

ALLERGEN GUIDE



	GLIADIN (GLUTEN)	CASEIN (DAIRY)	CRUSTACEA	PEANUT	ALMOND	EGG	HAZELNUT	WALNUT	BRAZIL NUT	CASHEW / PISTACHIO	SOY	PEA (LUPINE)	MUSTARD	SESAME
CHICKEN		●												
BEEF GYRO	●													
FALAFEL											●		●	
RICE														
PITA	●										●			●
LETTUCE														
TOMATOES														
WHITE SAUCE						●					●			
HOT SAUCE														
BBQ SAUCE											●		●	
HUMMUS														●
FRENCH FRIES	●	●									●			
BAKLAVA	●	●				●		●	●	●				
CHEESE CAKE	●	●		●		●		●	●	●	●			
OLIVES	●	●												
JALAPENOS														
ONIONS														
FRYING OIL											●			
WHEAT	●													

*Individual foods may come into contact with one another during preparation, which is not reflected on this chart. *For general information on food allergens, visit the Food Allergy Research & Education website at <http://www.foodallergy.org>