

African Lion Safari

2019 Special Dietary Needs Menu Selections

African Lion Safari is pleased to offer a limited number of food options for those guests with special dietary needs.

The information in this guide is provided as a service to our guests who take an interest in the ingredients of various foods we serve at African Lion Safari. This information is derived primarily from the packaging of the products we receive from our suppliers, and it is representative of the types of items found on our menus.

While we endeavor to keep this guide current, **product substitutions and menu changes may occur at any time without notice.**

GLUTEN FREE PRODUCTS

GLUTEN FREE TURKEY BURGER - Available at the Mombasa Market Restaurant, and Safari BBQ. (gluten free bun available at Mombasa Market Restaurant upon request).

TURKEY BURGER PATTY - turkey, brown sugar, sea salt, dextrose, autolyzed yeast extract, hydrolyzed corn protein, salt, onion powder, natural flavour.

O'DOUGHS GLUTEN FREE HAMBURGER BUN - water, potato starch, tapioca flour, sunflower oil, glycerin, soya, baker's yeast, whole grain rice flour, chickpea flour, cellulose fiber, sea salt, xanthan gum, organic evaporated cane juice, baking powder, baking soda, sesame seeds, poppy seeds. Contains: soya, sesame. May contain traces of eggs. **Gluten free hamburger bun available upon request only at Mombasa Market Restaurant.**

GLUTEN FREE SALAD DRESSING - Available at Mombasa Market Restaurant. *
Please check for availability.

PEPPER MILL PARMESAN HERB ITALIAN DRESSING POUCH – water, soybean oil, white vinegar, sugar, salt, parmesan cheese, extra virgin olive oil, spice, dehydrated garlic, dehydrated onion, dehydrated parsley, xanthan gum, citric acid. Contains: milk

PEPPER MILL WHITE BALSAMIC LEMON & BASIL VINAGRETTE DRESSING POUCH – water, soybean oil, sugar, white balsamic vinegar (wine vinegar, concentrated grape mist, natural flavour, sulphites), white vinegar, basil, salt, concentrated lemon juice, extra virgin olive oil, lemon peel, lemon puree, dehydrated garlic, dehydrated onion, xanthan gum, spice, potassium sorbate.

PEPPER MILL TABLESIDE CAESAR DRESSING POUCH – soybean oil, water, white vinegar, frozen egg yolk, parmesan and romano cheeses, salt, seasonings, dehydrated garlic, red wine vinegar, concentrated lemon juice, spice, extra virgin olive oil, anchovies, xanthan gum, roasted garlic, olive oil, calcium disodium edta, citric acid, potassium sorbate. Contains: eggs, anchovies, milk

PEPPER MILL BUTTERMILK RANCH DRESSING POUCH – soybean oil, water, buttermilk, white vinegar, sugar, salt, frozen egg yolk, modified milk ingredients, maltodextrin, dehydrated garlic, dehydrated onion, phosphoric acid, xanthan gum, spices, potassium sorbate, dehydrated parsley, calcium disodium edta, citric acid. Contains: eggs, milk

SOFT SERVE ICE CREAM - Available at Funnel Cake Factory (in a cup) and at Kanga Kool Treats (in a cup *or* gluten free cone available upon request).

***Gay Lea Soft Serve Ice Cream is nut free.**

VANILLA – milk, cream, sugar, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour.

CHOCOLATE – milk, sugar, cream, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour.

JOY SUGAR CONES (GLUTEN FREE) – rice flour, brown sugar, corn starch, tapioca flour, vegetable oil shortening (soybean oil or canola oil, modified palm oil, soy lecithin), cellulose, salt, xanthan gum, natural flavour. Contains soy.

GLUTEN FREE BROWNIE – Available only at Jungle Junction.

GLUTEN FREE BROWNIE - sugar, expeller pressed canola oil, liquid whole egg, potato starch, alkali processed cocoa, natural vanilla flavor, salt, xanthan gum, natural chocolate flavor. Contains: eggs. Manufactured on shared equipment with soya.

FROZEN BANANAS (GLUTEN FREE/DAIRY FREE)

CHOCOLATE – banana, chocolate coating (sugar, chocolate liquor, cocoa butter, chocolate liquor processed with alkali, soy lecithin, vanilla, salt), coconut oil, soybean oil.

CHOCOLATE/SPRINKLES – banana, chocolate coating (sugar, chocolate liquor, cocoa butter, chocolate liquor processed with alkali, soy lecithin, vanilla, salt), sprinkles (sugar, partially hydrogenated vegetable oil (cottonseed, soybean), corn starch, dextrin, soy lecithin, confectioner’s glaze, camauba wax, FD&C red #40, natural and artificial flavor, FD&C yellow #5, FD&C blue #1, FD&C red #3), coconut oil, soybean oil.

CHOCOLATE/PEANUTS – banana, chocolate coating (sugar, chocolate liquor, cocoa butter, chocolate liquor processed with alkali, soy lecithin, vanilla, salt), peanuts, coconut oil, soybean oil.

VEGETARIAN OPTIONS

VEGGIE BURGERS – Available in Mombasa Market Restaurant

CARDINAL VEGGIE BURGER – water, soy protein, vegetable oil, ketchup (tomato paste, glucose, fructose, white vinegar, salt, onion powder, spices), onion, methylcellulose wheat gluten, flavor (contains sesame), garlic, salt, hydrolyzed soy, corn & wheat protein, caramel colour, sugar, spices, parsley, potassium chloride, maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, cyanocobalamin, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin.

HOUSE SALAD

CONTENTS - iceberg lettuce, grape tomatoes, cucumbers and shredded carrots. Your choice of dressing.

PEPPER MILL PARMESAN HERB ITALIAN DRESSING POUCH – water, soybean oil, white vinegar, sugar, salt, parmesan cheese, extra virgin olive oil, spice, dehydrated garlic, dehydrated onion, dehydrated parsley, xanthan gum, citric acid. Contains: milk

PEPPER MILL WHITE BALSAMIC LEMON & BASIL VINAGRETTE DRESSING POUCH – water, soybean oil, sugar, white balsamic vinegar (wine vinegar, concentrated grape mist, natural flavour, sulphites), white vinegar, basil, salt, concentrated lemon juice, extra virgin olive oil, lemon peel, lemon puree, dehydrated garlic, dehydrated onion, xanthan gum, spice, potassium sorbate.

PEPPER MILL TABLESIDE CAESAR DRESSING POUCH – soybean oil, water, white vinegar, frozen egg yolk, parmesan and romano cheeses, salt, seasonings, dehydrated garlic, red wine vinegar, concentrated lemon juice, spice, extra virgin olive oil, anchovies, xanthan gum, roasted garlic, olive oil, calcium disodium edta, citric acid, potassium sorbate. Contains: eggs, anchovies, milk

PEPPER MILL BUTTERMILK RANCH DRESSING POUCH – soybean oil, water, buttermilk, white vinegar, sugar, salt, frozen egg yolk, modified milk ingredients, maltodextrin, dehydrated garlic, dehydrated onion, phosphoric acid, xanthan gum, spices, potassium sorbate, dehydrated parsley, calcium disodium edta, citric acid. Contains: eggs, milk

CAESAR SALAD

CONTENTS - romaine lettuce, parmesan cheese, croutons and simulated bacon bits.

PEPPER MILL TABLESIDE CAESAR DRESSING POUCH – soybean oil, water, white vinegar, frozen egg yolk, parmesan and romano cheeses, salt, seasonings, dehydrated garlic, red wine vinegar, concentrated lemon juice, spice, extra virgin olive oil, anchovies, xanthan gum, roasted garlic, olive oil, calcium disodium edta, citric acid, potassium sorbate. Contains: eggs, anchovies, milk

CROUTONS – toasted wheat crumbs, vegetable oil shortening (soybean), sugar, salt, garlic powder, onion powder, grated parmesan cheese, dehydrated parsley, autolyzed yeast extract, citric acid, flavour, colour, disodium inosinate and disodium guanylate, spices.

SIMULATED BACON BITS – soy flour, hydrogenated soy oil (contains bht), salt, colour, natural and artificial flavor, vitamins (niacin amide, thiamine mononitrate, calcium pantothenate, pyridoxine hydrochloride, riboflavin B12), minerals (zinc oxide, ferrous sulphate).

GRATED PARMESAN CHEESE - milk, milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, cellulose, parmesan flavour.

VEGGIE SLICE

DOUGH – wheat flour, spring water, pure canola oil and olive oil, sugar, salt, yeast.

CHEESE – pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.

SAUCE – vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, oregano, granulated garlic, black pepper and naturally derived citric acid.

Topped with green peppers, mushrooms and red onions.

VEGGIE WRAP

CONTENTS – iceberg lettuce, tomato, red onions green peppers.

WHOLE WHEAT TORTILLA – whole wheat flour, water, vegetable (canola non-hydrogenated), baking powder (sodium bicarbonate, sodium acid pyrophosphate, corn starch, monocalcium phosphate), salt, potassium sorbate, mono and diglycerides, sodium propionate, sodium stearoyl-2-lactylate, fumaric acid, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum. May contain traces of soy and sulphites.

FLOUR TORTILLA – enriched wheat flour (enriched with iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (non-hydrogenated), baking powder (sodium bicarbonate, sodium and pyrophosphate, corn starch, monocalcium phosphate), salt, mono and diglycerides, fumaric acid, sodium stearoyl-2-lactylate, sodium propionate, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum. May contain traces of soy and sulphites.

HELLMAN'S RANCH DRESSING - water, soybean oil, buttermilk, modified corn starch, vinegar, garlic and onion juice, salt, sugar, natural and artificial flavor, spices, xanthan gum, sorbic acid, propylene glycolalginat, phosphoric acid, lactic acid, polysorbate 60 and 80, sodium benzoate, disodium guanylate, disodium inosinate, dried chives, calcium disodium edta, colour. Contains: milk, mustard.

BEAN BURRITO

Contents –refried beans, black beans, cheese, lettuce, salsa, taco seasoning, sour cream

WHOLE WHEAT TORTILLA – whole wheat flour, water, vegetable (canola non-hydrogenated), baking powder (sodium bicarbonate, sodium acid pyrophosphate, corn starch, monocalcium phosphate), salt, potassium sorbate, mono and diglycerides, sodium propionate, sodium stearoyl-2-lactylate, fumaric acid, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum. May contain traces of soy and sulphites.

FLOUR TORTILLA – enriched wheat flour (enriched with iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (non-hydrogenated), baking powder (sodium bicarbonate, sodium and pyrophosphate, corn starch, monocalcium phosphate), salt, mono and diglycerides, fumaric acid, sodium stearoyl-2-lactylate, sodium propionate, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum. May contain traces of soy and sulphites.

BLACK BEANS – Black beans, water, salt, calcium chloride

REFRIED BEANS – Water, pinto beans, soybean oil, salt

CHEESE – pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.

SOUR CREAM – cream, milk, modified milk ingredients, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture.

TACO SEASONING – Dehydrated vegetables (garlic, onion), spice, salt, potato flour, monosodium glutamate, cocoa powder, citric acid.

SALSA – water, crushed tomato concentrate, fresh jalapeno peppers, fresh onions, white vinegar, dehydrated onions, salt, dehydrated garlic, flavor.

BEEF BURRITO

Contents – ground beef refried beans, black beans, rice, cheese, lettuce, salsa, taco seasoning, sour cream

GROUND BEEF - Beef, water, salt, sodium phosphate, flavour

WHOLE WHEAT TORTILLA – whole wheat flour, water, vegetable (canola non-hydrogenated), baking powder (sodium bicarbonate, sodium acid pyrophosphate, corn starch, monocalcium phosphate), salt, potassium sorbate, mono and diglycerides, sodium propionate, sodium stearoyl-2-lactylate, fumaric acid, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum. May contain traces of soy and sulphites.

FLOUR TORTILLA – enriched wheat flour (enriched with iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (non-hydrogenated), baking powder (sodium bicarbonate, sodium and pyrophosphate, corn starch, monocalcium phosphate), salt, mono and diglycerides, fumaric acid, sodium stearoyl-2-lactylate, sodium propionate, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum. May contain traces of soy and sulphites.

BLACK BEANS – Black beans, water, salt, calcium chloride

REFRIED BEANS – Water, pinto beans, soybean oil, salt

CHEESE – pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.

SOUR CREAM – cream, milk, modified milk ingredients, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture.

TACO SEASONING – Dehydrated vegetables (garlic, onion), spice, salt, potato flour, monosodium glutamate, cocoa powder, citric acid.

RICE – Long grain parboiled rice, hydrolyzed plant protein (soy, wheat), tomato, salt, sugar, yeast extract, spice and spice extractives, maltodextrin, chicken fat, chicken broth, flavor, calcium silicate, citric acid (flavour enhancer), malic acid, modified corn starch, coprn syrup, garlic (dried). **May contain: milk, mustard, sesame**

SALSA – water, crushed tomato concentrate, fresh jalapeno peppers, fresh onions, white vinegar, dehydrated onions, salt, dehydrated garlic, flavor.

SUSHI

CALIFORNIA ROLL – rice, surimi (Alaska Pollock, water, sugar, soy bean oil, egg whites, wheat starch, salt, potato starch, sorbitol, tapioca starch, artificial crab flavor, mirin wine (sake, sugar, salt, water, yeast extract), sodium tripolyphosphate, tetrasodium pyrophosphate, paprika oleoresin, color, corn syrup, soy lecithin), avocado, sugar, vinegar, vegetable oil, horseradish, egg, seaweed, sesame seed, salt.

SPICY CRAB – rice, surimi (Alaska Pollock, water, sugar, soy bean oil, egg whites, wheat starch, salt, potato starch, sorbitol, tapioca starch, artificial crab flavor, mirin wine (sake, sugar, salt, water, yeast extract), sodium tripoyphosphate, tetra sodium pyrophosphate, paprika oleoresin, color, corn syrup, soy lecithin), carrots, vegetable oil, horseradish, egg, chili sauce (water, chili, sugar, garlic, salt, vinegar, potassium sorbate, and sodium bisulfite as preservative, xanthan gum), sugar, vinegar, salt, seaweed, sesame seed.

HALAL

HALAL CHICKEN NUGGETS- Available **ONLY** at Nairobi Fry Hut

REUVEN HALAL CHICKEN NUGGETS – chicken, water, modified tapioca starch, salt, potato starch, wheat flour, dextrose, yeast extract, spice extracts, rice flour, corn starch, garlic extract, sodium phosphate, sugar, vegetable shortening (palm), onion powder. Browned in soybean oil.

HALAL SAFARI DOG - Available **ONLY** at Tusker Grill

ERIE MEATS (EUROPEAN BRAND) HALAL CHICKEN WIENERS – mechanically separated chicken, chicken skin, water, salt, modified corn starch, corn syrup solids, modified wheat flour, sodium phosphates, sodium diacetate, onion powder, garlic powder, sodium erythorbate, mesquite smoke flavor, spices (contains celery), spice extracts, sodium nitrate, paprika extract. May contain egg.

WESTON'S HOT DOG BUNS – enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, vegetable oil (soybean and/or canola), wheat gluten, monoglycerides, calcium propionate, sodium-2-lactylate.

HALAL SMOKEY DOG - Available **ONLY** at Tusker Grill

ERIE MEATS (EUROPEAN BRAND) HALAL CHICKEN WIENERS – mechanically separated chicken, chicken skin, water, salt, modified corn starch, corn syrup solids, modified wheat flour, sodium phosphates, sodium diacetate, onion powder, garlic powder, sodium erythorbate, mesquite smoke flavor, spices (contains celery), spice extracts, sodium nitrate, paprika extract. May contain egg.

WESTON'S HOT DOG BUNS – enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, vegetable oil (soybean and/or canola), wheat gluten, monoglycerides, calcium propionate, sodium-2-lactylate.

KANSAS CITY BBQ SAUCE – glucose/fructose, sugar, water, tomato paste, white vinegar, blackstrap molasses, salt, canola and/or soya oil, modified corn starch, spices, flavour, dehydrated onion & garlic, caramel colour, mustard flour, xanthan gum.

RICO'S NACHO CHEESE – cheese whey, partially hydrogenated soybean oil, modified food starch, cheddar cheese (cultured milk, salt and enzymes), jalapeno peppers, sodium phosphate, salt, maltodextrins, monosodium glutamate, natural flavors, vinegar, datem, sodium polyphosphate, caramel color, color added.

Contains: milk

Chopped onions.

HALAL TEX MEX DOG - Available **ONLY** at Tusker Grill

ERIE MEATS (EUROPEAN BRAND) HALAL CHICKEN WIENERS – mechanically separated chicken, chicken skin, water, salt, modified corn starch, corn syrup solids, modified wheat flour, sodium phosphates, sodium diacetate, onion powder, garlic powder, sodium erythorbate, mesquite smoke flavor, spices (contains celery), spice extracts, sodium nitrate, paprika extract. May contain egg.

WESTON'S HOT DOG BUNS – enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, vegetable oil (soybean and/or canola), wheat gluten, monoglycerides, calcium propionate, sodium-2-lactylate.

SALSA – water, crushed tomato concentrate, fresh jalapeno peppers, fresh onions, white vinegar, dehydrated onions, salt, dehydrated garlic, flavor.

NACHO CHEESE – water, modified corn starch, corn starch, cheddar cheese (milk, bacterial culture, salt, microbial enzymes, annatto), skim milk powder, salt, coconut oil, sodium hexametaphosphate, casein, maltodextrin, tomato powder, autolysed yeast extract, tricalcium phosphate, monoglycerides, sodium hydroxide, jalapeno peppers, methyl silicone, (antifoaming agent), acetic acid, natural and artificial flavors, color. Monoglycerides derived from soybeans.

Topped with jalapeno peppers.

HALAL SUPREME DOG - Available **ONLY** at Tusker Grill

ERIE MEATS (EUROPEAN BRAND) HALAL CHICKEN WIENERS – mechanically separated chicken, chicken skin, water, salt, modified corn starch, corn syrup solids, modified wheat flour, sodium phosphates, sodium diacetate, onion powder, garlic powder, sodium erythorbate, mesquite smoke flavor, spices (contains celery), spice extracts, sodium nitrate, paprika extract. May contain egg.

WESTON'S HOT DOG BUNS – enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, vegetable oil (soybean and/or canola), wheat gluten, monoglycerides, calcium propionate, sodium-2-lactylate.

SOUR CREAM – cream, milk, modified milk ingredients, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture.

Topped with diced tomatoes and fried onions.

HALAL SOUTHWEST DOG - Available **ONLY** at Tusker Grill

ERIE MEATS (EUROPEAN BRAND) HALAL CHICKEN WIENERS – mechanically separated chicken, chicken skin, water, salt, modified corn starch, corn syrup solids, modified wheat flour, sodium phosphates, sodium diacetate, onion powder, garlic powder, sodium erythorbate, mesquite smoke flavor, spices (contains celery), spice extracts, sodium nitrate, paprika extract. May contain egg.

WESTON'S HOT DOG BUNS – enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, vegetable oil (soybean and/or canola), wheat gluten, monoglycerides, calcium propionate, sodium-2-lactylate.

SOUTHWEST SAUCE – water, soya oil, sugar, white vinegar, frozen egg yolk, modified corn starch, salt, tomato paste, spices, mustard flour, dehydrated garlic and onion, locust bean gum, citric acid, calcium disodium edta, tamarind extract.

Caramelized onions & diced tomatoes.

HALAL BLUE DOG – Available **ONLY** at Tusker Grill

ERIE MEATS (EUROPEAN BRAND) HALAL CHICKEN WIENERS – mechanically separated chicken, chicken skin, water, salt, modified corn starch, corn syrup solids, modified wheat flour, sodium phosphates, sodium diacetate, onion powder, garlic powder, sodium erythorbate, mesquite smoke flavor, spices (contains celery), spice extracts, sodium nitrate, paprika extract. May contain egg.

WESTON'S HOT DOG BUNS – enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, vegetable oil (soybean and/or canola), wheat gluten, monoglycerides, calcium propionate, sodium-2-lactylate.

HELLMAN'S BLUE CHEESE DRESSING (GLUTEN FREE) – water, soybean oil, corn syrup solids, blue cheese, liquid whole egg, vinegar, sugar, salt, potassium chloride, xanthan gum, phosphoric acid, colour, spice, potassium sorbate, propylene glycol alginate, polysorbate 60, lactic acid, sodium benzoate, natural flavor, polysorbate80, calcium disodium edta. Contains egg, milk, mustard.

HALAL SRIRACHA DOG - Available **ONLY** at Tusker Grill

ERIE MEATS (EUROPEAN BRAND) HALAL CHICKEN WIENERS – mechanically separated chicken, chicken skin, water, salt, modified corn starch, corn syrup solids, modified wheat flour, sodium phosphates, sodium diacetate, onion powder, garlic powder, sodium erythorbate, mesquite smoke flavor, spices (contains celery), spice extracts, sodium nitrate, paprika extract. May contain egg.

WESTON'S HOT DOG BUNS – enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, vegetable oil (soybean and/or canola), wheat gluten, monoglycerides, calcium propionate, sodium-2-lactylate.

SRIRACHA MAYO – garlic clove, finely grated, chili, sugar, salt, garlic, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives, xanthan gum, fresh lemon juice, kosher salt.

**African Lion Safari is NOT a nut free environment.
Guests are permitted to bring picnic lunches into the park.
For more information please contact us at:**

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Revised May 1st, 2019