, Water, Ginger, Garlic, Salt

Laksa Broth: Laksa Paste, Dry Prawns, Coconut Cream, Lemon Grass, Laksa Leaf, Cooking Oil, Chili Oil

Laksa Paste: Palm Oil, Dried Chili, Dried Prawn, Salt, Shallot, Galangal, Shrimp, Turmeric Powder, Yeast Extract, Laksa Leaf, Lemongrass, White Pepper

Tau Pok: Soybeans, Calcium Sulphate, Glucino Delta-Lactone

Fish Cake: Fish Meat, Vegetable Oil, Refined Soybean Oil, Corn Starch, Modified Tapioca, Starch, Salt, Sugar, Flavour Enhancer, Garlic

Sambal Chili: Chili Padi, Lemongrass, Shallot, Belachan, Candlenuts (Buah Keras) Ground, Dried prawn, Cooking oil, Chili pasta, Salt, Sugar

Stir-Fried Kway Teow With Beef:

Kway Teow, Beef Flank Steak, Egg, Garlic, Chye Sim, Bean Sprouts, Cooking Oil, Sesame Oil, Dark Soya Sauce, Light Soya Sauce, Chicken Powder, White Pepper, Green Chili in Vinegar

Kway Teow Noodles: Rice, Corn Flour, Sago Starch

Beef Flank Steak: Flank Steak, Garlic, Water, Corn Starch







Sesame Oil: Toasted Sesame Seeds

Dark Soya: Water, Soya Beans, Wheat, Salt, Sugar, Flavour Enhancer(E621), Sodium Benzoate

Light Soya: Water, Soya Beans, Wheat, Salt

Chicken Powder: Salt, Meltodextrin, Flavour Enhancer, Cornstarch, Sugar, Chicken Meat, Flavouring(Egg), Soy Sauce(Wheat), Palm Fat, Spice

Green Chili in Vinegar: Green Chilis, Vinegar, Salt, Sugar

<p>Stir-Fried Bee Hoon With Seafood: </p> <p>Bee Hoon, Garlic, Chye Sim, Dark Soya Sauce, Light Soya Sauce, Oyster Sauce, Sesame Oil, Prawn, Pacific Dory Fillet, Fish Cake Slice, Egg , Bean Sprouts, Chicken Powder, White Pepper, Cilantro Leaf, Carrot, Green Chili in Vinegar, Cooking Oil.</p> <p>Bee Hoon: Rice, Corn Flour, Sago Starch</p> <p>Dark Soya: Water, Soybeans, Wheat, Salt, Sugar, Flavour Enhancer (E621), Sodium Benzoate</p> <p>Light Soya: Water, Soybeans, Wheat, Salt</p> <p>Oyster Sauce: Water, Modified Starch, Soybean Protein, Sugar, Salt, Caramel, MSG, Sodium Benzoate</p> <p>Fish Cake: Fish Meat, Vegetable Oil, Refined Soybean Oil, Corn Starch, Modified Tapioca Starch, Salt, Sugar, Flavour Enhancer, Garlic</p> <p>Chicken Powder: Salt, Meltodextrin, Flavour Enhancer, Cornstarch, Chicken Meat, Sugar, Flavouring(Egg), Soy Sauce (Wheat), Palm Fat, Spice</p>
<p>Hainanese Chicken Rice: Chicken Breast or Thigh, Chicken Rice, Chicken Soup, Kailan, Ginger, Chili Sauce, Dark Soy Sauce, Tomato, Cucumber, Cilantro Leaf, Deep Fry Scallions, Chicken Rice Soy Sauce</p> <p>Chicken Rice: Rice, Chicken Fat, Ginger, Sesame Oil</p> <p>Chili Sauce: Chili Padi, Garlic, Lime Juice, Ginger, Salt, White Pepper</p> <p>Dark Soya: Water, Soybeans, Wheat, Salt, Sugar, Flavour Enhancer (E621), Sodium Benzoate</p> <p>Chicken Rice Soya: Dark Soya, Sesame Oil, Sugar</p>
<p>Gong Bao Chicken: </p> <p>Chicken Thigh Debone, Onion White , Green, Yellow Zucchini, Cashew Nut, Gong Bo Sauce, Dried Chili Padi, Ginger , Szechuan Peppercorn, Garlic, Cooking Oil, Carrot, Cilantro Leaf, Rice Steamed</p> <p>Gong Bao Sauce: Black Vinegar, White Vinegar, Water, Light Soy Sauce, Dark Soy Sauce, Sugar</p> <p>Black Vinegar: Water, Millet, Sorghum Husk, Acetic Acid, Maltose, Salt</p> <p>White Vinegar: Grain, Acetic Acid, Water</p> <p>Dark Soya: Water, Soybeans, Wheat, Salt, Sugar, Flavour Enhancer(E621), Sodium Benzoate</p> <p>Light Soya: Water, Soybeans, Wheat, Salt</p> <p>Rice Steamed: Rice, Water , Salt</p>
<p>Seafood Hor Fun:  </p> <p>Kway Teow, Dark Soya Sauce, Light Soya Sauce, Prawn, Pacific Dory Fillet, Fish Cake Slice, Egg , Chye Sim, Bean Sprout, Spring Onion , Motor Car Flour, Chicken Powder, Cooking Oil, Water, Salt , Pepper Powder</p> <p>Kway Teow Noodles: Rice, Corn Flour, Sago Starch</p> <p>Dark Soya: Water, Soybeans, Wheat, Salt, Sugar, Flavour Enhancer(E621), Sodium Benzoate</p> <p>Light Soya: Water, Soybeans, Wheat, Salt</p> <p>Fish Cake: Fish Meat, Vegetable Oil, Refined Soybean Oil, Corn Starch, Modified Tapioca, Starch, Salt, Sugar, Flavour Enhancer, Garlic</p> <p>Chicken Powder: Salt, Meltodextrin, Flavour Enhancer, Cornstarch, Chicken Meat, Sugar, Flavouring(Egg), Soy Sauce (Wheat), Palm Fat, Spice</p>
<p>Vegetarian Fried Rice:  </p> <p>Steam Rice, Mixed Vegetable, Egg, Shiitake Mushroom, White Cabbage, Garlic, Light Soya Sauce, Vegetarian Oyster Sauce, Cilantro, Carrot, Green Chili in Vinegar, Chili Paste, Cooking Oil</p> <p>Light Soya: Water, Soybeans, Wheat, Salt</p>

Tradewinds Ingredients Listing for All Menu Items

Rice Steamed: Rice, Water , Salt

Vegetarian Oyster Sauce: Water, Modified Starch, Soya Protein, Sugar, Salt, Caramel, MSG, Sodium Benzoate

Green Chili in Vinegar: Green Chilis, Salt, Sugar, Vinegar

Steamed Fish With Tofu: Red Snapper Fillet, Chinese Broccoli, Beancurd , Steam White Rice, Garlic , Light Soy Sauce , Sesame Oil, Pepper Powder, Ginger, Spring Onion, Red Chili, Cooking Oil

Beancurd: Soybeans, Water

Rice Steamed: Rice, Water , Salt

Light Soya: Water, Soybeans, Wheat, Salt

Sesame Oil: Toasted Sesame Seed

Fish Curry Indonesian Style: Fish Fillet Pacific Dory, Curry Stock, Broccoli, Tomato, Curry Leaf, Lady Finger , Egg Plant, Red Chili, Steam Rice, Cilantro Leaf, Carrot, Evaporated Milk

Rice Steamed: Rice, Water , Salt

Evaporated Milk: Milk, Dipotassium Phosphate, Carrageenan, Vitamin D3

INDIAN

Murgh Tandoor Tikka: 

Marinated Chicken Tikka Skewer, Papadum, Cucumber Raita, Mint Yogurt, Indian Salad, Lemon Wedge, Naan

Marinated Chicken: Boneless Chicken Legs, Ginger, Garlic, Mustard Oil, Red Chili Powder, Yogurt, Cumin Powder, Garam Masala, Green Chili, Coriander Powder, Cardamom Powder, Lemon Zest, Kasoori Mathi (Dried Fenugreek Leaf)

Cucumber Raita: Cucumber, Yogurt, Salt, Pepper

Indian Salad: Cucumber, Carrot, Cabbage, Mint Yogurt, Chat Masala

Naan: Plain Flour, Salt, Sugar, Water, Yeast

Papadum: Urid Flour, Salt, Rice Flour, Cooking Oil, Cumin

Asam Machi Masala: 

Red Snapper, Fresh Coconut, Coconut Milk, Mustard Oil, Tomato, Asam Machi Paste, Biryani Rice, Papadum, Cucumber Raita, Deep Fried Curry Leaves, Coriander Leaf

Asam Machi Paste: Mustard Oil, Mustard Seeds, Onion White, Garlic, Curry Leaf, Green Chili, Coriander, Coriander Powder, Turmeric Powder, Chili Powder, Cumin Powder, Garam Masala Spice, Tamarind Water, Cooking Oil, Salt, Pepper

Cucumber Raita: Cucumber, Yogurt, Salt, Pepper

Papadum: Urid Flour, Salt, Rice Flour, Cooking Oil, Cumin

Jhinga Goan Curry:  


Prawn, White Onion, Tomato, Green Chili, Garlic, Curry Leaves, Coriander Leaves, Mustard Oil, Mustard Seeds, Chili Powder, Turmeric Powder, Garam Masala, Cumin Powder, Coriander Powder, Coconut Milk, Salt, Naan, Biryani Rice, Papadum, Cucumber Raita

Naan: Plain Flour, Salt, Sugar, Water, Yeast

Biryani Rice: Basmati Rice, Cooking Oil, Ghee, Bay Leaves, Cinnamon Stick, Cardamon, Cloves, Salt, Turmeric, Water

Cucumber Raita: Cucumber, Yogurt, Salt, Pepper

Papadum: Urid Flour, Salt, Rice Flour, Cooking Oil, Cumin

Aloo Gobi: 

Cauliflower, Potato, Onion Masala, Whipping Cream, Naan Bread, Biryani Rice, Papadum, Cucumber Raita, Coriander Leaves, Tomato, Butter

Onion Masala: White Onions, Tomatoes, Green Chilis, Garlic, Coriander Leaves, Turmeric Powder, Cumin Powder, Coriander Powder, Cumin Seeds, Salt, Garam Masala, Butter, Ghee, Cooking Oil

Naan: Plain Flour, Salt, Sugar, Water, Yeast

Cucumber Raita: Cucumber, Yogurt, Salt, Pepper

Papadum: Urid Flour, Salt, Rice Flour, Cooking Oil, Cumin

Mutton Rogan Josh: 

Mutton Rogan, Cucumber Raita, Papadum, Naan, Biryani Rice, Green Chili, Cilantro Leaf

Mutton Rogan: Mutton, White Onion, Tomatoes, Cooking Oil, Cinnamon Stick, Bay Leaves, Green Cardamom, Brown Cardamom, Clove, Chestnut, Garam Masala, Cardamom Powder, Coriander Powder, Cumin Powder, Turmeric Powder, Nutmeg Powder, Red Chili Powder, Garlic Ginger Paste, Yogurt, Salt, Pepper

Cucumber Raita: Cucumber, Yogurt, Salt, Pepper

Naan: Plain Flour, Salt, Sugar, Water, Yeast

Biryani Rice: Basmati Rice, Cooking Oil, Ghee, Bay Leaves, Cinnamon Stick, Cardamon, Cloves, Salt, Turmeric, Water

Palak Paneer:  

Palak Base, Paneer, Whipping Cream, Tomatoes, Naan, Biryani Rice, Papadum, Cucumber Raita, Cooking Oil

Palak Base: Spinach, Cooking Oil, Cumin Seeds, Dry Chili, Garlic, Onion, Tomato, Green Chili, Basam Flour, Kasoori Methi, Cumin Powder, Coriander Powder, Garam Masala, Butter, Ghee, Salt, Water

Paneer: Milk Solids, Citric Acid

Biryani Rice: Basmati Rice, Cooking Oil, Ghee, Bay Leaves, Cinnamon Stick, Cardamon, Cloves, Salt, Turmeric, Water

Cucumber Raita: Cucumber, Yogurt, Salt, Pepper

Naan: Plain Flour, Salt, Sugar, Water, Yeast

Tradewinds Ingredients Listing for All Menu Items

KIDS

Lil' Classic Burger: Beef Patty, Burger Bun, Gherkin, Salt, Pepper

Beef Patty: Beef, Salt, Pepper

Burger Bun: Flour, Yeast, Water, Sugar, Salt

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Turkey and Cheese Wrap: 

Turkey Breast, Cucumbers, Lettuce, Honey Mustard Sauce, Whole Wheat Tortilla

Turkey Breast: Turkey Breast, Salt, Sugar, Sodium Phosphate, Ascorbic Acid, Citric Acid, Sodium Nitrite, Sodium Propionate

Whole Wheat Tortilla: Wheat Flour, Water, Vegetable Shortening (Soybean Oil), Hydrogenated Soybean Oil, Salt, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Calcium Propionate, Sorbic Acid, Potassium Sorbate

Grilled Cheese Sandwich:  

Whole Wheat Bread, Cheddar Cheese, Butter

Whole Wheat Bread: Wholemeal Wheat Flour, Wheat Flour, Honey, Wheat Gluten, Oat Fibre, Palm Oil, Skimmed Milk Powder, Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum, Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

Cheddar Cheese: Pasteurized Milk, Salt, Rennet, Water, Emulsifier, Milk Solids, Acidity Regulator, Lecithin from Soy

Classic PB & J:   

Whole Wheat Bread, Organic Peanut Butter, Strawberry Preserves

Whole Wheat Bread: Wholemeal Wheat Flour, Wheat Flour, Honey, Wheat Gluten, Oat Fibre, Palm Oil, Skimmed Milk Powder, Salt, Yeast, Inulin, Emulsifiers, Yeast Nutrients, Edible Gum, Thiamine, Riboflavin, Niacin, Iron, Calcium Propionate

Organic Peanut Butter: Organic Roasted Peanuts, Salt

Strawberry Preserves: Organic Strawberries, Organic Sugar, Fruit Pectin, Citric Acid

Fish Fingers:  

Red Snapper, Breading (Optional), Cooking Oil, Salt, Pepper, Coleslaw, Tartar Sauce

Coleslaw: White Cabbage, Carrots, Bell Peppers, Mayonnaise, Lemon Juice, Salt, Pepper

Mayonnaise: Soybean Oil, Eggs, Sugar, White Vinegar, Salt, Acidity Regulator, Mustard, Calcium Disulfite

Tartar Sauce: Mayonnaise, Pickles, Parsley, White Vinegar, Lemon Juice

Gherkin: Gherkins, Spirit Vinegar, Sugar, Salt, Potassium Sorbate, Sodium Benzoate, Herbs

Chicken Tenders: Chicken Breast, Breading (Optional), Cooking Oil, Salt, Pepper, Honey Mustard Sauce





Mac and Cheese:  

Elbow Macaroni, Cheese Sauce

Elbow Macaroni: Durum Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid

Cheese Sauce: Butter, Flour, UHT Milk, American Cheese, Cheddar Cheese, Swiss Cheese, Whipping Cream, Sugar White, Salt, White Pepper

Tradewinds Ingredients Listing for All Menu Items

<p>Classic Pizza: Pizza Crust, Gluten Free Pizza Crust, Red Sauce, Mozzarella Cheese</p> <p>Pizza Crust: Flour, Oregano Dry, Yeast Dry, Salt, Milk, Water, Olive Oil</p> <p>Gluten Free Pizza Crust: Gluten Free Flour, Oregano, Yeast, Salt, Milk, Water, Olive Oil</p> <p>Gluten Free Flour: Maize Starch, Rice Flour, Tapioca Starch, Rice Bran, Guar Gum</p> <p>Tomato Sauce: Vine Ripened Tomatoes, Salt, Basil, Citric Acid</p>
<p>Penne Pasta: </p> <p>Whole Wheat Penne Pasta, Red Sauce (choice), Cream Sauce (choice), Butter Parmesan Sauce (choice)</p> <p>Whole Wheat Penne: Durum Whole Wheat Flour</p> <p>Tomato Sauce: Vine Ripened Tomatoes, Salt, Basil, Citric Acid</p> <p>Cream Sauce: Butter, Flour, Heavy Cream, Salt</p> <p>Butter Parmesan Sauce: Butter, Parmesan</p>
<p>Mini Buddha Bowl: </p> <p>White Rice (choice), Brown Rice (choice), Steamed Broccoli, Carrots</p>
<p>Hainanese Chicken Rice: Chicken Breast or Thigh, Chicken Rice, Chicken Soup, Kailan, Ginger, Chili Sauce, Dark Soy Sauce, Tomato, Cucumber, Cilantro Leaf, Deep Fry Scallions, Chicken Rice Soy Sauce</p> <p>Chicken Rice: Rice, Chicken Fat, Ginger, Sesame Oil</p> <p>Chili Sauce: Chili Padi, Garlic, Lime Juice, Ginger, Salt, White Pepper</p> <p>Dark Soya: Water, Soybeans, Wheat, Salt, Sugar, Flavour Enhancer (E621), Sodium Benzoate</p> <p>Chicken Rice Soya: Dark Soya, Sesame Oil, Sugar</p>
<p>Brown Rice Bee Hoon Soup: Brown Rice Bee Hoon, Shredded Chicken, Cai Xin, Bean Sprouts, Soup Stock</p> <p>Brown Rice Bee Hoon: Brown Rice, Water, Sago</p> <p>Shredded Chicken: Steamed Chicken</p>
<p>Stir Fried Wholegrain Noodles:  </p> <p>Whole Grain Noodles, Broccoli, Carrots, Spring Onion, Mushrooms, Garlic, Light Soya Sauce, Fried Egg</p> <p>Wholegrain Noodles: Whole Wheat Flour, Wheat Flour, Salt, Sodium Carbonate, Disodium Phosphate</p> <p>Light Soya: Water, Soybeans, Wheat, Salt</p> <p>Fried Egg: Egg, Cooking Oil, Salt</p>
<p>Fried Rice: Steamed Rice, Cooking Oil, Garlic, Ginger, Corn, Carrots, Green Peas, Light Soya Sauce, Fried Egg</p> <p>Light Soya: Water, Soybeans, Wheat, Salt</p> <p>Fried Egg: Egg, Cooking Oil, Salt</p>
<p>Chicken Curry: Chicken Pieces, Curry Sauce, Potatoes, Dal (choice), Naan Bread (choice), Steamed Rice (choice)</p> <p>Naan: Plain Flour, Salt, Sugar, Water, Yeast</p>
<p>Fries: Potatoes, Cooking Oil, Salt</p>
<p>Whipped Potatoes: Potatoes, Milk, Butter, Salt, Pepper</p>
<p>Side Salad: Mixed Lettuce, Tomato, Cucumber, Carrot</p>
<p>Broccoli: Steamed Broccoli</p>
<p>Edamame: Steamed Edamame</p>
<p>Guacamole: Avocado, Garlic, Lime Juice, Salt, Pepper</p>
<p>Corn on the Cob: Fresh Corn, Salt</p>
<p>Veggie Sticks with Ranch: Carrots, Celery, Ranch Dressing</p>

Tradewinds Ingredients Listing for All Menu Items

Rice: Steamed Rice (choice), Brown Rice (Choice), Briyani Rice (Choice), Chicken Rice (Choice)

Steamed Rice: Rice, Water, Salt

Brown Rice: Brown Rice, Water, Salt

Biryani Rice: Basmati Rice, Cooking Oil, Ghee, Bay Leaves, Cinnamon Stick, Cardamon, Cloves, Salt, Turmeric, Water

Chicken Rice: Rice, Chicken Fat, Ginger, Sesame Oil

Warm Chocolate Brownie: Brownie, Vanilla Ice Cream, Chocolate Sauce

DESSERT

Cheese Cake: 

Cream Cheese, Cream, Sugar, Egg



Raspberry Sauce: Sugar, Glucose, Raspberry, Citric Acid, Pectin

Chocolate Lava Cake: 

Chocolate Lava, Whole Egg, Egg Yolk, Sugar, Flour, Butter, Chocolate

Chocolate Sauce: Chocolate, Evaporated Milk

Vanilla Ice Cream: Water, Sugar, Palm Kernel Oil, Milk Powder, Whey Powder, Emulsifiers, Stabilisers, Food Flavoring

Apple Streusel:  

Almond Cream: Butter, Sugar, Vanilla Essence, Egg, Almond Ground, Flour

Apple Cinnamon Sauce: Sugar, Water, Apple Juice, Corn Flour, Apple Juice, Cinnamon Powder, Kosher Salt, Butter

Oat Crumble: Butter, Brown Sugar, Flour, Oatmeal, Ground Almond, Rolled Oats

Cinnamon Sauce: Sugar, Cream, Butter, Sea Salt, Cinnamon Powder

Vanilla Ice Cream: Water, Sugar, Palm Kernel Oil, Milk Powder, Whey Powder, Emulsifiers, Stabilisers, Food Flavoring

Chendol Waffle: 

Corn Flour, Niacin, Thiamine Mononitrate, Riboflavin, Corn Flour, Leavening, Malted Barley, Salt, Sugar

Waffle: Waffle Mix, Melted Butter, Egg, Water

Chendol: Chendol, Sugar, Water, Pandan Flavor, Food Coloring, Green Bean Powder

Red Bean: Red bean, Sugar, Water

Coconut Ice Cream: Sugar, Coconut Milk, Whey Powder, Palm Oil, Emulsifiers, Stabilisers, Food Flavouring

Coconut Flake: Coconut, Sugar

Black Sesame Soup: Water, Glutinous Sticky Rice, Sugar, Black Sesame Seeds

Glutinous Rice Ball: Glutinous Rice Ball, Sugar, Vegetable Shortening, Corn Starch, Black Sesame Seed, Wheat Flour