

FOOD ALLERGENS

	EGG	FISH/SHELLFISH	MILK	PEANUT	SOY	TREE NUT	WHEAT/GLUTEN	COCONUT	SESAME
BREAKFAST BURRITO									
Tortilla							✓		
Shredded Jack Cheese			✓						
Green, Red, Yellow Peppers, Bacon or Sausage									
Eggs	✓								
Milk			✓						
BREAKFAST SANDWICH									
Kaiser Roll	✓		✓	✓	✓	✓	✓		
Bacon or Sausage									
Egg	✓								
Cheese			✓						
BELGIAN WAFFLE									
Whipped Cream	✓		✓		✓		✓		
Strawberries, Blueberries, Raspberries									
FRENCH TOAST STICKS									
Cinnamon Sugar / Powder Sugar	✓		✓		✓		✓		
MOZZARELLA STICKS									
House Tomato Sauce	✓		✓		✓		✓		
CHEESE CURDS									
Ranch Sauce	✓		✓		✓		✓		
FRIED PICKLES									
Chipotle Ranch Sauce	✓		✓		✓		✓		
BUFFALO CAULIFLOWER									
Cauliflower			✓				✓		
Blue Cheese	✓		✓						
FRENCH FRIES / TATER TOTS									
SWEET POTATO FRIES									
CHICKEN FINGERS - Chicken Tenders									
MEATLESS KOREAN BARBECUE MEATBALL									
Bao Bun					✓		✓		✓
PHILLY CHEESESTEAK EGG ROLL									
Cheese Sauce	✓		✓		✓		✓		
CAESAR SALAD									
Romaine Lettuce									
Garlic Croutons Soy Wheat					✓	✓			
Caesar Salad Dressing		✓	✓		✓				
ULTIMATE NACHOS									
Tortilla Chips					✓				
Chili					✓		✓		
Cheese Sauce / Sour Cream			✓						
Pico De Gallo, Black Olives, Guacamole, Jalapeños									
ARTISAN STYLE PIZZAS									
Dough					✓		✓		
Gluten Free Dough									
Shredded Mozzarella Cheese			✓						
Pesto (Nut Free)			✓		✓				
Buffalo Mozzarella / Cheese Parmesan Packets			✓						
Meatballs			✓				✓		
Garlic, Pepperoni, House Tomato Sauce									
BAVARIAN STYLE PRETZELS									
Cheese Sauce			✓				✓		
Whole Grain Mustard									
NACHOS AND CHEESE									
Tortilla Chips					✓				
Cheese Sauce			✓						
FLATBREAD									
Mozzarella Cheese			✓				✓		
BBQ Sauce, Chicken, Red Onion			✓						
GRILLED CHICKEN CLUB									
Cheese			✓						
Bacon, Lettuce, Tomato									
Mayo	✓								

✓ CONTAINS ALLERGEN

FOOD ALLERGENS

	EGG	FISH/SHELLFISH	MILK	PEANUT	SOY	TREE NUT	WHEAT/GLUTEN	COCONUT	SESAME
BUFFALO CHICKEN HERO									
Breaded Chicken Breast							✓		
Butter			✓						
Hoagie Roll					✓		✓		
Shredded Lettuce									
Blue Cheese	✓		✓						
Buffalo Sauce			✓		✓		✓		
CHICKEN PARMESAN HERO									
Breaded Chicken Breast							✓		
Shredded Mozzarella Cheese			✓						
Hoagie Roll					✓		✓		
House Tomato Sauce									
MEATBALL PARMESAN HERO									
Meatballs			✓				✓		
Shredded Mozzarella Cheese			✓						
Hoagie Roll					✓		✓		
House Tomato Sauce									
GRILLED CHEESE									
Texas Toast					✓		✓		
American Cheese / Butter			✓						
Bacon, Tomatoes									
HOT DOGS									
All Beef Hot Dogs, Bacon, Jalapeños									
Hot Dog Buns / Chili Cheese			✓		✓		✓		
ULTIMATE BURGER									
Ground Beef, Lettuce, Tomato, Onion									
Cheddar Cheese			✓						
Pretzel Bun							✓		
BEYOND® BURGER									
Beyond® Burger, Bacon, Lettuce, Tomato, Onion									
Cheddar Cheese			✓						
Pretzel Bun							✓		
HAMBURGER SLIDER									
Ground Beef									
Roll					✓		✓		
CHEESEBURGER SLIDER									
Ground Beef									
Cheddar Cheese			✓						
Roll					✓		✓		
CHICKEN & WAFFLE SLIDER									
Breaded Chicken Breast							✓		
Belgian Waffle Bun	✓		✓		✓		✓		
POPCORN									
Popping Oil								✓	
Butter Topping			✓						
Popcorn Seed, Flavacol Salt, Butter Flavor Topping									
JACK & HARRY'S GOURMET POPCORN									
Caramel*					✓			✓	
Cheddar*			✓					✓	
SAUCES/DRESSINGS									
Honey Mustard	✓				✓				
Blue Cheese	✓		✓		✓				
Buffalo Sauce			✓		✓		✓		
Ranch Sauce	✓		✓		✓				
BBQ									

✓ CONTAINS ALLERGEN

PLEASE NOTE THAT THIS LISTING APPLIES ONLY TO THE FOODS WE PREPARE ON SITE TO ORDER, AND NOT TO THE PREPACKAGED ITEMS ALSO AVAILABLE FOR SALE. For information on the prepackaged items, refer to the ingredients listed on the package.

Certain items may come into contact with one another during preparation. Individual foods may be manufactured in a facility that also processes products containing egg, fish/shellfish, milk, peanuts, soy, tree nuts, wheat/gluten, coconut, and sesame.

This list covers those foods and food groups that account for 90% of all food allergies.

* Select locations pop Jack & Harry's with a coconut & canola blend popping oil. Please ask a manager which oil is used at your current location.

